

Visit <http://www.bodycleansediet.com> to order/find out more...

Cleansing and Fat Burning System: 30-Day Supply



Also available with powders.



What's Next?

- 1 Read this step-by-step System Guide.
- 2 Call the person who introduced you to Isagenix®.
- 3 Listen to the enclosed CD.

Are you ready to create your own personal success story?

Congratulations on committing to greater health! The Cleansing and Fat Burning System: 30 Day Supply is the first step in taking control of your life, getting in peak shape and losing weight.

So far, Isagenix products have helped hundreds of thousands to transform their health and live happier lives. Get ready to join them!



GET THE MOST OUT OF YOUR SYSTEM BY FOLLOWING THE STEPS BELOW

1

PRE-CLEANSE DAYS

If this is your first time cleansing, ease into it with two Pre-Cleanse days. Pre-Cleansing will help prepare your body for Cleanse Days. Replace two meals with two IsaLean® Shakes for two days prior to Cleanse Days. Eat one sensible meal of 400-600 calories.

2

DEEP CLEANSE DAYS (DAYS 7, 14, 21 & 28)

Liquid - Mix 4 oz. of liquid with 4-8 oz. of purified water four times daily.

Powder - Add two well-rounded scoops of powder to 4-8 oz. of purified, room-temperature water then mix or stir until dissolved. Add ice if desired.

Helpful Hint: To help prevent cravings, eat up to six Isagenix *Snacks!* per day and/or an IsaDelight®.

3

SHAKE DAYS (DAYS 1-6, 8-13, 15-20, 22-27, 29-30)

Replace two meals with two IsaLean® Shakes.

Eat one sensible meal of 400-600 calories.

For shake mixing instructions visit: www.isagenix.com/us/en/isaleanshake_new.dhtml

4

EVERYDAY

- Take 1-2 Natural Accelerator capsules to help jump-start your metabolism.*
- Drink 1-2 servings of Ionix® Supreme to boost energy and help relieve stress.*
- Take 1-2 capsules of *IsaFlush!*® to promote regularity.*
- Drink 8-10 glasses of water or more.
- 20 minutes of exercise or more.

If you would like to enhance your results, add the following products to your daily regimen (not included):

- Enjoy 1-4 IsaDelight® chocolates daily to help your mood, energy and cravings.*

* These statements have not been evaluated by the Food and Drug Administration. Isagenix® products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if allergic reaction occurs.

You've only got one body. So treat it right by developing healthy habits for life.

Measurements

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
Waist				
Abdomen (6" below waist)				
Buttocks (9" below waist)				
Upper Thigh (left)				
Upper Thigh (right)				
Calf (left)				
Calf (right)				
Upper Knee (left)				
Upper Knee (right)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Loss to Date				

30-Day Cleansing Calendar

S Day 1	S Day 2	S Day 3	S Day 4	Pre-Cleanse Days 5 & 6		C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	C Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	C Day 28
S Day 29	S Day 30					

C = Cleanse Day • S = Shake Day

TIPS & RESOURCES

To keep your body revved up on the road to good health, we've included plenty of tips and tools so you can maximize your system and achieve the best possible results.

IsaDiary™ - Get the most out of Nutritional Cleansing with free, e-mailed advice (www.isadiary.com).

IsaMovie - Our most popular videos demonstrate how Isagenix® transforms lives (www.isamovies.com).

IsaDelight® - A healthy, weight loss chocolate? Learn more about this good-for-you treat (www.isadelight.com).

Recipes - Find tasty, healthy 400-600 calorie meal ideas under the "Community" tab (www.isagenix.com)

Find more tips, tools and resources in your Back Office Library.

Steps to Success — Easy as 123

1 PRE-CLEANSE



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



IsaLean® Shake
(replaces 1 meal)

2 CLEANSE DAYS



Cleanse for Life™
(4 oz. liquid or two well-rounded
scoops powder mixed with purified
water 4 times per day)



Purified water
(8+ glasses per day)



Isagenix Snacks!™
(up to 6 per day)

3 SHAKE DAYS



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



IsaLean® Shake
(replaces 1 meal)

**& EVERY
DAY**



Ionix® Supreme
(1 serving)



IsaFlush!®
(1-2 capsules)



Natural
Accelerator™
(2 capsules)



Purified water
(8+ glasses per day)
Exercise
(20+ minutes per day)



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To order/find out more please visit

<http://www.lose-weight-by-cleansing.com>

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