

# First Cleanse



## PRODUCT KNOWLEDGE SHEET

### WHAT IS FIRST CLEANSE?

First Cleanse is a 14 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser. It is designed 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. First Cleanse is strong enough to be effective, yet gentle enough that it will not cause a 'cleansing crisis' which may occur when performing a more advanced cleanse.

### HOW IS IT DELIVERED?

First Cleanse is a two part cleanse. The first part is a 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 become addictive over time).

### WHAT DOES IT DO?

First Cleanse 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 & urinary tract).

### HOW DOES IT WORK?

First Cleanse Part I works by directly stimulating the organs, thereby enhancing the detoxification process of the body. It contains herbs, such as 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. First Cleanse Part I also contains herbs that stimulate elimination of toxins through the skin and the lungs, as well as stimulating the lymphatic system.

First Cleanse 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 for harsh laxatives. Part II also contains the herbs 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?

First Cleanse should be taken as follows: 2 capsules of First Cleanse I in the morning with 250ml of water (1 full glass) and 2 capsules of First Cleanse II in the evening with 250ml of water (1 full glass). This cleanse will last for 14 days. Increasing your water intake is recommended as water will help with the cleansing process and keep your body hydrated.

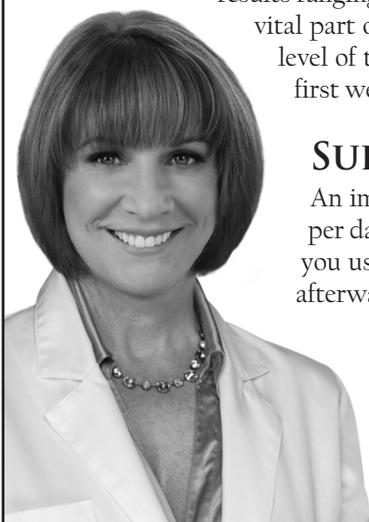
### WHAT CAN I EXPECT?

Depending on your state of health, you can experience a range of results while taking First Cleanse. Customers report results ranging from increased energy, to weight loss, to increased bowel movements. Overall, cleansing is a vital part of maintaining good health and reducing the risk of degenerative diseases. 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

An important aspect of cleansing is to ensure that fibre intake is at an optimal level (30-40 grams per day). Fibre absorbs toxins and brings them to the colon for elimination. It is recommended that you use FibreSMART as directed on the label, as part of your cleansing program and maintenance afterwards.

**ONCE YOU HAVE FINISHED FIRST CLEANSE, YOU MAY WANT TO MOVE ONTO THE NEXT LEVEL OF CLEANSING WITH CLEANSERSMART, AN ADVANCED 30 DAY CLEANSING PRODUCT**



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

**Renew Life UK • Phone 0800 707 6671 • Fax 0800 756 6671**

## What does it contain?

### FIRST CLEANSE I

There are several categories of herbs used with First Cleanse I. These herbs support gentle detoxification through the 7 channels of elimination.

#### Herbs for the Liver

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

#### Herbs for the Bowel

- ♦ **Aperient** (Herbs that gently stimulate the bowel without being a laxative)
  - ♦ *burdock, dandelion, yellowdock*
- ♦ **Carminitive** (Herbs that help dispel intestinal gas)
  - ♦ *oregano*

#### Herbs for the Lungs

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

#### Herbs for the Lymphatic System

- ♦ **Lymphagogues** (herbs that stimulate lymphatic flow)
  - ♦ *red clover, yellowdock*
- ♦ **Immunomodulant** (Herbs that regulate the immune system)
  - ♦ *garlic*

#### Herbs for the Kidneys

- ♦ **Diuretic** (Herbs that increase urine flow)
  - ♦ *artichoke, burdock, dandelion, parsley*

#### 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, yellowdock*

### FIRST CLEANSE II

There are many categories of herbs / minerals used in First Cleanse II. 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, triphala*
- ♦ Soothe intestinal lining
  - ♦ *marshmallow, slippery elm*
- ♦ Tone and strengthen
  - ♦ *triphala*
- ♦ Expectorant (removes mucus from bowel)
  - ♦ *marshmallow root*

