

Nutritional Cleansing Manual



*“Impossible is only a word —
it doesn’t exist in nature.”
— Udana Power*

Mission Statement:
To help a nation in crisis reclaim
the optimum health that is our natural birthright.

You are now embarking on an amazing journey... a journey back to your original, optimum health through cleansing the cells of their toxic load and replenishing them with the highest quality nutrients in the world.

The body is the miracle and heals itself.

The Isagenix Cleansing and Fat Burning System is not intended to diagnose, treat, cure or prevent any disease. Results may vary with each individual. Consult your health care professional before taking these or any nutritional supplement.

This manual is designed to give you the tools you need to prepare your products for the 9-Day Cleanse and answer most of the frequently asked questions.

Because our Team is committed to educating you on how nutritional cleansing and replenishing your physical body with high quality nutrients can create excellent health, lean bodies, clear thinking and enormous natural energy — we have created a nightly call with a team of coaches to guide and support you through each day of your cleanse. The Isagenix nutritional cleansing system is a cutting edge technology... there is nothing else out there on the market like it.

Isagenix is not a colon cleanse, not a fast and it is definitely not a diet!

Open your mind to learn some new things, follow the coaching and get on all the calls. If you are unable to be on the calls live, then consult your Sponsor or Team Support Coach each day. We work as a team. All great athletes have coaches — they know they can't create amazing results without the outside influence of someone who has been there and can see the whole picture. It's no different for you as you begin this journey. You have a coach — someone who will help you to learn and apply the new strategies for changing your life for good.

Isagenix is not a quick fix. It is a lifestyle.

This first 9 Day Cleanse, if followed according to the instructions, will give you results that you never thought possible. Give yourself a break: resolve to do the cleanse as laid out and use all the tools available to you. Your vision for what your life can be is absolutely attainable right now. Isagenix will give you the results — once you experience them you can decide whether or not you want to continue with the products to lose more weight and/or experience even greater results.

It is impossible for one 9-Day Isagenix Cleanse to completely cleanse your body of a lifetime of stored up toxins and nutritionally depleted food. We have designed on-going Breakthrough Strategies and Maintenance for Life Paks that provide you tools to continue cleansing and replenishing beyond this first 9 days. We are dedicated to helping our great nation reclaim the optimum health that is our natural birthright — one person at a time. We welcome you to our Isagenix family!

A votre santé! (To your health!)

11 Day Product Experience

Warm-up	Warm-up	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Warm-up	PreCleanse Call	Weigh & Measure		Weigh & Measure							Weigh & Measure
Shake-Meal-Shake		Cleanse with snacks & accelerator capsules	Shake - Meal - Shake with snacks and Accelerator Capsules					Cleanse with snacks & accelerator capsules			

Prepare your Product

“It’s too bad that in this day and time we need a cleansing technology of this kind... but thank God we have it.”

- John Anderson, Founder of Isagenix

This is not a replacement for your Doctor’s care or prescribed medications you are currently taking. We always suggest consulting with your doctor before you start any new program. Ask her/him to monitor your cleanse.

Items to have on hand before you start (shopping list).

- 9 snack size zip lock baggies (not needed for the 1 1/2 or 2 Warm-up days)
- 1 case of 16 or 24 ounce bottles of purified water
- 1 bag of raw-pasteurized or dry roasted unsalted almonds
(if you can only find raw, then spread them on a cookie sheet and bake at 275° for approximately 20 minutes.)

Optional:

- 1 or 2 organic apples
- Organic celery
- Organic peanut butter

STEP 1: Starting on Day 1 (not on the Warm-up Days)

- Set out the 9 zip log baggies and fill each one with:
 - 6 Isagenix nutritional Snacks (10 Snacks for Day 1)(none on Warm-up days)
 - 2 Accelerator capsules
 - 12 raw-pasteurized or dry roasted unsalted almonds (20 for Day 1)

STEP 2: IsaFruits is optional HOWEVER highly recommended.

