READ ME FIRST!

A **Step-by-Step Guide** to Your 30-Day Cleansing and Fat Burning System™

TO GET STARTED

- ✔ Examine the contents of your order
- ✔ Read this Step-by-Step Guide
- ✔ Call the person who introduced you to Isagenix®
- ✔ Watch the enclosed "Cleansed for Life" DVD

STEPS TO SUCCESS—EASY AS 1•2•3

1 PRE-CLEANSE

IsaLean® Shake
(replaces 1 meal)

Sensible Meal
(400–600 calories)

IsaLean® Shake
(replaces 1 meal)

2 CLEANSE DAYS

Cleanse for Life™
(4 oz. with purified water
4 times per day)

Purified water
(8+ glasses
per day)

Isagenix Snacks®
(up to 6 per day)

3 SHAKE DAYS

IsaLean® Shake
(replaces 1 meal)

Sensible Meal
(400–600 calories)

IsaLean® Shake
(replaces 1 meal)

& EVERY DAY

Ionix® Supreme
(1 oz.)

Essentials
(Women • 5 capsules
Men • 4 capsules)

Antioxidants
(3 capsules)

Purified water
(8+ glasses per day)

Exercise**
(20+ minutes per day)

CLEANSING AND FAT BURNING SYSTEM: 30-DAY SUPPLY

SNACKING TIPS

IsaDelight™ (up to 4 daily)

1–3 tablespoons of IsaCrunch™

Hard-boiled egg
(no more than 1 egg daily)

4 walnuts, raw and unsalted

4 cashews, raw and unsalted

6 almonds, raw and unsalted

2 stalks organic celery

2 medium-sized organic carrots

¼ IsaLean® Bar
(not on Cleanse Days)

¼ SlimCake®
(not on Cleanse Days)

ENJOYING ISADELIGHT™ ON CLEANSE DAYS

Include delicious IsaDelight™ chocolates in your Cleanse Day schedule. Here's how:

- 8 a.m. - 2 *Snacks!*™
- Drink 4 ounces of Cleanse for Life™ with water four times daily
- Noon - Savor 1–2 IsaDelight™ chocolates
- 1 p.m. - 2 *Snacks!*™
- 4 p.m. - Enjoy 1–2 IsaDelight™ chocolates
- 6 p.m. - 2 more *Snacks!*™

Healthy Meal Planner

Eating sensibly enhances the wellness benefits you'll experience from the Cleansing and Fat Burning System: 30-day supply. The chart below is a general guide to foods that are the perfect accompaniments to Shake and Pre-Cleanse Days!

Protein	Starches	Fat	Vegetable	Other
1 egg or 4 egg whites	1 cup organic slow-cooked oatmeal	1 tbsp. flax oil	2 cups peppers, tomatoes, onions	1 organic apple
5 oz. chicken breast	1 cup steamed organic brown rice	1-2 tbsp. olive oil	3 cups mixed greens	1½ cups melon
5 oz. salmon or other fish	1 cup whole-grain pasta	Reduced-fat salad dressing	3 cups steamed vegetables	1 cup herbal tea with 1-2 tsp. honey
5 oz. chicken or turkey burger	1 baked yam	Reduced-fat feta cheese	2 cups Greek or Caesar salad	1 cup berries
2 cups tofu or meat alternative	1 cup baked, low-fat yam fries	2 tbsp. nuts of choice	3 cups assorted vegetables	1 organic pear
1½ cups beans or lentils	1 cup wild or basmati rice	1-2 tbsp. coconut milk	Canned tomatoes	1 cup herbal iced tea with 1-2 tsp. honey
4 slices turkey meat	2 slices whole wheat bread	1/4 cup almonds (unsalted, raw)	2 cups spinach salad	1 tsp. Dijon mustard and 1 tbsp. lemon

PERFECT FOR POSTING ON YOUR 'FRIDGE'!

INSTRUCTIONS

Establish the Habits to Help You Stay Healthy, Clean and Lean for Life!

Nutritional cleansing can help you improve wellness, boost energy and help you reach your ideal weight.

Use the 30-Day Cleansing System to help you experience the benefits from cleansing your body and infusing nutrients to help support healthy fat burning, boost your energy level and achieve optimum health for life!

PRE-CLEANSE DAYS
(2 DAYS PRIOR TO CLEANSE)

If this is your first time cleansing, ease into it with one Pre-Cleanse day. Watch the "Cleansed for Life" DVD included in your System.

- Replace two meals with two IsaLean® Shakes for two days prior to Cleanse Days.
- Eat one sensible meal of 400–600 calories.

CLEANSE DAYS
(4 DAYS MONTHLY)

- Take four ounces, or ½ cup, of Cleanse for Life™ mixed with eight ounces of cold purified water four times daily.
- To add taste and to help boost energy, sprinkle a small amount of Want More Energy?® in your Cleanse for Life™ drink and pour over ice.
- Or drink four ounces of Cleanse for Life™ followed by eight ounces of water.
- To help prevent cravings, eat a raw, organic almond every two hours.

SHAKE DAYS

- Drink two servings of IsaLean® Shake as a meal replacement.
- Eat one sensible meal of 400–600 calories.

EVERY DAY

- Take 1–2 Natural Accelerator™ capsules to help jump-startstart your metabolism.
- Drink a minimum of 8–10 glasses of water to enhance your results.
- Drink 1–2 ounces of Ionix® Supreme to boost energy and help relieve stress.**
- Take 1–2 capsules of IsaFlush!® to promote regularity.
- Enjoy 1–4 IsaDelight™ Chocolates daily to help your mood, energy and cravings.** (not included)
- Exercise at least 20 minutes.**

** These statements have not been evaluated by the Food and Drug Administration. Isagenix® products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if allergic reaction occurs.

