

# Women's Renew® Internal Cleansing System

## Box containing three products

### Gentle Whole Body Cleanse 30-Day Supply Fiber & Herbs – It Works Cleanses & Protects Your System The Only Internal Cleansing Especially for Women

**BENEFITS:** Over thirty years ago, the Food for Health Institute, with Yerba Prima, developed the first Internal Cleansing Program. Now, we have developed an improved, more powerful Women's Renew® Internal Cleansing System based upon over thirty years of experience and clinical research. Yerba Prima Internal Cleansing includes the latest knowledge from Ayurvedic, Chinese, European and Native American traditions in a complete cleansing program. Only Yerba Prima Internal Cleansing includes Great Plains® Bentonite for added detoxification.

We all want to be healthy, and to help our families have more energy and better health. With our busy lives, we often don't have time to eat right and exercise. Pollutants and stressful modern life contribute to toxic build-up in our bodies. For vitality and better health, internal cleansing can help!

Women's Renew® Cleanse combines 35 of the finest cleansing and vitalizing nutrients from the world's great healing traditions. It really works and is simple to use, whether you are trying internal cleansing for the first time or are an experienced user. Our improved, more concentrated three-part herbs and fiber program gives a gentle yet thorough cleansing of the colon and the entire body.

**CLEANSSES:** Women's Renew provides nutritional support for the normal cleansing function of the following organs and systems: colon and entire intestinal tract, liver, gall bladder, kidneys and urinary system, lymphatic system, respiratory system, skin and circulatory system. More specifically, Women's Renew:

- > Promotes elimination of toxins and waste from the colon
- > Promotes regularity
- > Supports all body elimination systems
- > Supports liver function (the body's primary detoxifying organ)
- > Helps promote a normal, healthy intestinal environment

**PROTECTS:** Women's Renew ingredients help to protect vital organs throughout the cleansing process. Women's Renew:

- > Protects colon health
- > Protects liver during cleansing process
- > Helps maintain friendly bacteria
- > Provides anti-oxidant protection against free radicals
- > Helps reduce cleansing reactions

**REBUILDS:** Women’s Renew supports rebuilding of healthy digestive function and better assimilation of nutrients for better overall health and vitality, with special ingredients just for women’s health.

- > Builds energy and vitality
- > Improves digestive function
- > Increases friendly intestinal flora
- > Strengthens health of colon lining
- > Contains Chastetree Berry as a gentle balancing herb for women
- > Contains Dong quai root extract for healthy blood and vitality
- > Contains six B-Vitamins for energy and vitality

## Suggested Adult Use and Directions:

The Women’s Renew® Internal Cleansing System consists of three products: Women’s Renew®, Herbal Guard® and Prima Cleanse®. Women’s Renew is an easy program to follow, whether you are cleansing for the first time, or are an experienced user. It provides a gentle, thorough, total body cleansing, plus protecting and rebuilding of the elimination systems.

		Prima Cleanse*	Women’s Renew	Herbal Guard	
Day 1	Evening	3			Take with food and at least 8 oz of liquid
Day 2	Morning	3	1	1	
	Evening	3	1	1	Take with food twice a day, morning and evening. Take each serving with at least 8 oz. (a full glass) of liquid.  Drinking additional liquid is helpful.
Day 3	Morning	3	1	1	
	Evening	3	1	1	
Day 4 <i>Gentler Cleanse</i>	Morning	3*	1	1	
	Evening	3*	1	1	
Day 4 <i>Stronger Cleanse</i>	Morning	5*	2	2	
	Evening	5*	2	2	
Day 5 and after	<i>Gentler Cleanse</i>	Continue with 3* Prima Cleanse, 1 Women’s Renew and 1 Herbal Guard morning and evening for one to five months			
	<i>Stronger Cleanse</i>	Continue with 5* Prima Cleanse, 2 Women’s Renew and 2 Herbal Guard morning and evening for one to five months			
Ending the Program	<i>For Both Gentler and Stronger Cleanse</i>	After finishing the Internal Cleansing System, daily use of a Yerba Prima fiber formula such as Colon Care or Daily Fiber® helps maintain a clean colon and healthy body.			

\*NOTE: Everyone should start with 3 Prima Cleanse capsules per serving. After Day 3, follow the Gentler Cleanse or the Stronger Cleanse. Continue to adjust the number of Prima Cleanse capsules to your body’s cleansing needs, since Prima Cleanse provides the most stimulating part of the program’s cleansing action. Most people will notice an increase in the frequency and/or volume of bowel movements. If the cleansing action is too strong, reduce the number of Prima Cleanse capsules until the desired cleansing action is reached. If the cleansing action is not strong enough, first increase your fluid intake, then increase the number of Prima Cleanse capsules until the desired cleansing action is reached. Take the number of Prima Cleanse capsules that will help produce one or more regular, easy, non-urgent bowel movements per day.

**CAUTION:** Keep out of the reach of children. Do not take capsules if you have difficulty in swallowing. A very small percentage of individuals, particularly health care providers who have been occupationally exposed to psyllium dust, may develop an allergy to psyllium. If you experience a strong allergic reaction, with difficulty in swallowing or breathing, seek immediate medical attention. Do not use an internal cleansing program during pregnancy.

Notice: This product contains senna. Read and follow directions carefully. **Do not use if you have or develop diarrhea, loose stools, or abdominal pain.** Consult your physician if you have frequent diarrhea. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before using this product.

**SUPPLEMENT FACTS**

Serving Size 1 Women’s Renew cap,  
1 Herbal Guard cap, 3 Prima Cleanse caps

Each serving contains

<b>Amount Per Serving</b>	<b>% Daily Value*</b>
Calories 4	
Total Fat 0 g	0%
Total Carbohydrates 1.2 g	<2%
Dietary Fiber 1.2 g	5%
Soluble Fiber 1.0 g	
Insoluble Fiber 0.2 g	
Sugars 0 g	
Protein 0 g	
Niacin 1 mg	5%
Vitamin B-6 100 mcg	5%
Folic acid 20 mcg	5%
Vitamin B-12 0.3 mcg	5%
Biotin 15 mcg	5%
Pantothenic acid 500 mcg	5%
Calcium 15 mg	<2%
Magnesium 15 mg	4%
Zinc 750 mcg	5%
Sodium 4 mg	<2%

Cleansing herb & fiber blend 2,717mg\*\*  
 Psyllium husks, aloe vera gel (from concentrate), ginger root,  
 triphala extract 4:1, dandelion root & leaf extract 4:1, Great Plains®  
 bentonite, yellow dock root extract 4:1, elecampane root, senna extract  
 10% sennosides, schisandra berry extract 9% schisandrins, chastetree  
 berry extract 4:1, milk thistle seed extract 80% silymarin, cloves,  
 FOS (fructo-oligosaccharides), dong quai root extract 1% ligustilide,  
 cat’s claw root, black walnut hulls, soy fiber, oat bran, acacia gum,  
 blessed thistle herb, apple fiber, goldenseal root extract 5%  
 alkaloids, red clover tops extract 4:1, plantain leaf, corn silk extract 4:1.

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

Other Ingredients: Cellulose, maltodextrin, USP Kosher gelatin capsule.

**Yerba Prima, Inc.**

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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.