(Equivalent to 1 1/2 lb. of fruit with a very low glycemic index)

- Mix the Cleanse For Life drink with 1 scoop IsaFruits, as directed, at the timed intervals on the schedule. **OR**
- On Day 1 line up 8 bottles of water and one 32 ounce bottle Cleanse for Life.
- Take 4 ounces (½ cup) of water from each bottle of water (save to drink later).
- Replace water in each bottle with 4 ounces (½ cup) of Cleanse for Life drink and **WAIT TO ADD** 1 scoop IsaFruits **when you’re READY TO DRINK IT.**
 - You will have used one bottle Cleanse for Life drink for Day 1 & Day 2.
- Put the bottles in the refrigerator.
 - Starting with Day 1 you will drink 4 of these bottles per day for the next 2 days.
 - Note: Each 4 ounces of Cleanse for Life drink has the nutritional equivalent of a 1,500 calorie meal — without the calories.
 - (save the second 32 ounce bottle of Cleanse For Life drink for Days 8 & 9 of the cleanse)

Now you’re prepared to start!

- Keep the Cleanse for Life drink bottles refrigerated or in a cooler; take at the four specific times during the day.
- Take one baggy containing your Snacks, almonds and Accelerator Capsules with you each day. (Keep an extra bag in your glove box or desk at work in case you forget

Record your Weight and Measurements

It is absolutely imperative that you record your starting weight and measurements as well as your milestones along the way. How much fun would a basketball game be if you didn't keep score? This is a powerfully, effective product... you're really going to drop those pounds and inches. Measure them. Experience the full satisfaction of knowing your results.

Also: Take a "Before" photo. Your Before and After photos will be priceless!

DATE	/ /	/ /	/ /	/ /	/ /
	Before Warm-up	Day 1	Day 3	Day 10	Day 31
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Rib Cage					
Waist					
Abdomen 6" below waist					
Buttocks 9" below waist					
Upper Thigh L					
Upper Thigh R					
Upper Knee L					
Upper Knee R					
Calf L					
Calf R					
Total Inches					
Weight					
Total lost					

NOTE:

- Measure yourself on the morning of the above days ONLY. Let Day 3 and Day 10 be like a gift you give yourself. If you don't own a scale — buy one or borrow one for these 9 days. Give yourself the benefit of knowing the truth of what you are doing.
- Your body will be gaining lean muscle mass as it loses toxic fat... remember, muscle weighs more than fat.
- Good news: you are not losing water weight. How could you? You're probably drinking more water than you've ever drank in your whole life.
- Make sure you place the tape on the same spot when you measure each time.
- Have fun.

Daily Schedule

2 Warm-Up Days:

Start with 1 or 2 Warm-up (pre-cleanse) days before you start Day 1 of the cleanse.

1st Warm-up Day: _____ Date: _____

2nd Warm-up Day: _____ Date: _____

These days will consist of:

Breakfast: 1 IsaLean Shake consumed within 45 minutes of waking with
(optional but always highly recommended) 1 scoop IsaFruits

Lunch: Dark green vegetables and 4 to 6 ounces of fish, chicken, or tofu

Dinner: 1 IsaLean Shake with (optional) 1 scoop IsaFruits

Evening: 1 or 2 IsaFlush capsules

These are the days to start drinking lots of pure water as well as to stop drinking soda pop, coffee, alcohol and eating fast food and chocolate. Snack on 1/2 an apple, celery or other healthy things. Do not use your Isagenix Snacks or Accelerator capsules yet.

Be sure to weigh and measure before you start, because it is very likely that you will drop some pounds and inches on these days and we want to include them into your final numbers.

To prepare the IsaLean Shake:

- Put 8 ounces of **COLD** water into an IsaBlender or hand blender, add 2 or 3 ice cubes and blend. Then put in 2 scoops of shake and (optional) 1 scoop IsaFruits blend no more than 5 seconds. DRINK IMMEDIATELY (within 5 minutes).

IMPORTANT: The *cold* water *activates* the live digestive enzymes in the shake!

They will live for only 5 minutes. Drink your shake immediately after you make it so that those enzymes end up in your stomach not the glass. **DO NOT** make the shake and then take it with you on the road. Or put it on the counter for a while. Or even put it back into the refrigerator until later — the power of the enzymes will be lost. Enjoy the shake immediately.

IsaFruits

An awesome addition to the IsaLean Shake, the Cleanse for Life drink or by itself. It's pure nutrition without the sugar (the glycemic index is very low). Always stated as optional but is **highly recommended**.

