Suggested Use of **First Cleanse**: Take 2 capsules of **First Cleanse 1** in the morning and 2 capsules of **First Cleanse 2** in the evening. **First Cleanse** is best if taken on an empty stomach.

First Cleanse 1
Morning Formula

Supplement Facts
Serving Size: 2 Capsules — Servings per Container: 15

	Amount per Serving	%DV**
Organic Herbal Blend	1,300 mg	
Burdock root (organic)		***
Dandelion root (organic)		***
Fenugreek seed (organic)		***
Garlic bulb (organic)		***
Kelp (organic)		***
Dandelion leaf (organic)		***
Milk Thistle seed (organic)		***
Turmeric root (organic)		***
Artichoke leaf (organic)		***
Blessed Thistle herb (organic)		***
Echinacea Angustifolia herb (organic)		***
Green Tea leaf (organic)		***
Hawthorn berry (organic)		***
Horsetail herb (organic)		***
Mullein leaf (organic)		***
Nettle leaf (organic)		***
Oat straw (organic)		***
Oregano leaf (organic)		***
Parsley leaf (organic)		***
Red Clover herb (organic)		***
Wormwood herb (organic)		***
Yarrow herb (organic)		***
Yellow Dock root (organic)		***
Organic PhytoSorb Blend	190 mg	
Fennel seed (organic)		***
Ginger root (organic)		***
Papaya leaf (organic)		***
Cayenne Pepper (organic)		***
Coriander seed (organic)		***
Cumin seed (organic)		***
Gentian root (organic)		***
Pepper, Black (organic)		***
Peppermint leaf (organic)		***
Spearmint leaf (organic)		***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established

Other Ingredients: Vegetable capsule (vegetable starch and water)

Directions: Take 2 capsules each day in the morning on an empty stomach. Please read accompanying literature.

First Cleanse 2
Evening Formula

Supplement Facts
Serving Size: 2 Capsules — Servings per Container: 15

	Amount per Serving	%DV**
Organic Elimination Blend	1,300 mg	
Flaxseed (organic)		***
Buckthorn bark (organic)		***
Marshmallow root (organic)		***
Rhubarb root (organic)		***
Triphala (organic)		***
Slippery Elm bark (organic)		***
Organic PhytoSorb Blend	190 mg	
Fennel seed (organic)		***
Ginger root (organic)		***
Papaya leaf (organic)		***
Cayenne Pepper (organic)		***
Coriander seed (organic)		***
Cumin seed (organic)		***
Gentian root (organic)		***
Pepper, Black (organic)		***
Peppermint leaf (organic)		***
Spearmint leaf (organic)		***

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established

Other Ingredients: Vegetable capsule (vegetable starch and water)

Directions: Take 2 capsules each day in the evening. Please read accompanying literature. **Notice:** This product contains rhubarb and buckthorn. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Read and follow directions carefully.

For Both Bottles:

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication or have a medical condition. Not for prolonged use. Do not exceed recommended dose.

KEEP OUT OF REACH OF CHILDREN.

Contains no GMOs, yeast, wheat, corn, soy, gluten, salt, sugar, dairy, animal products, binders, fillers or artificial ingredients

Store in a dry place at 59-86°F (15-30°C).

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For Ideal Results, We Recommend:

During this Cleansing Program	FiberSMART™	Norwegian Gold® Critical Omega	CleanseMORE (if constipated)
Next Recommended Cleanse	Liver Detox		
Maintenance After Cleansing	FiberSMART™	Ultimate Flora™ 50 Billion	Norwegian Gold® Critical Omega

The ingredients in **First Cleanse** support the 7 channels of elimination.* They are the organs and organ systems designed to filter and eliminate toxins from the body.

1. **Liver:** Artichoke, blessed thistle, dandelion root, fenugreek, milk thistle, turmeric, wormwood, yarrow, yellow dock, triphala, burdock, garlic
2. **Lungs:** Garlic, mullein, oregano, red clover, turmeric, fenugreek
3. **Lymphatic System:** Echinacea, green tea, kelp, red clover
4. **Kidneys:** Parsley, artichoke, blessed thistle, dandelion leaf, horsetail, nettle
5. **Skin:** Burdock, dandelion root, oat straw, red clover
6. **Blood:** Artichoke, burdock, dandelion root, hawthorn, red clover, turmeric, yellow dock
7. **Bowel:** Flaxseed, buckthorn, rhubarb, marshmallow, triphala, slippery elm

MADE WITH ORGANIC HERBS

FIRST CLEANSE

Your First Total-Body Internal Cleanse

Two-Week Program

Gently Eliminates Waste & Toxins*

Ideal First-Time Cleanse

For Those with Daily Bowel Movements

Gluten-Free
Dietary Supplement
FC 1 - 30 Vegetable Capsules
FC 2 - 30 Vegetable Capsules

RENEW LIFE®
The Digestive Care Experts

Brenda Watson, C.N.C., Cleanse & Detox Expert

For over a decade ReNew Life has been helping millions of people live healthier lives through better digestion and nutrition. Founded by best-selling author and Public Television mainstay Brenda Watson after her own battle with poor health, it is now the leading cleansing and digestive care company in America. Brenda's passion and dedication have been instrumental in developing a complete line of premium herbal cleansing nutritional supplements for every need.

