

Cleanse Day Tracker

Enjoy your Cleanse Day your way with up to 10 cleanse credits.

0 Cleanse Credits

- Isagenix Organic Coffee / Black Coffee
- Black, green, or herbal tea
- Still or sparkling water

1 Cleanse Credit

- BĒA™ Sparkling Energy Drink
- BĒA Biotics
- AMPED™ Hydrate
- Xango® Juice or Xango Reserve
- Adaptogen Elixir
- Nootropic Elixir

2 Cleanse Credits

- Isagenix Snacks™ (2 wafers)
- Greens
- E+™
- Collagen Elixir™
- Collagen Bone Broth
- Isagenix Fruits
- SuperMix™
- AMPED NOx**
- AMPED Nitro**
- AMPED Power**
- AMPED BCAA Plus**
- AMPED Repair**
- SmartMix®
- XM+®

3 Cleanse Credits

- Harvest Thins™
- Whey Thins™
- Snack Bites



**You should consult your physician or other healthcare professional before engaging in exercise on a Cleanse Day. Do not engage in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.