

## USING YOUR CLEANSING & FAT BURNING SYSTEM COULDN'T BE EASIER.

Your Cleansing and Fat Burning System relies on two easy-to-follow components: **Shake Days** & **Cleanse Days**.

Here's how each works.

### WHY CLEANSE?

Unlike harsh laxative cleanses, Isagenix Cleanse for Life is scientifically developed to nourish your body with the vital nutrients it needs while ridding your body of impurities.

Cleansing isn't about deprivation; it's about nourishment! **You will be amazed at how easy it is to cleanse.**



## SHAKE DAYS:

**Replace** conventional meals with 2 IsaLean Shakes per day + 1 healthy, low-glycemic, 400- to 600-calorie meal.

*Most people enjoy a shake for breakfast, plan their meal for lunch, then enjoy another shake for dinner. But you can easily plan your one meal for either dinner or lunch—it's your choice!*

**Drink** 1 serving of Ionix Supreme before your shake + take 2 Natural Accelerator capsules (1 in the morning and 1 in the afternoon).

**Drink** enough water throughout the day (about 80 oz total).

**Plan** 2 snacks a day: one mid-morning and one mid-afternoon. See below.

**Take** 1-2 IsaFlush capsules with 8 oz of water before bedtime.

### Snack Options

- IsaDelight®
- e+™
- Isagenix Greens™
- Isagenix Fruits™
- Slim Cakes®
- Whey Thins™
- Fiber Snacks™

**Pro Tip:** Plan your low-glycemic, 400- to 600-calorie meals in advance. Some people find it beneficial to plan a full week of meals at one time.

**Pro Tip:** For people engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro® to your favorite IsaLean Shake. Extra protein can help curb hunger and satisfy longer.

## CLEANSE DAYS:

**Enjoy** 4 deep cleanse servings:  
1 in the morning  
1 at noon  
1 late afternoon  
1 at dinnertime

**Drink** 1 serving of Ionix Supreme when you wake up and (optional) in the early evening + take 2 Natural Accelerator capsules (1 in the morning and 1 in the afternoon).

**Drink** enough water throughout the day (about 80 oz total).

**Enjoy** 4 to 6 Isagenix Snacks™ (any flavor or combination)

**Choose** 2 snacks a day from the options below: one mid-morning and one early evening.

**Take** 1-2 IsaFlush capsules with 8 oz of water before bedtime.

### Snack Options

- 1-2 IsaDelight (Milk or Dark Chocolate)
- ¼ apple or pear
- 1 serving of Replenish (if exercising)
- 1-2 servings of e+

## SHOULD I CLEANSE 1 OR 2 DAYS?

Within our 30-Day Cleansing and Fat Burning System, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximize your weight-loss results. However, you should never exceed two consecutive Deep Cleanse Days.

See Page 11 for healthy guidelines on meals. Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

## SHAKE DAY PLANNER

### Early Morning

- Drink 1 serving of Ionix Supreme
- Drink 1-2 glasses of purified water

### Morning—Breakfast

- Enjoy an IsaLean or IsaLean Pro Shake
- Take 1 Natural Accelerator capsule
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Early Afternoon—Lunch

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Drink 1-2 glasses of purified water

### Midafternoon—Snack

- Optional: Choose one serving of a Shake Day snack
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Evening—Dinner

- Enjoy 1 serving of IsaLean or IsaLean Pro Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

- Take 1-2 IsaFlush® capsules, as needed

*For more information on meal options that suit your needs, see page 6, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at ChooseMyPlate.gov*

To benefit from everyday cleansing, drink 1 everyday cleansing serving of Cleanse for Life in the morning and either midmorning or midafternoon as a snack. (Additional Cleanse for Life will need to be purchased.)

## SHAKE DAY SNACK OPTIONS:

- 2 Isagenix Snacks™
- 1 FiberSnacks™\*\*
- 1 SlimCakes\*\*
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Replenish™\*\*
- 6 unsalted almonds
- Whey Thins™\*\*

\* Additional product will need to be purchased

## CLEANSE DAY PLANNER

### Early Morning—Cleanse 1

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life
- Take 1 Natural Accelerator capsule

### Midmorning—Snack

- Drink 1 serving of Ionix Supreme
- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 Isagenix Snacks™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1-2 glasses of purified water
- Recommended: Take 1 A.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Morning—Cleanse 2

- Enjoy 1 Deep Cleansing serving\*\*\* of Cleanse for Life

### Early Afternoon—Snack

- Take 2 Isagenix Snacks™
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Midafternoon—Cleanse 3

- Enjoy 1 deep cleansing serving\*\*\* of Cleanse for Life

### Early Evening—Snack

- Recommended: Enjoy up to 2 IsaDelight Plus chocolates\*\*
- Take 2 Isagenix Snacks™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1 serving of Ionix Supreme\* (optional)
- Drink 1-2 glasses of purified water

### Evening—Cleanse 4

- Enjoy 1 deep cleanse serving\*\*\* of Cleanse for Life
- Recommended: Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis® \*\*

### Late Evening—Bedtime

- Take 1-2 IsaFlush® capsules with 8 oz of purified water

*\*\*\* Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.*

## CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolates (Milk or Dark Chocolate)\*\*
- 1-2 servings of e+ or Replenish™ (if you are exercising)\*\*
- 2 Isagenix Snacks™