A step-by-step guide to the 9-Day Deep Cleansing and Fat Burning System

ISAGENIX®

Are you ready to cleanse and replenish your body and get weight loss off to a fast start? This safe and effective system helps you cleanse your body of harmful impurities while infusing it with premium nutrients for optimal health and accelerated, safe weight loss. With a little help from Isagenix, it's easy to reach your ideal weight and attain your health goals.

"The 9-Day Deep Cleansing and Fat Burning System was key in getting me on the fast track to a healthier lifestyle."

- Clint J., Minnesota

Pictured: 9-Day Deep Cleansing and Fat Burning System

Before you begin your 9-Day System, set yourself up for success by following the steps below:

1. Take a moment to flip through this step-by-step guide so that you understand how to effectively use the 9-Day System to achieve your greatest success. If you have any questions, contact your enrolling sponsor or our Customer Care Team at 1-877-877-8111.
2. Listen to the Cleanse and Replenish for Life Coaching System Audio CD to discover the benefits of Nutritional Cleansing and Replenishing and learn why it can be an essential part of your wellness program.
3. Establish your health and wellness goals and write them down in a journal or post each goal on your refrigerator or bathroom mirror.
4. Plan each day in advance so that you can make the system more convenient to fit your lifestyle. This will ensure you stick to the program.
5. Ask your enrolling sponsor, spouse, friend or co-worker to be your accountability partner or cleansing coach. This person can offer daily support, keep you focused on your goal and help you track your progress. Also, don't forget to visit the Personal Coaching section of IsaProduct.com for free, daily advice and tips to keep you motivated.
6. Buy healthy foods and snacks (fresh, whole foods and produce — organic is preferred) and remove tempting, unhealthy foods from your home.

BILL, SHELLEY & KELLER BATSON
SEQUIM, WA
COMBINED WEIGHT-LOSS:
81 POUNDS*
↙ BEFORE & AFTER ↘

"Now we're an athletic family and to be in this kind of shape is really exciting. We're healthy together."

- Bill, Shelley & Keller Batson

tip #1

For a soothing treat, drink Cleanse for Life® as a tea by mixing with warm (not boiling) purified water.

To track your progress on the 9-Day Deep System, visit IsaProduct.com.

Resources

Your success is our success! This is why we have developed a collection of online tips and resources to help you along the way to a healthier more energetic lifestyle.

IsaProduct.com
This easy-to-navigate site contains everything you need to know about the products in your 9-Day Deep Cleansing and Fat Burning System. You'll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

IsaDiary.com
Want free, daily advice that includes specific instructions, practical tips and health information to help you successfully complete your Isagenix system and adopt a Whole-Body Nutritional Cleansing, Cellular Replenishing and Youthful Aging lifestyle? Simply go to IsaDiary.com.

Autoship Rewards = Rewards Pricing
Ensure you always have your 9-Day Deep Cleansing and Fat Burning System right at your fingertips and at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 10% off your pak versus purchasing the products individually at wholesale. For more details, visit the "Library" section of your Back Office.

JILL B., UTAH
2011 ISABODY CHALLENGE GRAND PRIZE WINNER – LOST 55 LBS DURING THE CHALLENGE, 131 LBS OVERALL. WENT FROM SIZE 22 TO 4.†
↓ BEFORE & AFTER ↘

"Isagenix products have blessed my life more than I can say. I am so grateful to have my health and my life back!"

tip #2

Get a minimum of 20+ minutes of exercise and 8+ glasses of water every day.

* The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of seven pounds during the first nine days of the Cleansing and Fat Burning System.

10-3028 • 08.29.11

Now you are ready to begin your system!
To keep you on track, follow the Shake Day and Cleanse Day Planners below.

Shake Day Planner

Morning
When you wake up, drink 1–2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.**

Breakfast
Mix 2 scoops of IsaLean® Shake with 8 oz of purified water. Take 1 Natural Accelerator™ capsule to help jump-start your metabolism.