SUCCESS TIP

PRE-CLEANSE DAYS ARE A GOOD TIME TO REDUCE ANY CAFFEINE, ALCOHOL, CIGARETTE AND/OR SUGAR CONSUMPTION.

WHAT CAN I EXPECT FROM NUTRITIONAL CLEANSING?

Making nutritional cleansing a regular practice can provide a lifetime of benefits. Your body is allowed to rest, rebuild itself and eliminate what's not healthy, which helps you feel energized, cleaner and leaner.

WHAT IF CLEANSING IS TOO DIFFICULT FOR ME?

The most important thing about every Isagenix® System is getting our products into your body. If you're not able to go a full day without eating, do a modified Cleanse by eating a small salad as lunch, or munching on organic cherry tomatoes as a snack.

WILL I EXPERIENCE ANYTHING UNDESIRABLE DURING NUTRITIONAL CLEANSING?

First-time "cleansers" may experience mild headaches (a common caffeine withdrawal symptom) and/or constipation. Take IsaFlush!® and drink plenty of water to promote regularity. If symptoms persist or an allergic reaction occurs, please discontinue products and see a doctor.

WHAT IF I MISS A CLEANSE DAY?

That's fine – just cleanse on the next possible day.

WHAT IF I NOTICE A FEW POUNDS CREEPING BACK ON?

Immediately get on a regular cleansing schedule, cleansing 2–4 times monthly.

WHAT SHOULD I INCLUDE AS PART OF MY SENSIBLE MEALS?

Plan to make each calorie count through nutrient-dense foods. See the menu suggestions in this guide.

CAN I ADD OTHER INGREDIENTS TO MY ISALEAN® SHAKE?

IsaLean® Shakes taste great with fruit; just watch the extra calories. You can also add IsaFruits® for extra antioxidants or IsaPro® for extra protein.

30-Day Cleansing Calendar

S Day 1	S Day 2	S Day 3	S Day 4	PC Day 5	PC 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 Day • PC = Pre-Cleanse • S = Shake Day

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen (6" below waist)				
Buttocks (9" below waist)				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Lost to Date				

PERFECT FOR POSTING NEAR YOUR SCALE!

MAXIMIZE SUCCESS

Plan your Cleanse Days in Advance

Mark the days you want as Cleanse Days on this calendar and commit to sticking to them! Fill out the rest of the blocks above the calendar to accurately track your Pre-Cleanse and Cleanse Days.

Designate two days a month as Cleanse Days. All other days are Shake Days.

Track Your Progress!

If your goal is to lose weight and inches, the chart on the left will allow you to see the results! Put your beginning numbers in the "Start" column, and record your new weight and measurements at each stage of the System.

TESTIMONIALS

"I am amazed at the transformation I've experienced using the Isagenix® Cleansing and Fat Burning System. I've lost 47 pounds*, 48 inches and 11% body fat. I've dropped from a size 12 to a size 4. I have more energy, sleep better at night and my cravings for unhealthy foods are gone. I feel and look like I'm 10 years younger."

Tamara W. – Arizona

"I was a 74-year-old, 267-pound retired vascular surgeon at the end of the line. No energy, ambition or desire to do anything. At the end of the third week of using the Isagenix® Cleansing and Fat Burning System, I woke up and bounced out of bed full of energy and feeling better than I had in 20 years. I lost a total of 70 pounds* ... and have remained at that weight loss for over a year."

Clyde H. – Texas

"Isagenix® helped me reach one of my dreams – to be a referee for an international soccer game. As of now, I have lost 104 pounds* and dropped 10 waist sizes. My health improved a lot and my agility also."

Hector M. – Puerto Rico

CLEANSE DAY TIPS

- "Take 2 Isagenix® Snacks!™ before your first Cleanse drink in the morning."
  Stephanie K. – Arizona
- "Cheat responsibly. I've lost 26 pounds* and I attribute it to this secret."
  Tommy G. – California
- "I like to soak almonds for eight hours in the fridge before my Cleanse Days. They're still raw, but they taste better."
  Diane T. – Utah
- "You just have to read the guide and follow it to a 'T'."
  Norita S. – Utah
- "If you're feeling down or tired at all on Cleanse Days, then have a small salad with lemon. This makes it much easier."
  Fabiola R. – California
- "Add ice to your Cleanse for Life™, and eat your favorite fruit as a snack."
  Henry P. – Georgia
- "Start gently, don't jump right in. Pre-Cleanse for two to five days. Don't be afraid to stop if you don't feel good. You can always begin again."
  David P. – California
- "Avoid overeating prior to Cleanse Days to prevent extra stress on the body."
  Susan S. – Ontario, Canada

* Results may vary.

Your Cleansing and Fat Burning System™: 30-day supply includes:

- ❑ **Step-by-Step Guide**
  Read first!
- ❑ **Cleanse for Life™**
  2 bottles — refrigerate immediately
- ❑ **IsaLean® Shake**
  4 canisters
- ❑ **Ionix® Supreme**
  1 bottle — refrigerate immediately
- ❑ **Natural Accelerator™**
  1 bottle
- ❑ **IsaFlush®**
  1 bottle
- ❑ **Want More Energy?®**
  4 packets
- ❑ **Snacks!™**
  1 bottle
- ❑ **"Cleansed for Life" DVD**

For more information, please contact your Independent Isagenix® Associate.

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