

# INSTRUCTIONS . . . \* 9-DAY SYSTEM

To help balance the body and help avoid some of the symptoms associated with cleansing the body ~ \* we recommend starting the Cleanse System with 2 Shake Days . . . making it an 11-Day Cleanse System.

OPTIONAL: 1 - 2 IsaDelight Chocolates on Cleanse and Shake Days to assist with cravings.

## SHAKE DAY PLANNER

*Replace two meals / day with 2 Shakes*

- **Breakfast**  
Take 1 oz of Ionix Supreme  
Drink a glass of water  
Isagenix Shake ~ blend 2 scoops  
or 1 packet with 8 oz water  
Take 1 Natural Accelerator capsule
- **Lunch**  
Isagenix Shake ~ blend 2 scoops  
or 1 packet with 8 oz water  
Drink a glass of water
- **Mid-Afternoon**  
Take 1 Natural Accelerator capsule  
Drink 1-2 glasses of water
- **Dinner**  
Healthy low calorie meal  
Drink a glass of water

## CLEANSE DAY PLANNER

*16 oz / day of Cleanse Drink on Cleanse Day  
4 oz x 4 / day . . . or 2 oz x 8 / day*

- **Early Morning ~ CLEANSE 1**  
Take 2 Isagenix Chewables \*  
Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water  
Take 1 Natural Accelerator capsule
- **Mid-Morning**  
Take 2 Isagenix Chewables \*  
Drink a glass of water
- **Late Morning ~ CLEANSE 2**  
Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water
- **Early Afternoon**  
Take 2 Isagenix Chewables \*  
Drink a glass of water  
Take 1 Natural Accelerator capsule
- **Mid-Afternoon ~ CLEANSE 3**  
Cleanse For Life Drink 4 oz  
Drink 1-2 glasses of water
- **Early Evening**  
Take 2 Isagenix Chewables \*  
Drink 1-2 glasses of water
- **Evening ~ CLEANSE 4**  
Cleanse For Life Drink 4 oz  
Drink a glass of water

\* 8 Chewables on Cleanse Day ~ more if needed

S Day 1	S Day 2	C Day 3	C Day 4	S Day 5	S Day 6	S Day 7
S Day 8	S Day 9	C Day 10	C Day 11	C = Cleanse Days x 4 days S = Shake Days x 7 days		

# NUTRITIONAL CLEANSING

## WHAT is the ISAGENIX 9-DAY CLEANSING and FAT-BURNING SYSTEM ?

- It is a 9-Day Food Supplement and Total Body Cleanse in an easy to follow system.
- Has an attractive side benefit of healthy Weight Loss.
- Helps to increase and balance the body's metabolism in a natural and safe way.
- There are no harmful stimulants . . . and no diuretics.
- It is a high quality Nutritional System that replenishes the body with healthy nutrients that boost rejuvenation and help to rebuild the body.

## 9-DAY CLEANSE SYSTEM

**ISALEAN SHAKES** ~ low-lactose, undenatured whey protein blend with LIVE enzymes, amino acids, vitamins and minerals. Promotes muscle density and suppresses appetite and cravings.

**CLEANSER For LIFE DRINK** ~ contains Aloe Vera juice, 70 Ionic minerals, herbal tea extracts, and other botanicals that feed the body.



**NATURAL ACCELERATOR CAPSULES** ~ Ephedra-free, Ma Huang-free ~ with ingredients that facilitate Fat Loss and promote Energy. No harmful stimulants.

**ISAGENIX CHEWABLES** ~ help balance blood sugar through a perfect blend of protein, essential fats, and complex carbohydrates.

## HOW DOES the 9-DAY CLEANSING and FAT-BURNING SYSTEM WORK ?

- Creates an environment for Wellness
- Helps the body cleanse itself of impurities
- Promotes fat-burning
- Helps to increase lean muscle mass
- Replenishes the body with high quality nutrients
- Increases energy and vitality
- Promotes beautiful skin, hair and nails
- Convenient, portable, easy to follow system