

# NUTRITIONAL CLEANSING

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

- It is a 30-Day Nutritional Food System and Total Body Cleanse in an easy to follow system.
- It's a high quality Nutritional System that replenishes the body with healthy nutrients.
- Creates an environment for Wellness.
- Has an attractive side benefit of healthy Weight Loss and increases Energy.
- Helps to increase and balance the body's metabolism in a natural and safe way.
- No harmful stimulants . . . and no diuretics.
- "Intermittent Fasting" is the term that best describes the concept of an Isagenix Cleanse Day.

## 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 / HYDRATE** ~ 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 healthy skin, hair and nails
- Convenient, portable, easy to follow system

*It takes 21 to 30 days to establish a new habit.*

*The 30-day system helps the body reset and adjust to a healthy lifestyle.*

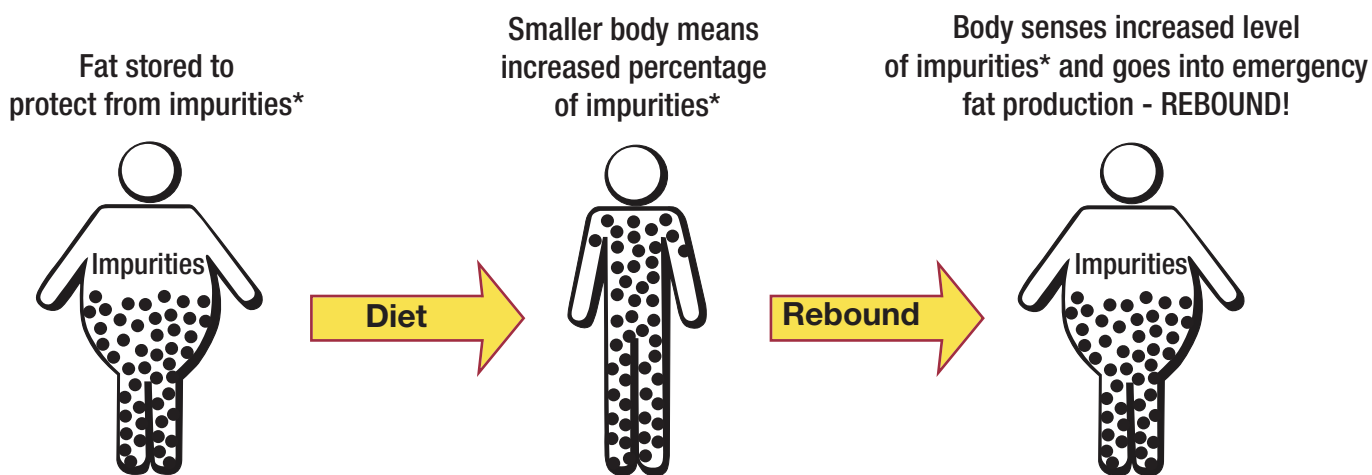
# SHED POUNDS WITHOUT THE REBOUND !

Nutritional Cleansing is a safe, healthy, and natural way to achieve a healthier, leaner body.

