## ISAGENIX Cleanse Schedule:

8am 2 oz. lonix (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)

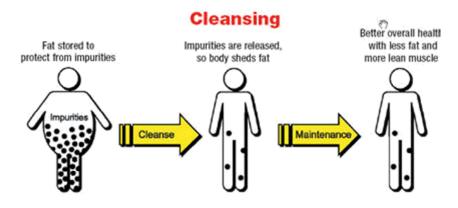


\*Note: You may use up to 4 IsaDelight Plus Chocolates on Cleanse AND Shake Days! USE THEM!

\*\*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.