

CLEANSESMART

PRODUCT KNOWLEDGE SHEET

WHAT IS CLEANSESMART?

CleanseSMART is a 30 day, unique, all natural herbal cleansing program. It is formulated to stimulate the cleansing and detoxification process of the body's 7 channels of elimination: the liver, lungs, colon, kidneys, blood, skin, and lymphatic system.

HOW IS IT DELIVERED?

CleanseSMART is a 2 part cleanse. The first part is an herbal organ detox formula. The second part is a colon cleansing formula (it contains no cascara sagrada or senna which can irritate and weaken the colon, as well as being addictive over time).

WHAT DOES IT DO?

CleanseSMART stimulates the body's 7 channels of elimination to enhance the normal process of detoxification (ridding the organs of toxins, free radicals, and pollutants) and cleansing (eliminating these substances through the bowel and urinary tract).

HOW DOES IT WORK?

CleanseSMART Part I works by directly stimulating the organs, thereby enhancing the detoxification process of the body. It contains herbs, such as milk thistle, dandelion, and turmeric, which stimulate the liver's production of bile. The liver transfers toxins into the bile, which is then carried into the intestine, where it is absorbed by fibre and then removed from the body. Part I also contains diuretic herbs, such as corn silk and artichoke. These herbs allow the body to release more water from the blood, thereby increasing the volume of urine excreted. CleanseSMART Part I also contains herbs that stimulate elimination of toxins through the skin and the lungs, as well as stimulating the lymphatic system.

CleanseSMART Part II helps with elimination from the colon. It contains magnesium hydroxide which helps to regulate water into the bowel. Most people become constipated because they are dehydrated. When the colon is fully hydrated, elimination can occur more easily, without the need of harsh laxatives. Part II also contains the herbs cape aloe, rhubarb, and triphala which stimulate peristalsis (contraction of the colon). Once the colon has been hydrated and peristalsis has been properly stimulated, elimination can be achieved at a normal level (2-3 times per day).

HOW DO I TAKE IT?

Take 2 capsules of CleanseSMART Part I in the morning on an empty stomach (30 minutes before eating) and 2 capsules of CleanseSMART Part II in the evening on an empty stomach (3 hours after eating).

PLEASE NOTE: *Cleansing can be intense. Therefore, you may wish to take half the suggested dosage for the first 3 days. Take 1 capsule of CleanseSMART Part I in the morning on an empty stomach (30 minutes before eating) and 1 capsule of CleanseSMART Part II in the evening on an empty stomach (3 hours after eating).*

CleanseSMART will last one month. Please ensure that you are drinking at least 8-10 glasses of water while using CleanseSMART. Water helps with cleansing and keeping the body hydrated. It is recommended that you cleanse every three to six months, as we live in a toxic world with chemicals from factories, trucks, and pesticides. Since we are constantly inhaling and ingesting toxins, it is better to remove them regularly, rather than to have them build up and lead to health problems.

WHAT CAN I EXPECT?

Depending on your state of health, you can experience a range of results while taking CleanseSMART. Customers report results ranging from weight loss to increased bowel movements. If you have a high level of toxicity you may experience aches or flu like symptoms, which will usually subside after the first week.

SUPPORT PRODUCTS

Two very important aspects of cleansing are to ensure that fibre intake is at an optimal level (30-40 grams) per day and that the colon is properly lubricated by using essential fatty acids (EFAs). Fibre absorbs toxins ensuring they are not re-absorbed into the bloodstream, but instead are brought to the colon for elimination. It is recommended that you use FibreSMART as part of your cleansing program, as well as for maintenance afterwards.

OilSMART is a patented blend of organic flax, borage, and fish oils that contain the ideal ratio of essential fatty acids. It also contains the digestive enzyme 'lipase'. Lipase is used by the body to ensure the proper breakdown and utilization of fats in the body. This blend of nutritional oils will help to lubricate the colon, allowing for increased bowel movements, thereby increasing the amount of toxins removed from the body. It is recommended that you use OilSMART as part of your cleansing program, as well as for maintenance afterwards.



Brenda Watson
Naturopathic Doctor, Certified Nutritional
Consultant, and Colon Therapist

Renew Life Canada

8 - 1273 North Service Road E. Oakville On, L6H 1A7

What does it contain?

CLEANSESMART I

There are several categories of herbs used in CleanseSMART Part I (Morning Formula). These herbs support detoxification through the body's 7 channels of elimination.