- Promotes Long-Term Health
- Supports a Healthy Heart
- Helps Boost Immune System
- Promotes Mental Clarity
- Supports Digestive Health
- Supports Prostrate Health

On these 2 warm-up (pre-cleanse) days drink LOTS of water. Your body will be being supported by the 242 nutrients in the shakes as well as the enzymes and the benefits from the IsaFruits. IsaLyte minerals are also in both products so they will start cleansing the cells. You will find yourself very well prepared for your first day of the cleanse.

Daily Schedule

Day 1: Day: _____ Date: _____

Your first meal should occur within 45 min. of waking up. Drinking water (at least, 1/2 your body weight in ounces **TO** at most, 12-14 extra glasses a day) at consistent intervals is a powerful part of this program. **DO NOT SKIP MEALS.** This is about hydrating and replenishing the cells on a scale that you've never experienced before. Take your prepared bag of snacks and almonds with you. Keep an extra one in your car or at the office in case you forget one. Set yourself up to win.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	1ST MEAL: One nutritional Snacks / 4 oz Cleanse for Life drink (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle) / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	2ND MEAL: one nutritional Snacks / 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	3RD MEAL: One nutritional Snacks / 4 oz Cleanse for Life drink (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle)		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	4TH MEAL: One nutritional Snacks , then 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
9:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- Congratulations! You have taken the first step on a journey that can change your life forever. Stay the course!
- Relax and take it easy these first 2 days. Your body is working VERY hard on the inside. Don't work hard on the outside.

Daily Schedule

Day 2: Day: _____ Date: _____

The consistent timing of the nutrient intake with water is important. Do not skip meals or water. If you feel hungry, drink 12 ounces of water. If you are still hungry, take 1/2 an organic apple, slice it up into small slices and eat it slowly over a 15 minute period.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	1ST MEAL: 4 oz Cleanse for Life drink (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water or(1 prepared bottle) / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	2ND MEAL: 4 oz. Cleanse for Life drink in 8 to 16 oz of COLD water or (1 prepared bottle)		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	3RD MEAL: 4 oz. Cleanse for Life drink (& optional -1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle)		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	4TH MEAL: 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
9:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

- Other Food or Drink consumed today: _____
- The nutritional Snacks provide the body with chromium, protein and omega oils to help metabolize the nutrients, support the lean body mass and stabilize blood sugar levels.
 - The Natural Accelerator capsules support a healthy metabolic process and help suppress the appetite.
 - Water (at least, 1/2 your body weight in ounces **TO** at most, 12-14 extra glasses per day) supports cleansing and hydration during all nine days and after.

Daily Schedule

Day 3: Day: _____ Date: _____

IMPORTANT: Weigh & measure first thing this morning!! Call your Team Support Coach to share the good news! Make sure your order is in for RGG's 30 day Accelerated Breakthrough or the Maintenance Pak so you won't run out of product.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	BREAKFAST: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish) / dark green vegetables*		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	DINNER: IsaLean Shake (& optional -1 scoop IsaFruits) in 8 to 16 oz of COLD Water		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- *Enjoy low carb vegetables including Romaine lettuce, radishes, spinach, celery, broccoli, zucchini, string beans, mushrooms, a **few** raw carrots et al. Avoid starches and fatty toxic processed foods.
- Eat your salad dry or with olive oil and lemon or balsamic vinegar. Avoid the heavy, thick creamy dressings.
- Remember... this is NOT about deprivation. ENJOY your food. Choose thoroughly delicious, healthy food and completely enjoy every mouthful.
- Make sure you order more product today so it will arrive at your house by the time you complete this first 11 days (2 warm-up (pre-cleanse) days + the 9-day cleanse).

Daily Schedule

Day 4: Day: _____ Date: _____

Reminder: Eat your first Shake meal within 45 minutes of waking. The **COLD** water activates the live digestive enzymes.....so drink it within 5 minutes of blending.

Call your Team Support Coach or your Sponsor any time you have any questions. They are there to support and help you.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	BREAKFAST: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish) / dark green vegetables*		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	DINNER: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- Your body is most likely feeling relaxed and rejuvenated on a deep level it's never been before.
- DO NOT weigh and measure until Day 10.
- If you feel a little tired — then rest. It's only cleansing. Drink lots of water. Enjoy.
- Right about now we get a lot of people telling us that they have so much energy they're up cleaning the house or trimming the trees. How about you?

