

## 9 Day Program Overview

With our amazing 9 Day Program, you see results right away. It's your fast start to becoming healthy, clean, and lean. Some people lose weight and inches every day.\* The 9 Day Program includes a total of four Cleanse Days.\*\*



After you've completed your 9 Day Program, then measure yourself, check the scale, and it's time for your After Picture!

Next, continue maintaining your wellness goals by following the 30 Day Program until you reach your target weight. Once you've achieved your target weight, you'll then move onto the Maintenance for Life Program for continued success.

## Sample Cleansing Calendar for 9 Day Program

S	M	T	W	TH	F	S
Pre-Cleanse (Optional)		C Day 1	C Day 2	S Day 3	S Day 4	S Day 5
S Day 6	S Day 7	C Day 8	C Day 9			

C = Cleanse Day • S = Shake and/or Soup Day

## How to Use Your 9 Day Program

### Pre-Cleanse Days (2 Days)

**Important Note:** If this is your first Isagenix Program, start with this Pre-Cleanse prior to Day 1 of this Program.

- ◆ IsaLean Shake or Soup—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix 2 scoops with 8 oz. of purified water and blend.
- ◆ 1 Sensible Meal (400-600 Calories)—Choose low-fat, high-fiber, whole foods (see *Menu Ideas*, p. 18).

### Every Day

- ◆ Water—As a general guideline, drink at least 8-10 eight-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently.
- ◆ Natural Accelerator Capsules—Take two a day (preferably one in the morning and one at noon).
- ◆ Exercise—At least 20 minutes daily.

### Days 1-2 (Cleanse Days)

- ◆ Cleanse for Life—Take 4 oz. (1/2 cup) four times daily (1 capful = 1 oz.). Add to at least 8 oz. of cold purified water. For added taste and energy, sprinkle a sparing amount of our electrolyte drink, Want More Energy?, in your Cleanse for Life drink. Note: You may prefer taking 4 oz. straight, followed by a large glass of water.
- ◆ Isagenix Snacks—Up to six per day. Take 1-2 every few hours between your Cleanse for Life servings. If you must eat a little with each Snack, try low-calorie, whole foods—like apple slices, a small salad, or a couple of unsalted, raw almonds.

### Days 3-7 (Shake and/or Soup Days)

- ◆ IsaLean Shake or Soup—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix 2 scoops with 8 oz. of purified water and blend.
- ◆ 1 Sensible Meal (400-600 Calories)—Choose low-fat, high-fiber, whole foods (see *Menu Ideas*, p. 18).

### Days 8-9 (Cleanse Days)

- ◆ Repeat Days 1-2.

\* Results may vary. The average weight loss in a recent study was seven pounds in nine days.

\*\* Medical note: Do not Cleanse for more than two consecutive days. Do not Cleanse for two consecutive days per week for more than three weeks (no more than two "back-to-back 9 Day Programs"). If you are currently taking medications or are under direct medical supervision, choose to start with the 30 Day or Maintenance for Life Program, and consult your physician.