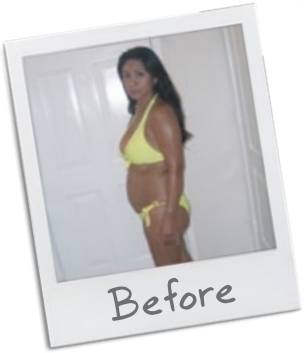
9-Day
Deep Cleansing & Fat Burning System

Step-by-Step Guide



"After 30 days with a personal trainer, I lost just one pound. Switching gears, I decided to try Isagenix with the 9-Day Deep Cleansing and Fat Burning System. Within days, I was down five pounds! I was so happy, I immediately put in an order for a 30-Day Cleansing and Fat Burning System before my supplies ran out."

MERCEDES RODRIGUEZ
2010 ISABODY CHALLENGE® FINALIST
LOST 6 LBS. IN THE FIRST WEEK†

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ISAGENIX®

Your Path to Success

For best results, follow the steps below:

1. **Use the Shake and Deep Cleanse Day planner (page 3)** to remind you of when to take each product. Print additional copies as needed (IsaProduct.com) of the planner and use this tool to support your success.
2. **Follow the 9-Day Deep Cleansing & Fat Burning System Calendar (page 4) that includes Deep Cleanse and Shake Day guidelines.** Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.
3. **Take your measurements and track your success with our easy-to-use measurement tracker (page 4).** Use the measuring tape included in your Welcome Kit.
4. **Buy healthy foods and plan great-tasting, healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home, including sodas and foods with artificial sweeteners and coloring, and other junk food.
5. **Decide your next step.** If you have safely and effectively met your short-term weight loss goals, make sure your next Autoship order is for the 30-Day Cleansing and Fat Burning System with Ageless Essentials™ with Product B™ to stay on track with long-term goals. If you've reached your ideal weight, graduate to the Healthy Aging and Telomere Support System for weight management and youthful aging.

"I was determined to fit into a dress size I hadn't touched in 20 years. So I decided to do a 9-Day Deep Cleansing and Fat Burning System within my first 30-Day System to jump-start my weight loss. And it worked; I lost 11 pounds within the first few weeks.†"

Rhonda O.

†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 7 lbs during the first 9 days of the Cleansing and Fat Burning System.

Visit ChooseMyPlate.gov for healthy eating tips.

Your 9-Day System contains the following life-changing products:

2) Cleanse for Life®: Liquid or Powder
Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove toxins and impurities.*

(1) IsaLean® Shake: Creamy Dutch Chocolate or Creamy French Vanilla
Lose or maintain your weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

(1) Natural Accelerator™
Enhance your body's fat-burning furnace naturally without stimulants using a blend of natural thermogenic ingredients.*

(1) *Isagenix Snacks!*™: Chocolate or Vanilla
Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.*

** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

Now You're Ready to Begin

SHAKE DAY PLANNER

Early Morning
- ❑ Drink 1–2 glasses of purified water

Morning—Breakfast
- ❑ Enjoy an IsaLean® Shake
- ❑ Take 1 Natural Accelerator™ capsule

Late Morning—Snack
- ❑ Optional: Choose one serving of a Shake Day snack
- ❑ Drink 1–2 glasses of purified water

Early Afternoon—Lunch
- ❑ Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal*
- ❑ Drink 1–2 glasses of purified water

Mid Afternoon—Snack
- ❑ Optional: Choose one serving of a Shake Day snack
- ❑ Drink 1–2 glasses of purified water

Evening—Dinner
- ❑ Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400–600 calorie meal*
- ❑ Take 1 Natural Accelerator capsule

**For more information on meal options that suit your needs, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at ChooseMyPlate.gov*

SHAKE DAY SNACK OPTIONS:

- 2 additional *Isagenix Snacks!*™
- 1 *FiberSnacks!*™**
- 1 SlimCakes®**
- 1–2 IsaDelight Plus™ chocolates (Milk or Dark Chocolate)**
- 1–2 servings of e+ or *Want More Energy?*®**
- 6 unsalted almonds

DEEP CLEANSE DAY PLANNER

Early Morning—Cleanse 1
- ❑ Enjoy 1 Deep Cleansing serving* of Cleanse for Life®

Mid Morning—Snack
- ❑ Recommended: Enjoy up to 2 IsaDelight Plus chocolates
- ❑ Take 2 *Isagenix Snacks!*—30 minutes after consuming IsaDelight Plus chocolates
- ❑ Take 1 Natural Accelerator capsule
- ❑ Drink 1–2 glasses of purified water

