

ISAGENIX Cleanse Schedule:

- ☐ 8am 2 oz. Ionix (or 1 packet)
- ☐ 9am CFL drink (4 oz. or 2 small bottles)
- ☐ 10am IsaDelight
- ☐ 11 am 2 Snacks/Natural Accelerator capsule
- ☐ 12pm CFL drink (4 oz. or 2 small bottles)
- ☐ 1pm IsaDelight
- ☐ 2pm 2 Snacks
- ☐ 3pm CFL drink (4 oz. or 2 small bottles)
- ☐ 4pm IsaDelight
- ☐ 5pm 2 Snacks/Natural Accelerator capsule
- ☐ 6pm CFL drink (4 oz. or 2 small bottles)
- ☐ 7pm IsaDelight
- ☐ 8pm 2 Snacks (Only if needed)
- ☐ Bedtime: 2 IsaFlush (up to 4 if needed)



*Note: You may use up to 4 IsaDelight Plus Chocolates on Cleanse AND Shake Days! USE THEM!

**Note: Do not take Ageless Essentials/Vitamins on Cleanse Days, except Product B. No Greens and IsaFruits on cleanse days either. Save it for your shake days.

***Note: On Cleanse Days, DRINK PLENTY OF WATER!!! Typically double what you intake on a shake day. You may drink an organic herbal tea, but do not add sweetener (even Stevia) and do not use the tea to replace your water consumption during the day.

****Note: If you feel your blood sugar drop a bit, you may eat 1/8 of an organic apple every 20 minutes until you feel better.



Shed Pounds Without The Rebound !

Cleansing is a safe, healthy, and natural way to achieve a healthier, leaner body.