Call Toll-Free 1-800-830-1800 for Free Product Specialist Support

If you have any questions as you begin your cleansing and detoxification journey, we'd like to know. Simply call for additional information, and you will be connected to a Product Specialist who can help guide you on your way.

Quality and Purity Guaranteed
Distributed by: ReNew Life Formulas®
Palm Harbor, FL 34683

Questions? Call: 1-800-830-1800
Email: support@renewlife.com
or visit our website at: www.renewlife.com
Certified Organic by Washington State Department of Agriculture
Manufactured in a GMP facility

#15502

TAMPER EVIDENT: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

MADE IN USA 010214

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NO COATING
LOT / DATE AREA

Dietary Supplement

1 Morning Formula - 30 capsules

FIRST CLEANSE

RENEW LIFE® The Digestive Care Experts

MADE WITH ORGANIC HERBS

Supplement Facts
Serving Size: 2 Capsules — Servings per Container: 15

	Amount per Serving	%DV**
Organic Herbal Blend	1,300 mg	***
Burdock root†, Dandelion root†, Fenugreek seed†, Garlic bulb†, Kelp†, Dandelion leaf†, Milk Thistle seed†, Turmeric root†, Artichoke leaf†, Blessed Thistle herb†, Echinacea Angustifolia herb†, Green Tea leaf†, Hawthorn berry†, Horsetail herb†, Mullein leaf†, Nettle leaf†, Oat straw†, Oregano leaf†, Parsley leaf†, Red Clover herb†, Wormwood herb†, Yarrow herb† and Yellow Dock root†		
Organic PhytoSorb Blend	190 mg	***
Fennel seed†, Ginger root†, Papaya leaf†, Cayenne Pepper†, Coriander seed†, Cumin seed†, Gentian root†, Black Pepper†, Peppermint leaf† and Spearmint leaf†		

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established
† Organic

Other Ingredients: Vegetable capsule (vegetable starch and water)

Directions: Take 2 capsules each day in the morning on an empty stomach. Please read accompanying literature.

Contains whole herbs that support normal detoxification and health*

KEEP OUT OF REACH OF CHILDREN.

WARNING: Do not use this product if you are pregnant or nursing. Consult your physician before using this or any product if you are trying to conceive, taking medication, or have a medical condition. Not for prolonged use. Do not exceed recommended dose.

Contains no GMOs, yeast, wheat, corn, soy, gluten, salt, sugar, dairy, animal products, binders, fillers or artificial ingredients

Quality and Purity Guaranteed **MADE IN USA** 010214 #15502
Distributed by: ReNew Life Formulas® Palm Harbor, FL 34683
Questions? Call: 1-800-830-1800 Email: support@renewlife.com
or visit our website at: www.renewlife.com
Certified Organic by Washington State Department of Agriculture
Store in a dry place at 59-86°F (15-30°C).
Manufactured in a GMP facility

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TAMPER EVIDENT: DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

Dietary Supplement

2 Evening Formula - 30 capsules

FIRST CLEANSE

RENEW LIFE® The Digestive Care Experts

MADE WITH ORGANIC HERBS

Supplement Facts
Serving Size: 2 Capsules — Servings per Container: 15

	Amount per Serving	%DV**
Organic Elimination Blend	1,300 mg	***
Flaxseed†, Buckthorn bark†, Marshmallow root†, Rhubarb root†, Triphala† (a blend of Amalaki, Bibhitaki and Haritaki) and Slippery Elm bark†		
Organic PhytoSorb Blend	190 mg	***
Fennel seed†, Ginger root†, Papaya leaf†, Cayenne Pepper†, Coriander seed†, Cumin seed†, Gentian root†, Black Pepper†, Peppermint leaf† and Spearmint leaf†		

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value not established
† Organic

Other Ingredients: Vegetable capsule (vegetable starch and water)

Directions: Take 2 capsules each day in the evening. Please read accompanying literature.

Contains whole herbs that support normal elimination and detoxification*

KEEP OUT OF REACH OF CHILDREN.

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