Herbs for the Liver

- ♦ Cholagogues (Herbs that stimulate bile flow in the liver)
 - ♦ *artichoke, burdock, dandelion, milk thistle, turmeric*
- ♦ Hepatoprotective (Herbs that protect the cells of the liver)
 - ♦ *milk thistle, turmeric, beet leaf, bupleurum*

Herbs for the Lungs

- ♦ Expectorant (Herbs that aid in the discharge of respiratory mucous)
 - ♦ *mullein, red clover, turmeric*
- ♦ Demulcent (Herbs that help soothe the mucous membrane)
 - ♦ *mullein*

Herbs for the Lymphatic System

- ♦ Lymphagogues (Herbs that stimulate lymphatic flow)
 - ♦ *red clover*

Herbs for the Kidneys

- ♦ Diuretic (Herbs that increase urine flow)
 - ♦ *corn silk, artichoke, burdock, dandelion, red clover*

Herbs for the Skin

- ♦ Herbs used to improve the skin (when toxins are released through the skin, mild irritation can occur. These herbs help to reduce or eliminate this effect).
 - ♦ *burdock root, dandelion, red clover*

Herbs for the Blood

- ♦ Alteratives (Blood purifying herbs)
 - ♦ *artichoke, burdock root, dandelion, hawthorn berry, red clover, turmeric, bupleurum*

Herbs for the Adrenal Gland

- ♦ Balances adrenal function
 - ♦ *ashwagandha*
- ♦ Improves adrenal function
 - ♦ *bupleurum*

CLEANSESMART II

There are many categories of herbs / minerals used in CleanseSMART Part II (Evening Formula). These ingredients are used to gently stimulate the bowel and to promote regular elimination of toxins.

Herbs for the Bowel

- ♦ Increase bowel hydration
 - ♦ *magnesium hydroxide*
- ♦ Stimulate peristalsis
 - ♦ *rhubarb root, cape aloe gel, triphala*
- ♦ Soothe intestinal lining
 - ♦ *marshmallow, slippery elm*
- ♦ Tone and strengthen
 - ♦ *triphala*
- ♦ Expectorant (removes mucus from bowel)
 - ♦ *marshmallow root*

Digestive Aid

- ♦ *ginger root*
- ♦ *fennel*

CleanseSMART I - Each capsule contains

Milk Thistle Seed (<i>Silybum marianum</i>) - 80% Silymarin	262.5mg
Artichoke Leaf (<i>Cynara scolymus</i>) 4:1 Extract	25mg
Ashwagandha Root (<i>Withania somnifera</i>) 5:1 Extract	25mg
Burdock Root (<i>Arctium lappa</i>) 5:1 Extract	25mg
Hawthorn Berry (<i>Crataegus laevigata</i>) 4:1 Extract	25mg
Beet Leaf (<i>Beta vulgaris</i>) 4:1 Extract	20mg
Bupleurum Root (<i>Bupleurum chinense</i>) 4:1 Extract	20mg
Corn Silk (<i>Zea mays</i>)	20mg
Dandelion Root (<i>Taraxacum officinale</i>) 4:1 Extract	20mg
Mullein Leaf (<i>Verbascum thapsus</i>)	20mg
Red Clover Flower (<i>Trifolium pratense</i>)	20mg
Turmeric Root (<i>Curcuma longa</i>) 4:1 Extract	20mg

CleanseSMART II - Each capsule contains

Magnesium hydroxide (elemental)	125mg
Cape Aloe Gel (<i>Aloe ferox</i>)	150mg
Rhubarb Root (<i>Rheum officinalis</i>)	150mg
Slippery Elm Bark (<i>Ulmus rubra</i>)	25mg
Marshmallow Root (<i>Althaea officinalis</i>)	25mg
Fennel Seed (<i>Foeniculum vulgare</i>)	25mg
Ginger Root (<i>Zingiber officinale</i>)	25mg
Triphala	25mg

Other Ingredients: Vegetable Capsules

Excipients: None

Contains no dairy, wheat, gluten, soy, yeast, animal products, additives or preservatives

Warning: Do not use if you have Gilbert's or Crigler-Najjar Syndrome. Do not take if you have gall bladder inflammation, bile duct conditions, intestinal blockage, diabetes, haemolytic anemia, or liver disease. Consult a health care practitioner prior to use if you have a history of gallstones, biliary tract obstructions, stomach ulcers, taking blood thinning or psychoactive medication. Consult a health care practitioner prior to use if you have cancer of any kind. Consumption of alcohol, drugs, or natural health products with sedative properties is not recommended while taking this product. Do not take if pregnant or breastfeeding. Keep out of reach of children.

WANT MORE INFORMATION ABOUT CLEANSING AND DETOXIFICATION?

Sign up for Renew Life's FREE Digestive Care Newsletter!!

Simply e-mail your full name and e-mail address to

newsletter@renewlife.ca

and you will receive the newsletter every 8 weeks.

QUALITY ASSURED

RENEW LIFE CANADA

8-1273 NORTH SERVICE ROAD EAST, OAKVILLE, ON, L6H 1A7

QUESTIONS? PLEASE CALL 1-800-485-0960

WWW.RENEWLIFE.CA

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