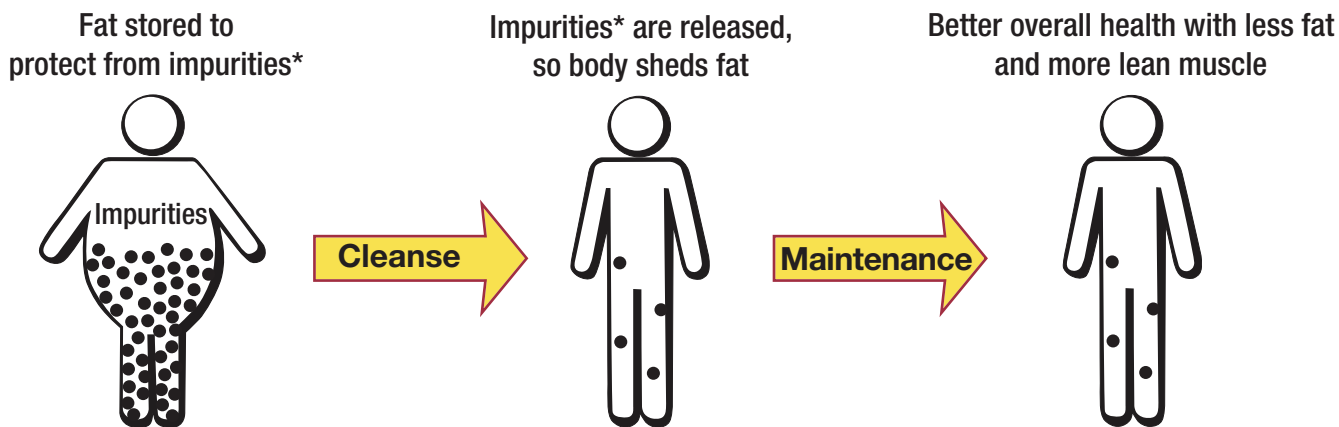
## Traditional Diet vs. Cleansing

One of the ways the liver deals with impurities is to increase body fat to enfold these impurities to protect the body from their influence. Diets are not successful for long term weight loss because they don't address the need to cleanse the body of impurities. \*

### Traditional Diet



### Nutritional Cleansing and Replenishing



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# NUTRITIONAL CLEANSING AND WEIGHT LOSS

## The Relationship Between Nutritional Cleansing and Weight Loss is Simple \*

### **BRIEF PRODUCT INTRODUCTION**

- Isagenix® is a **TOTAL BODY** Nutritional Cleansing and Revitalizing System.
- It's **Wholesome High Quality FOOD that FEEDS your body . . . Does Not Deprive it.**
- It is **NOT** a **COLON** or **LIVER CLEANSE**. It is a **TOTAL BODY** Cleanse.
- NO Harmful Stimulants . . . no Ma Huang . . . no Ephedra . . . no Caffeine.
- It's a "**Nutritionally-Supported**" Intermittent **Fast** that helps you feel **NOURISHED** and **ENERGIZED**.
- It's an Enzyme Transport and Delivery System ~ facilitates digestion, nutrient delivery and absorption.\*

### **Nutritional Cleansing Helps the Body to Purify and Drop Weight and Inches ~ SAFELY \***

- It helps your body to cleanse itself.\* Impurities accumulate over time in your body and are often stored in the FAT cells. As impurities are released . . . the fat can be released too. Makes sense.
- You not only burn fat ~ but you burn the worst kind of fat . . . visceral fat.
- Lose weight and lessen the potential for disease.\*
- Drink LOTS of water during this program ~ to help flush out impurities and hydrate your body.

#### **PETER'S CLEANSING WEIGHT LOSS STORY**



**31 LBS ~ AND 7" OFF HIS WAIST**

#### **GISELE'S CLEANSING WEIGHT LOSS STORY**



**TRANSFORMED HER LIFE**

### **Why it is Safe to Lose Weight with ISAGENIX® Nutritional Cleansing . . .**

- It feeds your body wholesome FOOD.
- Helps your body CLEANSE itself and NOURISH and REVITALIZE your cells.\*
- ISAGENIX® does NOT use Harmful Stimulants.
- Helping your body cleanse and feeding it healthy nutrients makes you feel better and have more energy.\*

# WHAT'S ALL THE BUZZ ABOUT ?

## 30-DAY CLEANSING AND FAT-BURNING SYSTEM . . .

**IMAGINE HOW YOU COULD FEEL !**



**“** I always knew how to eat healthy, but I had never been introduced to the cleansing. I think that was a key to getting rid of that extra fat I'd been carrying around for years. **”**

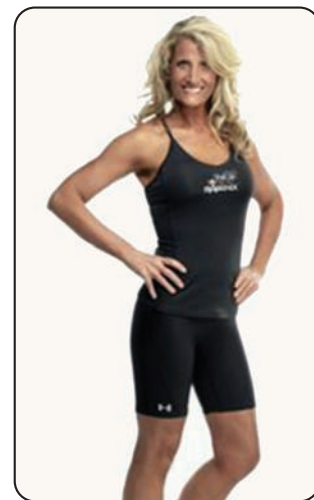
Jesse \*



**BEFORE**  
ISAGENIX CLEANSE



**AFTER**  
ISAGENIX CLEANSE



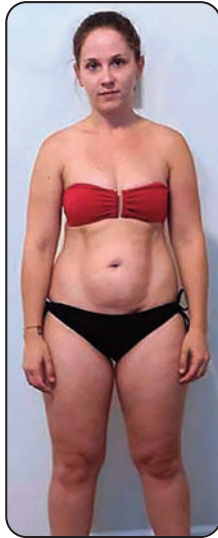
**“** I have been challenged with my weight my entire life ~ until Isagenix and Nutritional Cleansing. I released 131 lbs with Isagenix ~ which was 1/2 my body weight ~ and have kept it off for 5 years ! I was the proud Isa-Body Challenge Grand Champion in 2011 and I was awarded a \$25,000 prize and cruise ! I now earn a 6-figure income by sharing Isagenix and coaching others to success. **”** Jill Birth \*

