



Life Force®

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Manufactured by
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Gentle Fibre

Product Name: Gentle Fibre (80.15 grams)

Characteristics:

A unique blend of natural herbs, fruit and vegetable fibers and sea vegetables. Made for healthy elimination, weight management and intestinal cleansing.

- € Can assist to energise, revitalise and help maintain your body with its blend of nutrients
- € Can assist in supporting your body's daily needs of system regularity
- € Can assist in cleaning of the digestive system
- € Can assist in nourishment and support of colon and intestinal health



DETOX

REVITALISE

WEIGHT MANAGEMENT

INTESTINAL CLEANSE

Poor elimination and build-up of toxins in the body can thwart the best weight management goals. BENEW™ Gentle Cleanse helps to convert your body to a healthy, receptive state maximized for weight management. Combining our proprietary SeaNine® sea vegetable blend with well-known cleansing ingredients such as senna, cascara sagrada, fruit and vegetable fibers, Gentle Fibre helps you maintain weight management. It responds to the strategic blend of natural herbs and fibers.

Suggested Use: Shake gently before use. Mix one rounded scoop (11.45 g) in 175 mL (6 fl. oz.) of water and stir briskly. Consume once daily for seven consecutive days, in the morning or evening, preferably with a meal.

Servings per Container: 7

Supplement Facts	
Serving Size	1 Rounded Scoop (11.45 g)
Servings Per Container	7
Amount Per Serving	% DV
Calories 35	
Total Fat 0	
Total Carbohydrate 6 g	2.67%
Dietary Fiber 6 g	24%
Soluble Fiber 4.75 g	
Insoluble Fiber 1.25 g	
Sodium 10 mg	0.5%
Iron 0.95 mg	5.25%
Protein 0.5 g	1%
Proprietary Cleanse Blend 10.8 g †	
Barley Fiber, Oligo Fiber, Carrot Fiber, Plum Fiber, Psyllium Fiber, Apple Fiber, Gum Acacia, Spirulina, Montmorillonite, Chamomile, Aloe Vera, SeaNine® Blend (Fucus vesiculosus, Chondrus crispus, Ascophyllum nodosum, Laminaria digitata, Porphyra yezoensis, Palmaria palmata, Ulva lactuca, Alaria esculenta, Gigartina chamissoi), Parsley Herb, Yellowdock Root, Dandelion Root, Fennel Seed, Ginger Root, Stinging Nettle Leaves, Burdock Root, Milk Thistle Seed, Cascara Sagrada, Senna Leaves, Grape Seed Extract, Cayenne	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value (DV) not established.	
Other ingredients: Citric Acid, Natural Flavor, Stevia.	

Note:* This product contains cascara sagrada and senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because these ingredients may worsen these conditions and be harmful to health. Not for prolonged use. Do not exceed recommended serving. One seven-day cleanse cycle may be completed in a 30-day period.

If you are pregnant, breastfeeding, or on a special, health related diet, consult your healthcare professional before using this or any new product. Discontinue use if adverse reaction occurs.

- NO ARTIFICIAL COLOURING
- NO ARTIFICIAL FLAVOURING
- NO ARTIFICIAL SWEETENERS
- NO ADDED SUGARS
- EASILY DIGESTIBLE

Storage/shelf life:

Store in a cool dry place. DO NOT REFRIGERATE.

Unopened: Shelf stable for 24 months when stored in a cool, dry place, and product is kept in its original packaging.

Opened: Consume within 4 to 5 weeks of opening.