

Do You Have Occasional Constipation?

Sometimes in day-to-day life, or even while taking an internal cleanse, you may experience occasional constipation. Constipation is defined as having hard, dry stools that are difficult to pass, with side effects that may include gas and abdominal cramping.

Often the result of poor diet and lifestyle habits, a constipated colon may also be caused by something as simple as a change in daily routine. If not addressed properly, occasional constipation may lead to more serious health problems over time.

For Additional Support Try:

Norwegian Gold Critical Omega™

from ReNew Life is an ultra-concentrated Omega-3 fish oil formulated to promote regular, healthy bowel movements.* Enteric-coated fish gels and lipase ensure 3X more Omega-3 absorption and burp-free digestion.



The Importance of Omega Oils. To achieve a healthy elimination schedule, it is critical to keep the colon lubricated. Daily supplementation with Omega-3 fish oil helps provide the lubrication necessary for smooth and gentle elimination.

Organic Triple Fiber™ from ReNew Life is a 100% organic fiber blend made with flaxseed, oat bran and acacia fiber to help relieve occasional constipation and promote bowel regularity.*



Add Fiber for Regularity. A diet high in fiber is essential for healthy digestive function. Daily supplementation with a natural fiber supplement helps provide the bulk necessary to promote healthy stools and prevent occasional constipation.*

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

Natural health experts agree that having 2 to 3 well-formed bowel movements daily is healthiest for the body. **CONSTIPATIONSTOP™** is a potent herbal laxative formula that helps relieve occasional bouts of constipation quickly and effectively.*

CONSTIPATIONSTOP combines beneficial herbs and minerals to gently stimulate and hydrate a sluggish colon and may help you achieve 2 to 3 bowel movements every day.*

Magnesium: Helps to draw water into the bowel, which hydrates and softens stools making them easier to pass*

Cape Aloe and Rhubarb:

Gentle, bowel-stimulating herbs that promote peristalsis (the natural muscle contractions that move food through the intestines) and help strengthen and tone the colon muscles*

Marshmallow, Okra, Slippery Elm:

Herbal ingredients that help soothe and lubricate the bowel, as well as support a healthy intestinal lining*

Buckthorn: A natural stool softener*

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

*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.

CONSTIPATION STOP™

FAST ACTING

Effective Bowel-Stimulating Herbs and Minerals*

Relieves Occasional Constipation◀
Powerful Natural Herbal Laxative▶

SAFE AND EFFECTIVE

RENEW LIFE®
The Digestive Care Company

**Gluten-Free
Dietary Supplement
60 Vegetable Capsules**



Brenda Watson, C.N.C.

ConstipationSTOP™ is formulated by Brenda Watson, C.N.C., president of ReNew Life Formulas and the founder of natural healthcare clinics specializing in digestive health. Brenda has found the ingredients in ConstipationSTOP to provide natural relief for occasional constipation.

Supplement Facts

Serving Size: 2 Capsules

Servings per Container: 30

	Amount per Serving	%DV**
Magnesium (as magnesium hydroxide)	230 mg	58%
CONSTIPATION STOP Blend	1,110 mg	
Cape Aloe leaf	***	
Rhubarb root	***	
Buckthorn bark	***	
Okra herb	***	
Marshmallow root	***	
Slippery Elm bark	***	

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

Other Ingredients: Vegetable capsule (vegetable fiber and water)

Directions: Take 2 capsules in the evening before bed. Drink plenty of purified water while using this product.

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. **Notice:** This product contains rhubarb, buckthorn and cape aloe. **DO NOT USE IF YOU HAVE OR DEVELOP ABDOMINAL PAIN, DIARRHEA OR LOOSE STOOLS.** Please read and follow instructions carefully.

Store in a dry place at 59-86°F (15-30°C).
Manufactured in a GMP and Kosher facility