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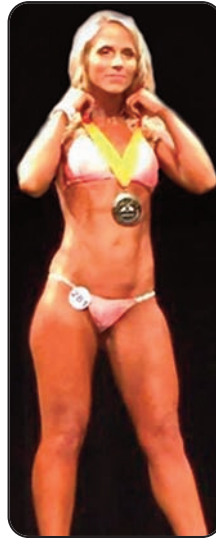


# MORE INCREDIBLE RESULTS !

**BEFORE  
ISAGENIX CLEANSE**



**AFTER  
ISAGENIX CLEANSE**



“Before Isagenix ~ I was overweight, uncomfortable and lacked confidence ~ and I was working out regularly without seeing any changes. After a short time on the Isagenix Nutritional Cleansing System I saw amazing results . . . and one year later I placed 2nd in my first ever bikini competition ! ”

Mary Chappel \*



“I started my career as an Engineer in the Corporate world ~ then water filtration partnership with fellow Engineers ~ then Real Estate . . . then Network Marketing . . . and Isagenix. Who would have thought that in my Golden Years, I would use my Body to make my Fortune ! Here’s my story . . . ”

Peter Oelmann

Now 81 . . . Feels like 61 ~ **Still Clean and Lean !**

**PETER STARTED HIS ISAGENIX® JOURNEY AT AGE 67 (2002) . . . NOW . . . 15 YEARS LATER . . .**

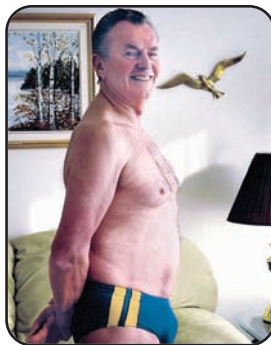
**31 POUNDS . . . AND . . . 7 INCHES OFF HIS WAIST ~ AND HIS AMAZING BODY TRANSFORMATION CONTINUES . . . \***



**BEFORE  
Isagenix Cleanse**



**DURING  
Isagenix Cleanse**



**AFTER  
Isagenix Cleanse**

**WOW**

**Peter  
Age 82 !**



**POWERED by Isagenix®**

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# THE CHOICE IS YOUR'S . . .



**OR . . .**



**What Will You Put in YOUR Basket ?**



# INVITATION TO TAKE THE CHALLENGE !

## ***Transform Your Body. Transform Your Life.***

### **WHAT IS THE ISABODY CHALLENGE?**

The IsaBody Challenge is a 16-week total body transformation challenge for Isagenix Associates and Preferred Customers. Because we believe that transformations are for everybody, we award all who successfully complete their IsaBody Challenge with \$200 of Isagenix Products. And the best part? Everyone who completes the IsaBody Challenge also has the chance to win their share of over \$200,000 USD/CAD in cash, prizes, and trips!

## ***IsaBody Challenge*** ***The Path to Completion***

**1**

### ***“Before” Photos:***

#### ***The Final Look at the Old You***

Snap four full-body photos of you standing up (one with proof of start date). Upload within two weeks of your start date.

**2**

### ***“After” Photos:***

#### ***Show off the New You***

Snap four full-body photos of you standing up (one with proof of end date). Upload within two weeks of your end date.

**3**

### ***Inspirational Essay:***

#### ***Tell us Your Story***

Write a 250-500 word essay sharing your IsaBody Challenge journey. Submit your essay with your “after” photos.

**4**

### ***500 BV:***

#### ***Use the Products***

You must purchase and use a minimum of 500 BV in Isagenix products throughout your 16-week Challenge period.

**5**

### ***Maintenance:***

#### ***Photos and Weigh-Ins***

If you complete three weeks or more prior to your Challenge judging period deadline, you must submit four final full-body “maintenance” photos (one with proof of date).



**Meet some Happy  
Winners . . .  
who Transformed  
their Life**



***Luna P.***



***Dr. Ken S.***



***Elizabeth M.***

# 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		<b>NOTE:</b> For a deeper Cleanse . . . you can do 2 Cleanse days back to back. This requires an additional 32 oz of Cleanse for Life Drink.		