Daily Schedule

Day 5: Day: _____ Date: _____

Just stay the course. Go to your back office and listen to some audios in the library. Let the M.D's and the professional trainers inform you of what these fabulous products are doing in your body. Keep taking those Snacks. They're important! Don't skip them!

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	BREAKFAST: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish) / dark green vegetables*		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	DINNER: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- Exercise that increases your lymph system is important. Jump on a mini trampoline. Do the "Bounce and Shake" ... Take a light walk while swinging your arms. Or put on some music and dance.

KEY: The lymphatic system carries the toxins from the cells into the blood stream and deposits them into the colon. The lymphatic system does not have its own pump... like the blood has the heart. The lymph system depends on your physical activity to pump it around. The more you do that, the faster those toxins will leave your cells. Again... don't overdo or be strenuous... just bounce around and feel that great tingling that comes from letting your body energy flow.

Daily Schedule

Day 6: Day: _____ Date: _____

Hang in there. You're moving into the home stretch.

Are you invited out to dinner? No problem. Have your morning shake, your noon meal and then have *1/2 shake BEFORE dinner. Enjoy a nice meal ... feel free to take half of it home for lunch the next day. When you get home enjoy *1/2 shake more. The enzymes in that last 1/2 shake will go to work on the dinner you just ate. Your last meal should be that shake.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	BREAKFAST: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish) / dark green vegetables*		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	DINNER: IsaLean Shake (& optional 1 scoop IsaFruits) in 8 to 16 oz COLD water		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- **Do NOT do Shake-Shake-Meal.** You want those enzymes in their digesting that food. This is NOT about deprivation. This is about flooding the cells with the most outrageous, abundant nutrition they have ever enjoyed. Whatever you eat out there in the world won't even approach the amount of nutrition that you'll be receiving from the shakes. Feed your body... don't just fill it up.

*1/2 a shake = 1 scoop IsaLean Shake in 4 to 6 ounces **COLD** water.

Daily Schedule

Day 7: Day: _____ Date: _____

Remember to eat your first Shake meal within 45 minutes of waking. The COLD water activates the live digestive enzymes... so drink it within 5 minutes of blending.

Drink lots of water (at least, 1/2 your body weight in ounces **TO** at most, 12—14 extra glasses a day). Add a slice of lemon or lime if you like.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	BREAKFAST: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	LUNCH: 4 to 6 oz protein (Tofu, Chicken or Fish) / dark green vegetables*		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	DINNER: IsaLean Shake (& optional - 1 scoop IsaFruits) in 8 to 16 oz COLD water		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- Go to bed early. Get a massage. Let someone rub your feet. This is luxurious. Relax, enjoy, and be at peace. Why not curl up with a good book? Rent a good movie. Your body is doing the work. You've earned the peace of knowing you have changed your life forever and being at peace right now is the most you can do for yourself.

“The key is to rest in peace *before* you're dead.”
- Udana Power

Daily Schedule

Day 8: Day: _____ Date: _____

You are on the home stretch! Two more days to go. Finish strong! These two days will be easier than the first 2 days... even so, your body is working very hard on the inside. Take this time to relax and enjoy your newly-found freedom from the first layer of toxic burden you've been carrying around for years.

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	1ST MEAL: 4 oz Cleanse for Life drink (& optional -1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle) / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	2ND MEAL: 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	3RD MEAL: 4 oz Cleanse for Life drink (& optional -1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle)		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	4TH MEAL: 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
9:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- Make sure more product is already at your house or on its way so that you don't have to miss a day without getting the product into your body. Have your Team Support Coach tell you about Ionix Supreme... the most potent super juice in the world. You are eligible to start taking 1 to 2 ounces a day after your first 9 + 30 days (4-6 weeks). Wow! It has a product in it from the Himalayas called "Shilajit". It is known as "The Miracle of the Himalayas" and the translation in Sanskrit is "Conqueror of Mountains, Destroyer of Weakness."
- As wonderful as you feel now, there's even more coming!

Daily Schedule

Day 9: Day: _____ Date: _____

TOMORROW morning is VERY exciting! Just stay the course. Give yourself time to weigh and measure before you do anything else. Report your new numbers to your TSC, your Sponsor and your Support team! Wake them up to do it, they'll be delighted to know!