#### First Cleanse 1 - Each Serving (2 Capsules) Contains

Dandelion Root (Taraxacum officinale) 4:1 Extract	400mg
Artichoke Leaf (Cynara scolymus) 4:1 Extract	200mg
Burdock Root (Arctium lappa) 5:1 Extract	100mg
Garlic Bulb (Allium sativum)	100mg
Red Clover Flower (Trifolium pratense)	100mg
Turmeric Root (Curcuma longa) 4:1 Extract	100mg
Beet Leaf (Beta vulgaris)	50mg
Corn Silk (Zea mays)	50mg
Hawthorn Berry (Crataegus oxyacantha)	50mg
Mullein Leaf (Verbascum thapsus)	50mg
Oregano Leaf (Origanum vulgare)	50mg
Parsley Leaf (Petroselinum crispum)	50mg
Yarrow Flower (Achillea millefolium)	50mg
Yellowdock Root (Rumex crispus)	50mg

**Ingredients:** Dandelion Root Extract (Taraxacum officinale), Vegetable Capsule Shell (hydroxypropyl methylcellulose, water), Artichoke Leaf Extract (Cynara scolymus), Burdock Root Extract (Arctium lappa), Garlic Bulb (Allium sativum), Red Clover Flower (Trifolium pratense), Turmeric Root Extract (Curcuma longa), Beet Leaf (Beta vulgaris), Corn Silk (Zea mays), Hawthorn Berry (Crataegus oxyacantha), Mullein Leaf (Verbascum thapsus), Oregano Leaf (Origanum vulgare), Parsley Leaf (Petroselinum crispum), Yarrow Flower (Achillea millefolium), Yellowdock Root (Rumex crispus)

**Warning:** Must be used within the framework of a healthy way of life and not to be used like substitutes of a varied and balanced diet. Do not use if pregnant or lactating. Consult a health care practitioner if symptoms persist. Keep out of reach of children. Do not exceed daily dose recommended. Do not use if seal is broken.

**Allergens:** None

Store in a dry place away from direct sunlight and heat.

#### First Cleanse 2 - Each Serving (2 Capsules) Contains

		% RDA
Magnesium (from magnesium hydroxide)	150mg	40%
Rhubarb Root (Rheum palmatum)	200mg	-
Slippery Elm Bark (Ulmus rubra)	100mg	-
Marshmallow Root (Athaea officinalis)	100mg	-
Triphala (made up of the 3 ingredients below)		
Belleric Myrobalan Fruit (Terminalia bellirica)	100mg	-
Chebulic Myrobalan Fruit (Terminalia chebula)	100mg	-
Indian Gooseberry Fruit (Phyllanthus emblica)	100mg	-

**Ingredients:** Magnesium (from magnesium hydroxide), Rhubarb Root (Rheum palmatum), Slippery Elm Bark (Ulmus rubra), Marshmallow Root (Athaea officinalis), Vegetable Capsule Shell (hypromellose, water), Belleric Myrobalan Fruit (Terminalia bellirica), Chebulic Myrobalan Fruit (Terminalia chebula), Indian Gooseberry Fruit (Emblca officinalis)

**Warning:** Must be used within the framework of a healthy way of life and not to be used like substitutes of a varied and balanced diet. Consult a health care practitioner if you have not had a bowel movement in more than 7 days. Do not use if pregnant or lactating. Keep out of reach of children. Not recommended for children under 12. Do not exceed daily dose recommended. Do not use if seal is broken.

**Allergens:** None

Store in a dry place away from direct sunlight and heat.



**WANT MORE INFORMATION ABOUT  
CLEANSING AND DETOXIFICATION?**

**VISIT US ONLINE AT  
[WWW.RENEWLIFE.CO.UK](http://WWW.RENEWLIFE.CO.UK)**

**QUALITY ASSURED  
RENEW LIFE UK**

UNIT 3, 12 COMMERCIAL ROAD, READING, BERKSHIRE RG2 0QJ  
QUESTIONS? PLEASE CALL 0800 707 6671  
[WWW.RENEWLIFE.CO.UK](http://WWW.RENEWLIFE.CO.UK)

090313