

30-DAY RESET .. NUTRITIONAL CLEANSING SYSTEM

WHAT is the ISAGENIX 30-DAY RESET ?

- It is a 30-Day Nutritional Food System and Total Body Cleanse in an easy to follow system.
- It consists of Shake Days and Cleanse Days . . . see details below.
- Creates an environment for Wellness.
- Has an attractive side benefit of healthy Weight Loss and increases Energy.
- Helps to balance the body's metabolism in a natural and safe way.
- No harmful stimulants . . . and no diuretics.
- "Intermittent Fasting" is the best way to describe the 30-Day Program.

30-DAY RESET . . . GREAT VALUE

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, multi-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.



CHEWABLES, SNACK BITES or WHEY THINGS ~ **Chewables** help balance blood sugar through a perfect blend of protein, essential fats, and complex carbohydrates. **Snack Bites** have 5 grams of protein in every bite. Intermittent fasting friendly. **Whey Things** are the perfect combination of nutrient-rich carbohydrates and protein to support strong muscle growth.

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.

HOW DOES the 30-DAY RESET 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.

INSTRUCTIONS . . . 30-DAY SYSTEM

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)

OPTIONAL: IsaDelights, Snack Bites, Chewables or Whey Thins on Cleanse and Shake Days to assist with cravings.

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**
Drink a glass of water
- **Late Morning ~ CLEANSE 2**
Cleanse For Life Drink 4 oz
Drink 1–2 glasses of water
- **Early Afternoon**
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**
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)

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		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.		