Mid-Morning Snack
Pick one option from the **Shake Day Support Options** below.

Lunch
Eat a healthy, low-glycemic and balanced 400–600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.

Mid-Afternoon Snack
Pick one option from the **Shake Day Support Options** below. Take 1 Natural Accelerator.

Dinner
Mix 2 scoops of IsaLean Shake with 8 oz of purified water.

Shake Day Support Options

- 1 serving FiberSnacks!™**
- 1 serving SlimCakes®***
- 1 serving IsaDelight Plus™** (1–2 dark chocolates, up to twice daily)
- 1 serving Isagenix Snacks!™
- Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased).

** Products sold separately.

Cleanse Day Planner

Cleanse One (Breakfast)
Drink 4 oz of Cleanse for Life® liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water. Take 1 Natural Accelerator capsule.

Morning Snack
Take 2 *Isagenix Snacks!* and drink 1–2 glasses of purified water.

Cleanse Two (Late Morning)
Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

Afternoon Snack
Take 2 *Isagenix Snacks!* and drink 1–2 glasses of purified water. Take 1 Natural Accelerator capsule.

Cleanse Three (Late Afternoon)
Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

Evening Snack
Take 2 *Isagenix Snacks!* and drink 1–2 glasses of purified water.

Cleanse Four (Dinner)
Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4–8 oz of purified water.

Cleanse Support Option:

1–2 IsaDelight Plus** can be taken twice daily 30 minutes before eating *Isagenix Snacks!* or 2 hours after.

Important: the amino acids in IsaDelight Plus encourage natural production of mood-elevating brain chemicals which can help satisfy appetite. Amino acids found in protein from foods can interfere, so IsaDelight Plus should be consumed on an empty stomach.

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear.

tips #3 & #4

On Cleanse Days, avoid the grocery store. Do your shopping on non-Cleanse Days to avoid temptation.

On Cleanse Days listen to your body. You may want to be very active on some or lay low, restore and renew yourself on others.

track your progress

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Start															
Day 3															
Day 9															
Total Lost															

Prepare for success with 2 Shake Days

SHAKE DAY

- ☐ Take Measurements
- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

SHAKE DAY

- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

Now you're ready! A new you starts today.

DAY 1 // CLEANSE DAY

- ☐☐☐☐ Cleanse for Life
- ☐☐ Natural Accelerator
- ☐☐☐ *Isagenix Snacks!*
- ☐ Light Exercise
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 2 // CLEANSE DAY

- ☐☐☐☐ Cleanse for Life
- ☐☐ Natural Accelerator
- ☐☐☐ *Isagenix Snacks!*
- ☐ Light Exercise
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 3 // SHAKE DAY

- ☐ Take Measurements
- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 4 // SHAKE DAY

- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 5 // SHAKE DAY

- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 6 // SHAKE DAY

- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

You're doing great! Pamper yourself and enjoy a hot bath with rose petals or rent a movie.

DAY 7 // SHAKE DAY

- ☐☐ IsaLean Shake
- ☐☐ Natural Accelerator
- ☐ Balanced Meal (400–600 calories)
- ☐☐ Shake Day Support Options
- ☐ Exercise (minimum of 20 minutes)
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 8 // CLEANSE DAY

- ☐☐☐☐ Cleanse for Life
- ☐☐ Natural Accelerator
- ☐☐☐ *Isagenix Snacks!*
- ☐ Light Exercise
- ☐☐☐☐☐☐☐☐ Purified Water

DAY 9 // CLEANSE DAY

- ☐ Take Measurements
- ☐☐☐☐ Cleanse for Life
- ☐☐ Natural Accelerator
- ☐☐☐ *Isagenix Snacks!*
- ☐ Light Exercise
- ☐☐☐☐☐☐☐☐ Purified Water

Congratulations! Create healthy habits by ordering another Isagenix system or pak today. Also, don't forget to share your story at IsaProduct.com by clicking on the "People" tab.

903940