

## Maintenance for Life Program Overview

After feeling the benefits of Cleansing, why would you ever stop? Our perfect Maintenance for Life Program includes two Cleanse Days a month. It complements your new cleansing lifestyle with adaptogens, targeted nutrition, and broad-spectrum antioxidants.

Combined with sensible eating and exercise, the Maintenance for Life Program is your key to optimum health and wellness. A monthly AutoShip is cost effective and ensures that your body receives the high-quality, valuable nutrients it needs to perform at its best while maintaining a sensible method to control caloric intake.



## Sample Cleansing Calendar for Maintenance for Life Program

S	M	T	W	TH	F	S
Pre-Cleanse (Optional)		C Day 1	S Day 2	S Day 3	S Day 4	S Day 5
S Day 6	S Day 7	S Day 8	S Day 9	S Day 10	S Day 11	S Day 12
S Day 13	S Day 14	C Day 15	S Day 16	S Day 17	S Day 18	S Day 19
S Day 20	S Day 21	S Day 22	S Day 23	S Day 24	S Day 25	S Day 26
S Day 27	S Day 28	S Day 29	S Day 30			

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

## How to Use Your Maintenance For Life 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.
- ◆ Ionix Supreme—Take 1-2 oz. daily.
- ◆ 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.
- ◆ Ionix Supreme—1 oz. daily to promote balance, energy, and optimum health.

- ◆ Antioxidants—Take 3 capsules daily with IsaLean Shakes or meals.
- ◆ Essentials for Women or Essentials for Men—Women take 5 capsules daily; Men take 4 capsules daily with IsaLean Shakes or meals.
- ◆ Exercise—At least 20 minutes daily.

### Cleanse Days (2 Days a Month)

- ◆ 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 water.

### Shake and/or Soup Days (All Remaining Days)

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