

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.

These calendars will help you organize your programs. If you would like to design your own program, see the back panel.

30-DAY CALENDAR

Day 1 S**	Day 2 S**	Day 3 C	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 C	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 C	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 C	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

9-DAY CALENDAR

S**	S**	Day 1 C	Day 2 C	Day 3 S	Day 4 S	Day 5 S
Day 6 S	Day 7 S	Day 8 C	Day 9 C			

S= Shake Day
C= Cleanse Day



Pro Tip: Get a head start on your 30-Day System by adding extra Cleanse Days to your calendar.

Build your own calendar on the back panel.

*To ensure you have product for next month, be sure to enroll in the Autoship Rewards program. Speak with your Sponsor for more details.

**Two Shake Days are recommended prior to your first set of back-to-back Deep Cleanse Days. These days help to create an environment in the body that helps enhance the effects of cleansing. The 9-Day System comes with enough servings of IsaLean Shake to complete seven full Shake Days.

THE MAIN COURSE

For your 400- to 600-calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means being nutrient-dense and containing the right balance of protein, carbohydrate, fat, and fiber. Follow these suggestions below to making crafting a healthy third meal easy and delicious.



Portion Size:
Thumb

GOOD FATS

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil



Portion Size:
Size of 2 Fists

VEGETABLES

- Raw veggies
- Cooked veggies
- Veggie soups
- Fresh fruit



Portion Size:
Palm of Hand

PROTEIN

- Poultry
- Beef/game/lamb
- Fish
- Eggs
- Low-fat dairy



Portion Size:
Size of Fist

COMPLEX CARBS

- Grains
- Quinoa
- Brown rice
- Sweet potatoes or yams
- Cereals (sugar-free, whole grain)
- Legumes