Late Morning—Cleanse 2
- ❑ Enjoy 1 Deep Cleansing serving* of Cleanse for Life

Early Afternoon—Snack
- ❑ Take 2 *Isagenix Snacks!*
- ❑ Take 1 Natural Accelerator capsule
- ❑ Drink 1–2 glasses of purified water

Mid Afternoon—Cleanse 3
- ❑ Enjoy 1 Deep Cleansing serving* of Cleanse for Life

Early Evening—Snack
- ❑ Recommended: Enjoy up to 2 IsaDelight Plus chocolates
- ❑ Take 2 *Isagenix Snacks!*—30 minutes after consuming IsaDelight Plus chocolates
- ❑ Drink 1–2 glasses of purified water

Evening—Cleanse 4
- ❑ Enjoy 1 Deep Cleanse serving* of Cleanse for Life

**Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.*

DEEP CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1–2 IsaDelight Plus chocolates (Milk or Dark Chocolate)**
- 1–2 servings of e+ or *Want More Energy?*® (if you are exercising)**
- 2 additional *Isagenix Snacks!*™

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit IsaProduct.com

***Recommended / optional products sold separately*

Deep Cleansing Calendar & Guidelines

9-Day Deep Cleansing and Fat Burning Calendar

(Start on any day of the week)

Endorsed by John W. Anderson - Isagenix Founder, Master Formulator and Formula Developer of Product B™

S Pre-Cleanse Day**	**S** Pre-Cleanse Day**	**C** Day 1	**C** Day 2	**S** Day 3	**S** Day 4	**S** Day 5
S Day 6	**S** Day 7	**C** Day 8	**C** Day 9			

S=Shake Days **C**=Deep Cleanse Days

** Pre-Cleanse Days are defined as the two days prior to your first set of back-to-back Deep Cleanse Days. These days help to create an environment in the body that helps enhance the effects of cleansing.

(To ensure product for next month, make sure to order no later than "Day 1" or enroll in the Autoship Rewards program.)

Track Your Progress

Measurement Tracker

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															

(Use the tape measure included in your Welcome Kit.)

The 9-Day System is a great jump-start to your health because you get amazing results in just over a week. This safe and effective system helps you lose weight quickly by gently cleansing and nourishing the body.

Shake Day Guidelines

- Enjoying an IsaLean® Shake for breakfast is recommended.
- It is OK to add Isagenix products such as *Isagenix Greens!*™, IsaPro®, and IsaFruits® to your IsaLean Shake.
- For meal ideas, go to ChooseMyPlate.gov or IsaProduct.com.
- Engage in an exercise program with both aerobic and resistance training. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations for total water consumption are 91 oz for women and 125 oz for men.[‡]

Deep Cleanse Day Guidelines

- Only participate in light to moderate levels of exercise.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations for total water consumption are 91 oz for women and 125 oz for men.[‡]

[‡]*Recommended by the Institute of Medicine.*

Additional tools can be found by visiting IsaProduct.com

The Science Behind Cleanse and Shake Days

Isagenix Shake Days and Cleanse Days boost weight loss by reducing caloric intake while providing optimal nutrition and detoxification. Only the highest-quality macro- and micronutrients, botanicals and supporting ingredients are used.

Cleanse Days: The Jump-Start to Weight Loss and Energy

- **STIMULATES FAT BURNING:** The reduction of calories on Cleanse Days stimulates the body's fat-burning furnaces while suppressing fat synthesis and storage.
- **TRIGGERS DETOXIFICATION:** The absence of food on Cleanse Days give the digestion processes a break, allowing the liver to do its job of detoxifying the body. Deep Cleansing also stimulates the release of stored fat-soluble toxins. Drinking Cleanse for Life on Cleanse Days helps encourage even deeper detoxification. The natural detoxifying tonic also replenishes the body with B vitamins, which are depleted during normal fasting. B vitamins are essential for normal body metabolism and energy production. The 9-Day System consists of two back-to-back Cleanse Days. These days are defined by John Anderson as "Deep Cleanse Days."
- **REDUCES OXIDATIVE STRESS AND INFLAMMATION:** As fat cells shrink, they release fewer signaling molecules that cause oxidative stress and inflammation. Less total body fat also helps improve antioxidant status in the body. The end result is improved health overall and lower risk of chronic disease. Oxidative stress, in particular, plays a heavy toll on telomeres (related to aging). The lower the oxidative stress, the better for healthy aging.

