

# FIRST CLEANSE

## PRODUCT KNOWLEDGE SHEET

### WHAT IS FIRST CLEANSE?

First Cleanse is a unique, 15 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 an herbal organ detox formula. The second part is a gentle colon cleansing formula. First Cleanse does not contain laxative herbs such as cascara sagrada or senna. It also does not contain magnesium hydroxide, which is used to hydrate the colon in more advanced cleanses.

### 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 works by directly stimulating the organs, thereby enhancing the detoxification mechanisms of the body. The cleanse 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. First Cleanse also contains the herbs buckthorn, rhubarb and triphala which stimulate peristalsis (contraction of the colon), and artichoke which acts as a diuretic to increase the volume of urine excreted. Both aid in the removal of toxins. First Cleanse also contains herbs that stimulate elimination of toxins through the skin and the lungs.

### 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) on an empty stomach, and 2 capsules of First Cleanse II in the evening with 250ml of water (1 full glass) on an empty stomach. This cleanse will last for 15 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.

### 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 CLEANSESMART, A MORE ADVANCED 30 DAY CLEANSING PRODUCT**

**Brenda Watson**

Naturopathic Doctor, Certified Nutritional Consultant, and Colon Therapist

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# What does it contain?

## FIRST CLEANSE I

There are several categories of herbs used with First Cleanse I (Morning Formula). 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, blessed thistle, burdock, dandelion, milk thistle, turmeric, yarrow and yellow dock*
- ♦ **Hepatoprotective** (Herbs that protect the cells of the liver)
  - ♦ *milk thistle, turmeric, beet root*

### Herbs for the Bowel

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

### Herbs for the Lungs

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

### Herbs for the Lymphatic System

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

### Herbs for the Kidneys

- ♦ **Diuretic** (Herbs that increase urine flow)
  - ♦ *artichoke, blessed thistle, burdock, dandelion, nettle, 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, kelp, nettle, red clover, turmeric, yellowdock*

## FIRST CLEANSE II

There are 3 categories of herbs used in the First Cleanse II (Evening formula). These herbs are used to gently stimulate the bowel, and to promote regular elimination of toxins.

### Herbs for the Bowel

- ♦ **Stimulate peristalsis**
  - ♦ *buckthorn bark, rhubarb root*
- ♦ **Tone and strengthen**
  - ♦ *triphal (a blend of indian gooseberry fruit, belleric myrobalan fruit and tropical almond fruit)*
  - ♦ *flaxseed*

### Digestive Aid

- ♦ *ginger root*

## PHYTOGEST™

Included in both the morning and evening formula is PhytoGest™. PhytoGest™ is a proprietary blend of herbs and enzymes which acts as a catalyst to maximize the absorption of the herbal ingredients.

- ♦ **Aromatic and Stimulant herbs** (to assist in proper digestion)
  - ♦ *ginger root, fennel seed, cayenne pepper, coriander seed, gentian root, black pepper, peppermint leaf*
- ♦ **Enzymes to break down the cell wall of herbs**
  - ♦ *cellulase*

## First Cleanse I - Each capsule contains

Proprietary Herbal Blend	
Milk Thistle Seed ( <i>Silybum marianum</i> ) (70% Silymarin)	200mg
Artichoke Leaf ( <i>Cynara scolymus</i> )	75mg
Burdock Root* ( <i>Arctium lappa</i> )	50mg
Beet Root* ( <i>Beta vulgaris</i> )	25mg
Blessed Thistle* ( <i>Cnicus benedictus</i> )	25mg
Dandelion Root* ( <i>Taraxacum officinale</i> )	25mg
Garlic Bulb* ( <i>Allium sativum</i> )	25mg
Green Tea Leaf ( <i>Camellia sinensis</i> )	25mg
Hawthorn Berry ( <i>Crataegus laevigata</i> )	25mg
Kelp* ( <i>Ascophyllum nodosum</i> )	25mg
Mullein Leaf ( <i>Verbascum thapsus</i> )	25mg
Nettle Leaf* ( <i>Urtica dioica</i> )	25mg
Oregano Leaf* ( <i>Origanum vulgare</i> )	25mg
Parsley Leaf* ( <i>Petroselinum crispum</i> )	25mg
Red Clover Flower ( <i>Trifolium pratense</i> )	25mg
Turmeric Root* ( <i>Curcuma longa</i> )	25mg
Yarrow Flower ( <i>Achillea millefolium</i> )	25mg
Yellowdock Root* ( <i>Rumex crispus</i> )	25mg

Proprietary PhytoGest Blend	
Ginger Root, Rhizome* ( <i>Zingiber officinale</i> )	40mg
Fennel Seed* ( <i>Foeniculum vulgare</i> )	25mg
Peppermint Leaf* ( <i>Mentha piperita</i> )	10mg
Cayenne Pepper* ( <i>Capsicum annum</i> )	5mg
Coriander Seed* ( <i>Coriandrum sativum</i> )	5mg
Gentian Root ( <i>Gentiana lutea</i> )	5mg
Pepper, Black* ( <i>Piper nigrum</i> )	5mg
Cellulase / Cellulase	750 CU

## First Cleanse II - Each capsule contains

Proprietary Herbal Blend	
Rhubarb Root ( <i>Rheum palmatum</i> ) 4:1 Extract	125mg
Ginger Root, Rhizome* ( <i>Zingiber officinale</i> )	225mg
Flaxseed* ( <i>Linum usitatissimum</i> )	150mg
Buckthorn Bark ( <i>Rhamnus frangula</i> )	75mg
Triphala	75mg

Proprietary PhytoGest Blend	
Ginger Root, Rhizome* ( <i>Zingiber officinale</i> )	40mg
Fennel Seed* ( <i>Foeniculum vulgare</i> )	25mg
Peppermint Leaf* ( <i>Mentha piperita</i> )	10mg
Cayenne Pepper* ( <i>Capsicum annum</i> )	5mg
Coriander Seed* ( <i>Coriandrum sativum</i> )	5mg
Gentian Root ( <i>Gentiana lutea</i> )	5mg
Pepper, Black* ( <i>Piper nigrum</i> )	5mg
Cellulase	750 CU

\* certified organic

**Non-medicinal Ingredients:** Vegetable capsule (Hypromellose, water)

**Excipients:** None

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

**Warning:** Discontinue use if abdominal pain, nausea, vomiting or diarrhea occurs. If you have cardiac, renal, or duct dysfunction please consult a physician before using this product. Do not use if you have an intestinal blockage. Do not use if pregnant, nursing, or after recent surgery. Keep out of reach of children.

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

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

**QUALITY ASSURED**

**RENEW LIFE CANADA**

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