

7-DAY WELLBEING RESET

ISAGENIX



Reset for *wellness*
Reset for *health*
Reset for *routine*
Reset for *confidence*
Reset for *nutrition*
Reset for *relaxation*
Reset for *mindfulness*
Reset for *results*



Reset for you.

This isn't just a reset—this is a full week to reconnect with yourself.

Results in just 7 days!*

This straightforward routine was created to help you get results in a week. We designed this 7-Day Reset based on our clinically validated weight loss system.

Mindfully following this schedule for 7 days can help you find it easier to:

- Burn fat
- Sleep better
- Fight cravings
- Improve nutrition
- Manage stress
- Cleanse safely

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

7

Adaptogen Elixir bottles

to help your body better handle stress.*

12

IsaLean Shake Packets

for a scientifically supported, nutrient-dense superfood meal.

4

Cleanse for Life bottles

will support your body's natural detoxification systems with super plant botanicals.*

3

Plant-Based Snack Bites

to satisfy your cravings on Cleanse Days.



Your wellness routine

Shake Day

Days 1-3 and 5-7 of your Reset are designed to provide optimal nutrition.

MORNING



IsaLean Shake

LATE MORNING



Adaptogen Elixir

AFTERNOON



IsaLean Shake

EVENING



400-600 Calorie Meal

Cleanse Day

On day 4 you'll follow our clinically supported method of intermittent fasting.

MORNING



Cleanse for Life

+



Snack Bites

LATE MORNING



Cleanse for Life

+



Adaptogen Elixir

AFTERNOON



Cleanse for Life

+



Snack Bites

EVENING



Cleanse for Life

+



Snack Bites



SHAKE IT UP

Customize your shake with some of our favorite shake recipes!



What to expect Day-by-Day

Day 1	<p>Let's do this</p> <p>Today your body is introduced to nutrient-dense meals and adaptogens to help you better adapt to stress. In addition, you are starting to prep your body for your Cleanse Day.</p> <p>Need extra support? Have a small serving of water-based fruits or vegetables—like cucumbers or celery.</p>
Day 2 – 3	<p>Your body adapts to a better you</p> <p>You may notice less hunger and cravings as your body is fed with clean, superfood nutrition.</p> <p>As your body continues to prepare for your Cleanse Day, you might have more energy and notice it's easier to manage your stress.</p>
Day 4	<p>Cleanse your body on a cellular level</p> <p>It's Cleanse Day.</p> <ul style="list-style-type: none"> ⌚ 12 About 12 hours after your last meal, your body will begin to rely on stored nutrients. This means you will begin to burn stored fat as fuel. ⌚ 18 At around 18 hours, your body will start to increase its ability to stimulate lean muscle growth and also begin to release toxins that have been trapped within your fat cells. ⌚ 24 About 24 hours after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This will help your body feel renewed, energized, and reset.
Day 5 – 6	<p>Refuel with superfood nutrition</p> <p>Waking up after a Cleanse Day can have you feeling lighter, cleaner, and better rested. Reward yourself with a shake!</p> <p>Nothing tastes more satisfying than a superfood IsaLean® Shake after you've completed your Cleanse Day. Your body and cells will soak up the dense nutrition. The next few days, you may notice how fast you fill up during your evening 400-600 calorie meal. This is common as your body starts to adapt to cleaner calories and high-quality protein.</p>
Day 7	<p>Enjoy your full reset</p> <p>You did it! Enjoy the feeling of sticking to something that's good for your body and mind. Use today to take stock of the positive changes happening in your body. Do your clothes fit better? Do you have more energy? Is it easier to listen to your body's hunger cues? All of these are positive results from your 7-Day Reset!</p> <p>Feeling great and want to make this a lifestyle? You can continue your path to wellness with other Isagenix optimal nutrition systems.</p>

5 tips for success

1. Stay hydrated.

A reset flushes toxins out of your body. Water is the vehicle that helps get them out. Drinking a healthy amount of water, especially on a Cleanse Day, is essential.

2. Use all the products included in the system.

This kit was carefully designed based on clinically-tested results. The products work together to give you the results you're looking for.

3. Don't go hungry.

Just because you're doing a reset doesn't mean you should stop listening to your body. Small servings of sliced water-based fruits or vegetables like cucumber or celery can go a long way.

4. Keep your energy up.

If you need an extra boost, plain coffee or tea is perfectly fine to have during your reset.

5. Plan out your Cleanse Day.

Set yourself up for success by setting reminders, removing temptations, and staying busy. This isn't a cleanse where you have to stay inside all day—find things to do to keep your mind occupied.

HAVE MORE QUESTIONS?

Send your questions to our nutritionist via this email:
AskTheNutritionist@IsagenixCorp.com

RECIPES TO KEEP IT FRESH

Need ideas for your evening 400-600 calorie meal?





WHAT'S NEXT?

Try a 30-Day, clinically validated
weight loss system

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or on a weight control program, consult your physician before using Isagenix products or making any other dietary changes, beginning any fitness plan, or attempting to lose weight.

ISAGENIX®



3015 | 051822