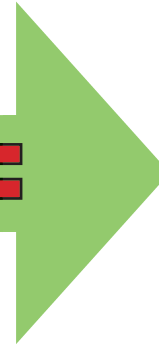


Isagenix Shake Day During the 30-Day System

Isagenix Shakes

400-600 Calorie Balanced Meal



- ✓ Nutritious Meals
- ✓ Calorie Control
- ✓ Protein Pacing
- ✓ Adaptogens
- ✓ Nutrient Support

Protein Shake + Protein Shake + Nutritious Meal



Accelerator



IsaComfort / IsaFlush



Ionix Supreme

Isagenix Nutrition Support



Isagenix Cleanse Days are a Form of Intermittent Fasting

CLEANSE DAYS

Drink ~ 4 deep cleanse (4 oz) servings:

- 1 ~ in the morning
- 1 ~ at noon
- 1 ~ late afternoon
- 1 ~ at dinnertime

Drink ~ 1 oz of Ionix Supreme in the a.m. and *(optional)* in the early evening + take 2 Natural Accelerator capsules (*1 in the a.m. and 1 in the p.m.*)

Drink ~ plenty of water throughout the day - at least 8 (8 oz) bottles. Be sure to stay properly hydrated on Cleanse Days.

Enjoy ~ 4 - 6 Isagenix Snacks / Chewables throughout the day to curb cravings.

Choose ~ 2 snacks a day from the options below . . . or on the right.

Take ~ 1 - 2 IsaFlush / IsaComfort capsules with 8 oz of water before bedtime.

Snack Options

- 1 - 2 IsaDelight chocolates
(four delicious flavors)
- ¼ apple or pear
- 1 serving of AMPED Hydrate
- 1 - 2 bottles of **e+**TM
- 1 Bag of Whey ThinsTM*



Cleanse For Life



Ionix Supreme



Accelerator



Chewables / Snacks



IsaComfort / IsaFlush

Isa-Snack Options

