

INSTRUCTIONS . . . “CUSTOM” 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
- **Lunch**
Isagenix Shake ~ blend 2 scoops
or 1 packet with 8 oz water
Drink a glass of water
- **Mid-Afternoon**
Drink 1-2 glasses of water
- **Dinner**
Healthy low calorie meal
Drink a glass of water

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**
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 Isa-Comfort capsule (Isa-Flush)

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		<i>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.</i>		