



The  
Fiber35Diet

# AdrenaFit™

**A natural stress management formula developed to promote healthy cortisol levels and help relieve the adrenal stress that may lead to weight gain and weight retention\***

- **Sensoril® ashwagandha, rhodiola rosea, banaba extract and more**
- **Supports adrenal glands and promotes healthy cortisol production\***
- **Helps relieve stress and promote relaxation\***

The Fiber35 Diet is a lifetime system of optimum nutrition based on the extraordinary health benefits and weight loss power of fiber. Developed by ReNew Life founder and Certified Nutritional Consultant Brenda Watson, it focuses on the importance of eating at least 35 grams of fiber every day.

In addition to its role in bowel regularity, fiber helps manage hunger and eliminate calories from the foods you eat. A high-fiber diet has also been shown to support healthy blood sugar, cholesterol and blood pressure levels, thus helping to prevent obesity-related illness and disease. Fiber also helps to absorb toxins in the intestinal tract and eliminate them from the body via regular, healthy bowel movements.

## AdrenaFit for Natural Support

Part of the Fiber35 Diet reduced calorie and exercise program, **AdrenaFit** is a natural stress management formula developed to support healthy adrenal function and promote healthy cortisol levels.\*

## The Effects of Stress

Everyday stress factors can put added strain on the adrenal glands and contribute to an increased production of cortisol (a stress hormone) in the body, which in turn may lead to weight gain and weight retention.

Each easy-to-swallow vegetable capsule contains eleuthero root, vitamin B5 and the amino acid L-theanine to support the adrenal glands, as well as banaba extract to support healthy cortisol and blood sugar levels.\* Sensoril® ashwagandha (Indian ginseng) works naturally to help the body cope with stress and fatigue, and rhodiola rosea helps increase energy.\*

## Supplement Facts

Serving Size: 1 capsule	Servings per Container: 60	
	Amount per Serving	%DV**
Vitamin B5 (Pantothenic Acid)	75 mg	750%
Ashwagandha (Sensoril®)	125 mg	***
Rhodiola Rosea (4% rosavin, 1% salidroside)	50 mg	***
Banaba Extract (1% corosolic acid)	25 mg	***
Eleutherococcus Root 0.8%	25 mg	***
L-Theanine	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 1 capsule two times per day, with morning and evening meals.

**WARNING:** Consult your physician before using this or any product if you are pregnant, nursing, trying to conceive, taking medication, have a medical condition or have a family history of diabetes. Not for individuals under 18 years.



AdrenaFit™ was formulated by natural health and nutrition expert Brenda Watson, creator of The Fiber35 Diet and president of ReNew Life Formulas.

\*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.

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