Time of Day	Action	Time Done	Amount of Water (oz)
7:00AM	1ST MEAL: 4 oz Cleanse for Life drink (& optional -1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle) / one Accelerator capsule		
9:00AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds .		
10:30AM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
12:30AM	2ND MEAL: 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
2:00PM	One nutritional Snacks / 8 to 16 oz COLD water / one Accelerator capsule / two dry roasted un-salted almonds		
3:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
5:00PM	3RD MEAL: 4 oz Cleanse for Life drink (& optional -1 scoop IsaFruits) in 8 to 16 oz COLD water or (1 prepared bottle)		
6:00PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds		
8:00PM	4TH MEAL: 4 oz Cleanse for Life drink in 8 to 16 oz COLD water or (1 prepared bottle)		
9:30PM	One nutritional Snacks / 8 to 16 oz COLD water / two dry roasted un-salted almonds —1 or 2 IsaFlush		

Other Food or Drink consumed today: _____

- This is the beginning of the rest of your life. What you have experienced in these last 9 days will keep compounding and getting better and better over time as you continue to use the product.
- Get on AutoShip and benefit from the many savings you can receive.
- Isagenix has the most nutritionally dense products in the world. Use them daily to supplement your regular eating. You don't have to just be on or off the cleanse... have product every day. After you go on Maintenance add enough product to do a full 9 day cleanse every 3 months. Isagenix is the fountain of youth we have all been looking for!

The Products and What They Do

By **Tony Escobar**, Nutritionist / Isagenix Medical
Advisory Board / Academy of Scientists

Isagenix Cleanse For Life Drink: 96 ingredients

- 72 Ionic-based minerals
- 10 that metabolize fat
- 7 help promote a healthy liver
- 2 help reduce yeast
- 10 assist with emotional stress
- 2 assist with maintaining a healthy gall bladder
- 1 helps reduce water retention
- 3 reduce toxins in the blood
- 4 suppress appetite
- 2 promote healthy adrenal system



Isagenix Accelerator Capsules: 24 ingredients

- 10 metabolize fats
- 3 help reduce emotional stress
- 7 assist liver function
- 3 stabilize blood sugar
- 1 reduces toxins in the blood
- 3 oxygenate the cells
- 1 assists gall bladder
- 1 assists in reducing sugar cravings



Isagenix IsaLean Shake: 108 ingredients (242 nutrients)

- 7 digestive enzymes
- 12 metabolize fats
- 3 promote a healthy liver
- 7 help with emotional stress and control Cortisol secretion
- 45 promote regularity
- 3 reduce appetite
- 3 stabilize blood sugar
- 4 support healthy adrenal system
- 4 promote lean muscle
- 2 maintain lean muscle mass
- 3 boost energy



For a list of specific ingredients in each product go out to the first page of your website, scroll down, on left you will see "Isagenix Products". Click through to the pdf files with a full list of specific ingredients in each product.

9 Day Cleanse Possible Symptoms & Remedies

The Isagenix nutritional cleanse is a very powerful tool to detoxify your body from the cellular level out. We take great care to provide individual coaching to each new cleanser so that all can get their finest results.

We suggest that everyone start with 1 or 2 “warm-up” pre-cleanse days prior to starting your first 9 Day cleanse, especially if you drink coffee or soda pop. If you partake of either (or both) of these, start decreasing your intake and replace them with pure water so that by the first day of your cleanse you are completely weaned off of them.

Some people have no unpleasant side effects to nutritional cleansing, however some do. *NOTE: Using 1 scoop of IsaFruits in your Cleanse or Shake drinks will support you in minimizing any possible symptoms.* There may be some minor discomforts as the toxins are released from the cells, re-enter the blood stream and find their way into your colon to be eliminated. Most cleansing symptoms are short-lived and are directly due to the toxic load accumulated by unhealthy habits, i.e., excessive sugar, caffeine, alcohol, overeating, sedentary lifestyle, insufficient sleep, etc.. As uncomfortable as they might be, it's a lot more comfortable than if they were to stay in your body, do damage and make you sick.

IMPORTANT: Drink plenty of water! (at least, 1/2 your body weight in ounces **TO** at most, 12—14 extra glasses per day). Water flushes the toxins out of the cells and dilutes their impact as they leave your system. If any cleansing symptoms occur, always consult your Team Support Coach, as they are experienced with helping people cleanse safely and efficiently.

