

A young woman with a large, voluminous afro hairstyle is smiling warmly at the camera. She is wearing a dark brown, ribbed, sleeveless top. She is holding a clear glass filled with orange juice in her right hand. Her left arm is resting on a white surface, possibly a couch or bed. The background is a bright window with a view of greenery outside, suggesting a sunny, indoor setting.

11-DAY RESET

ISAGENIX®





*Reset for you.*

*This isn't just a cleanse — it's time to  
reconnect with yourself.*

# Results in just 11 days!\*

This straightforward routine was created to help you get results fast. The 11-Day Reset is built on our clinically validated system — simple, effective, and easy to follow.

Mindfully following this schedule for 11 days can help you find it easier to:

- Burn fat<sup>†</sup>
- Fight cravings
- Manage stress<sup>†</sup>
- Sleep better<sup>†</sup>
- Improve nutrition
- Cleanse safely

\*Weight loss should not be considered typical. A study showed an average weight loss of 24 pounds after 12 weeks. Participants took part in a calorie-controlled regimen of Shake Days and one Cleanse Day per week. For more information on the study, see [IsagenixHealth.net](https://www.isagenixhealth.net).

<sup>†</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## IsaLean® Protein Shake

for a scientifically supported, nutrient-dense superfood meal.

## Cleanse for Life®

supports your body's natural detoxification systems with super plant botanicals.<sup>†</sup>

## Natural Accelerator™

supports metabolism and fat burning with thermogenic botanicals.<sup>†</sup>

## Choose from a variety of Isagenix snacks

to satisfy your cravings on Cleanse Days.



# Your wellness routine

## Shake Day

Designed to provide optimal nutrition.

### MORNING



IsaLean®  
Protein Shake

+



Natural Accelerator™  
(2 capsules)

### LATE MORNING



Optional 100-200  
calorie snack

### AFTERNOON



IsaLean®  
Protein Shake

### EVENING



400-600 Calorie Meal

## Cleanse Day

Follow our clinically supported method of intermittent fasting.

### MORNING



Cleanse for Life®

+



Natural Accelerator™  
(2 capsules)

### LATE MORNING



Cleanse for Life

+



Isagenix Cleanse Day-  
approved snack

### AFTERNOON



Cleanse for Life

+



Isagenix Cleanse Day-  
approved snack

### EVENING



Cleanse for Life



## STAY CONNECTED

Follow us on social for recipes, nutrition education, and wellness tips.



# What to expect Day-by-Day

## Days 1-2 (Shake Days)

### Let's Do This

Your body is being introduced to nutrient-dense meals as you prepare to cleanse.

Need extra support? Have a small serving of water-based fruits or vegetables — like cucumbers or celery.

## Days 3-4 (Cleanse Days)

### Cleanse Your Body on a Cellular Level

Time to cleanse! The magic starts with your first Cleanse Day:

- 12 About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you will begin to burn stored fat as fuel.
- 18 At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and also begin to release toxins that have been trapped within your fat cells.
- 24 At about **24 hours**, your body will begin to experience increased autophagy. This natural process replaces old cell components with new, regenerated ones — helping you feel renewed, energized, and reset.

## Days 5-9 (Shake Days)

### Adapt to a Better You

You may notice less hunger and cravings as you fuel your body with clean, superfood nutrition.

You may also feel more energized and notice it's easier to manage stress.

## Days 10-11 (Cleanse Days)

### Unlock the Next Level of Cleansing

The second cleansing period is a powerful step in your 11-day journey, reinforcing the positive changes you've already started making. You may find these Cleanse Days to be more manageable than the first. As your body transitions into deeper fat-burning mode, it releases toxins stored in your fat cells for deeper renewal.

Finish strong and trust the process — you're doing something unique for your health, and you'll feel incredible when you're done!

**Want to make this a lifestyle?** Continue your path to wellness with other Isagenix optimal nutrition systems.

# 5 Tips for Success

## 1. Stay hydrated.

A cleanse flushes toxins out of your body. Water is the vehicle that helps get them out. Drinking a healthy amount of water, especially on a Cleanse Day, is essential.

## 2. Use all the products included in the system.

This kit was carefully designed based on clinically tested results. The products work together to give you the results you're looking for.

## 3. Don't go hungry.

Just because you're doing a cleanse doesn't mean you should stop listening to your body. Small servings of sliced water-based vegetables like celery or cucumber can go a long way.

## 4. Keep your energy up.

If you need an extra boost, plain coffee or tea is perfectly fine to have during your cleanse.

## 5. Plan your Cleanse Day.

Set yourself up for success by setting reminders, removing temptations, and staying busy. Find things to do to keep your mind occupied.

### RECIPES TO KEEP IT FRESH

Need ideas for your evening 400-600 calorie meal?





**WHAT'S NEXT?**

Try a 30-day, clinically  
validated system.

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or on a weight control program, consult your physician before using Isagenix products or making any other dietary changes, beginning any fitness plan, or attempting to lose weight.

**ISAGENIX**<sup>®</sup>

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