



The Fiber35Diet CleanseFit™

An easy-to-use, 15-day, 2-part cleansing and detoxification program designed to support your body's detoxification processes

- Great pre-diet and while-dieting detoxification program*
- Simple, fast and effective
- Natural
- Gluten-free

CleanseFit is a deep-acting, 15-day total-body detoxification and metabolic jumpstart program. Cleansing and detoxification of the entire body, with specific emphasis on fat cells and the liver, is an important step in maintaining a healthy metabolism and jumpstarting an effective weight management program.* The herbs, nutraceuticals and sulfur-containing amino acids found in CleanseFit are critical components to any detoxification program.*

CleanseFit is a simple 2-step program providing whole herbs and nutraceuticals to address both the cleansing and elimination of toxins.

Part 1: Morning Detoxification Formula. The morning detoxification formula is a blend of herbal extracts, amino

acids and antioxidants formulated to cleanse and detoxify the whole body with an emphasis on the liver, fat cells and the colon. The herbal extracts have long been used to promote detoxification, while the amino acids are the building blocks to powerful detoxification nutrients in the liver.*

Part 2: Evening Colon Cleanse. After the toxins have been addressed by the liver, they are deposited into the colon for eventual elimination. A crucial final step in cleansing and purifying the body is to promote 2 to 3 healthy bowel eliminations daily to remove these toxins.* The evening colon cleanse is a safe and natural combination of magnesium hydroxide, aloe and buckthorn, along with soothing herbs such as acacia and okra.

Fiber35 Diet™ CleanseFit 1

Supplement Facts

Serving Size: 2 capsules Servings per Container: 15		
	Amount Per Serving	% DV**
Proprietary Herbal Blend	590 mg	†
Milk Thistle Seed Extract (4:1), Bladderwrack		
Thallus, Mullein Leaf, Artichoke Leaf Extract (4:1), Dandelion Leaf Extract (4:1), Dandelion Root Extract (4:1), Garlic Bulb Extract (3:1), Turmeric Root Extract (4:1), Prickly Ash Bark Extract (4:1), Bamboo Leaf Extract (70% silica), Burdock Root Extract (5:1)		
Glycine	50 mg	†
L-Glutamine	50 mg	†
L-Methionine	50 mg	†
N-Acetyl-Cysteine	50 mg	†
Phosphatidylcholine	50 mg	†
Alpha Lipoic Acid	25 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established

Other Ingredients: Vegetable Capsule (vegetable fiber and water)
Directions: Take 2 capsules 30 minutes before your morning meal. Please read accompanying literature.

Fiber35 Diet™ CleanseFit 2

Supplement Facts

Serving Size: 2 capsules Servings per Container: 15		
	Amount Per Serving	% DV**
Magnesium (from magnesium hydroxide)	200 mg	50%
Proprietary Blend	550 mg	†
Cape Aloe Gel		
Buckthorn Bark		
Acacia Fiber (Soluble)		
Okra		
Triphala (blend of Amalaki, Bibhitaki and Haritaki)		

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established

Other Ingredients: Vegetable Capsule (vegetable fiber and water)
Directions: Take 2 capsules at night with 8 ounces of water. Please read accompanying literature.

*These statements have not been approved by the FDA. This product is not intended to treat, cure, diagnose or prevent disease.



CleanseFit™ was formulated by renowned natural healthcare expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