Shake Days: The Secret to Staying Lean for Life

- **STIMULATES FAT BURNING:** The IsaLean® Shake feeds the body whey protein, shown to outperform other proteins for keeping you feeling full longer and increasing the body's production of heat and fat oxidation. The high protein and addition of vitamins and minerals decreases abdominal and total body fat, while staving off muscle loss.
- **YOUTHFUL AGING:** Glutathione is the body's most powerful antioxidant. Shake Days help restore glutathione to youthful levels and fights oxidative stress related to obesity. The IsaLean Shake provides essential vitamins and minerals often depleted in dieting but necessary to maintain normal cellular activity.

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Your Next Step...

If you're relishing your amazing results from the 9-Day System, stay on track with the **30-Day Cleansing and Fat Burning System with Ageless Essentials™ with Product B™**.

30-Day Cleansing and Fat Burning System with Ageless Essentials™ with Product B™

If you have achieved your weight loss goal, then graduate to the **Healthy Aging and Telomere Support System™** for weight management and youthful aging.

Healthy Aging and Telomere Support System with optional add-on Isagenix Brain and Sleep Support System™

Both solutions offer long-term benefits for life-long health and vibrancy. **Add them to your Autoship today!**

Your Success is Our Success!

That is why we have developed a collection of resources to help you along the way to a healthier, more energetic lifestyle.

Education: **ISAPRODUCT.COM**
This easy-to-navigate site contains everything you need to know about the products in your 9-Day System. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

Inspiration: **ISAMOVIE.COM**
Our most popular videos demonstrate how Isagenix® transforms lives.

News: **ISAFYI.COM**
All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

Science: **ISAGENIXHEALTH.NET**
Learn more about the science behind our products, FAQs and more!

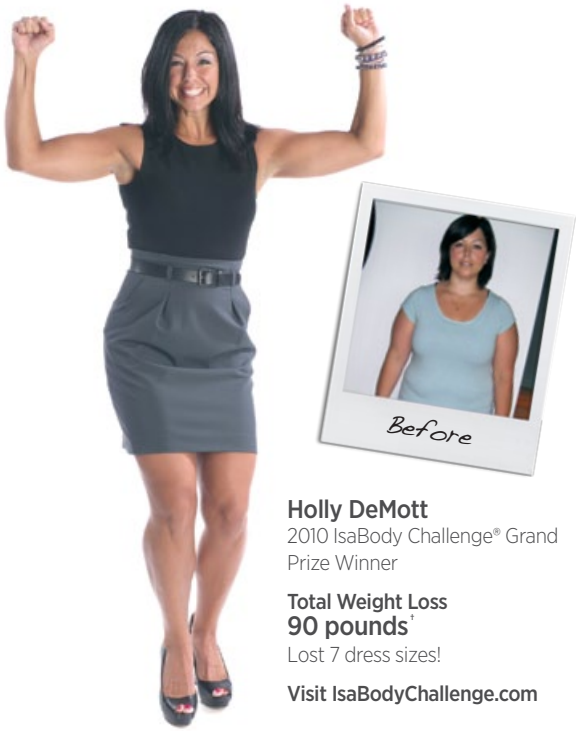
Training: **ISAGENIXPODCAST.COM**
Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

Coaching: **CONFERENCE CALLS**
Check out daily and weekly programs that coach, inspire and motivate. Visit IsaFYI.com and select the "Calls" page.

Support: **WEBINARS**
Learn powerful tricks of the trade from corporate executives and Isagenix field leaders alike. Visit Isagenix.com/us/en/ABOTraining.dhtml for more information.

Community: **SOCIAL MEDIA**
At Isagenix, we've long recognized social networking—or what we like to call "social entrepreneurship"—as a revolutionary way of doing business. IsaGeeks.com, Facebook.com/Isagenix, Twitter.com/Isagenix and YouTube.com/Isagenix sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

"My world has literally changed... Everything that has happened has given me the confidence to do what I want and make it happen."



Holly DeMott
2010 IsaBody Challenge® Grand Prize Winner

Total Weight Loss
90 pounds[†]
Lost 7 dress sizes!

Visit IsaBodyChallenge.com

Do you want to learn how to get your next 9-Day System for free?

- Do you have friends or family that would benefit by using the 9-Day System?
- Do you want to keep losing weight or feel healthier for life?
- Do you want to earn a part-time income (vacations, car payments, mortgages) or even a full-time income?

Go to IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!

[†] *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 7 lbs during the first 9 days of the Cleansing and Fat Burning System.*

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