Isagenix are nutritional products only and are not intended to diagnose, treat or cure any medical condition. It is suggested that you consult your physician before starting any cleansing or exercise program and allow your doctor to monitor your results.

Note: The following are *potential* side effects which we choose to prepare you for in the event that one or more occur.

It is suggested that you do not engage in heavy physical exercise on the cleansing days. Your body is working extremely hard on the inside — don't overexert so that the inner work cannot be done.

- HEADACHE**
- Drink 16 ounces of water right away (sometimes this is all that's needed).
 - Thinly slice 1/2 an organic apple and eat slowly over a 15 minute period.
 - Add 1 scoop IsaFruits to 1 or 2 Cleanse or Shake drinks daily.
 - Take a walk and breathe deeply.
 - Go to bed — it will pass. A headache is a detoxifying symptom usually associated with caffeine withdrawal from coffee (the most heavily sprayed crop in the world) or soda pop (pure chemicals).
 - Take Epsom salt bath.
- NAUSEA/
UPSET
STOMACH**
- Add 1 scoop IsaFruits to 1 or 2 Cleanse or Shake drinks daily.
 - If nausea persists you are very toxic, therefore: Change the way you take the cleanse. Instead of taking 4 ounces of Cleanse For Life Drink in 8 ounces of water 4 times per day... Take 2 ounces of CFL Drink in 8 ounces of water 4 **TO** 8 times per day.
 - Have 1/2 apple thinly sliced and eat over a 15 minute period.
 - If upset persists have a half of a shake.
 - As a last resort use Citrucel or Metamucil.

- HUNGER** Most people are amazed to discover that they are not outrageously hungry.
NOTE: Each 4 ounces of CFL Drink has the nutritional equivalent of a 1500 calorie meal (without all the calories). Add 1 scoop IsaFruits to 1 or 2 Cleanse or Shake drinks daily.
—Frequently you are not hungry, you're thirsty. (see: www.watercure.com) It is important that you follow the schedule for drinking water and taking your Snacks.
—If you are still hungry on the cleansing days eat 1/2 organic apple sliced thinly and eaten slowly over a 15 minute period.
—If you are still hungry after that eat a stalk of organic celery with a smear of organic peanut butter on it.
—If you find yourself excessively hungry on the shake-meal-shake days you can do the same, or you can take 2 small meals during the day rather than one large meal.
- RASHES / SKIN PROBLEMS** Drink lots of water to flush out toxins.
—Your skin is the largest organ on your body. Skin brushing can be helpful — with a soft bristled brush, stroke in one direction from the fingertips towards the shoulders towards the heart and from the feet toward the heart.
—Help the lymph system carry the toxins out of the cells by shaking vigorously for a few minutes or jumping on a mini-trampoline. Your lymph system has no pump and body movement is the only way to get it moving (lymph delivers the toxins from the cells back to the colon to be eliminated.).
- DARK BOWEL MOVEMENT** This is a good sign — the toxins are coming out.
—Frequent urination is very common — you are drinking a lot of water.
—Good news: The weight you lose is NOT water weight... it's fat. The fat is being carried away by the water.
- IRRITABILITY** Usually goes away within a short time.
- BODY ODOR** —Drink plenty of water to flush out toxins.
—Skin brush per above.
—Bathe in Epsom Salts.
- FATIGUE** Your body is working very hard to flush out the toxins. Relax. Go to bed. Take a bath. Don't push yourself.
- FEELING COLD** Take a hot shower. Go to bed. Put on a sweater. Wrap up in a blanket.
- CONSTIPATION** —Take IsaFlush capsules — 1 or 2 at bedtime, start on warm-up days. The magnesium in them moisturizes the colon (not a laxative), it's also good for your heart and brain (short term memory).
—Add 1 scoop IsaFruits to 2 Cleanse or Shake drinks daily.
—Juice up a Kiwi or two, put it in hot bathwater and soak for 15 to 20 minutes.
—As a last resort you can use Cascara Sagrada, a natural laxative.
- GAS / BLOATING** —Subsides as digestion improves from the enzymes in the Isagenix products.
—Use IsaFlush, 1 or 2 at bedtime, to help toxins slide out more efficiently.
- BLURRY VISION** Goes away in a short time.