

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, 400-600-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 to stay well hydrated.

Plan 2 snacks a day: 1 mid-morning and 1 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, 400-600 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 Isagenix Coffee throughout the day to boost energy, if needed. Be sure to stay properly hydrated throughout Cleanse Days.

Enjoy 4-6 Isagenix Snacks throughout the day to curb cravings (any flavor or combination).

Choose 2 snacks a day from the options below: 1 mid-morning and 1 early evening.

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

Snack Options

- 1-2 IsaDelight chocolates (Choose from four delicious flavors.)
- ¼ apple or pear
- 1 serving of AMPED Hydrate (if exercising)
- 1-2 servings of e+™
- 1 Bag of Whey Thins™*

**Whey Thins are now approved for Cleanse Days when enjoyed as the only snack option. Limit one bag throughout the day.*

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.