

INSTRUCTIONS . . . 30-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 6 Shake Days ~ followed by 1 Cleanse Day.

Do this every week for the 30 days.

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
- **Bedtime**
Take 1-2 Isa-Comfort capsules (Isa-Flush)

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
 - **Bedtime**
Take 1-2 Isa-Comfort capsules (Isa-Flush)
- * 8 Chewables on Cleanse Day ~ more if needed

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	S Day 6	C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	C Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	C Day 28
S Day 29	S Day 30	C = Cleanse Days x 4 days S = Shake Days x 26 days		NOTE: For a deeper Cleanse . . . you can do 2 Cleanse days back to back. This requires an additional 32 oz of Cleanse for Life Drink.		

NUTRITIONAL CLEANSING

WHAT is the ISAGENIX 30-DAY CLEANSING and FAT-BURNING SYSTEM ?

- It is a 30-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.

30-DAY CLEANSE SYSTEM . . . VALUE PAK

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



CLEANSE 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.

ISA-COMFORT ~ (**Isa-Flush**) ~ combination of cleansing herbs and minerals with 200 mg of magnesium to effectively and safely aid in digestive regularity and overall health.

IONIX SUPREME ~ healthy rejuvenating drink that restores and protects the body and helps increase the ability to perform mentally and physically. Contains advanced blend of trace minerals, antioxidants and adaptogenic herbs.

REPLENISH ~ healthy hydrating energy drink. Enriched with electrolytes. 100% RDA Vitamin C. Full Vitamin B complex. No artificial flavors, colors or sweeteners.

HOW DOES the 30-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

It takes 21 to 30 days to establish a new habit. Your body retains memory at all levels. By using the 30-day system it helps the body reset and adjust to a healthy lifestyle.