

Shake Day



THE PERFECT METHOD FOR PREMIUM HEALTH

We call them Shake Days. Choose the type of protein that works best, add in two small 100- to 150-calorie snacks, and enjoy a 400- to 600-calorie meal. We've already done the math for the typical adult to burn some extra calories. Boom.



BEFORE BREAKFAST

IONIX® SUPREME 1 serving

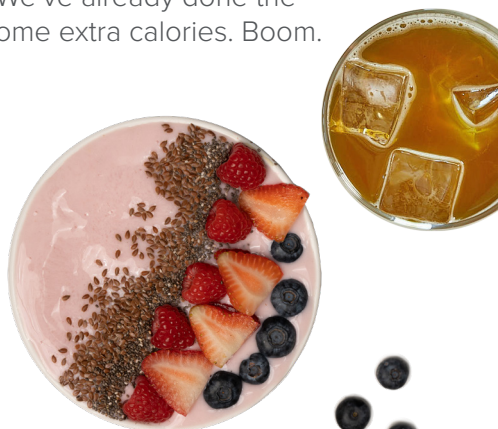
BREAKFAST

ISAGENIX SHAKE

NATURAL ACCELERATOR™ 1 capsule

MIDMORNING

OPTIONAL SNACK (200 calories or fewer)



LUNCH

ISAGENIX SHAKE OR 400- TO 600-CALORIE MEAL

NATURAL ACCELERATOR 1 capsule (optional)

MIDAFTERNOON

OPTIONAL SNACK (200 calories or fewer)

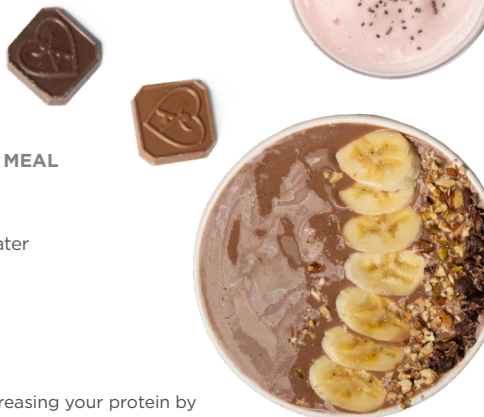


DINNER

ISAGENIX SHAKE OR 400- TO 600-CALORIE MEAL

BEFORE BED

ISAFLUSH® 1-2 capsules with 8 fluid ounces of water



For people engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro™ to your favorite IsaLean Shake. Extra protein can help keep you satisfied for longer. There are many ways to customize Shake Days and Cleanse Days. Remember, these are just guidelines!

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EARLY MORNING

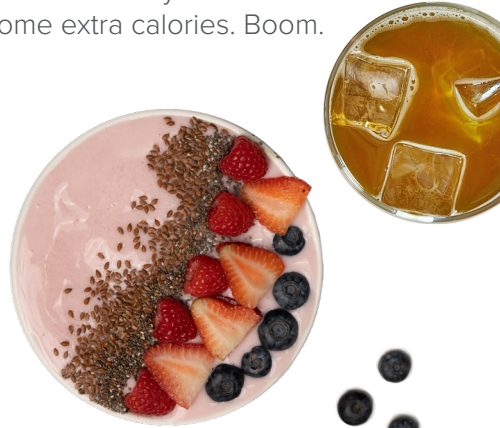
IONIX[®] SUPREME 1 serving

MORNING

WHOLE BLEND ISALEAN[™] SHAKE
NATURAL ACCELERATOR[™] 1 capsule

MIDMORNING

OPTIONAL SNACK (200 calories or fewer)



LUNCH

400- TO 600-CALORIE MEAL

AFTERNOON

WHOLE BLEND ISALEAN SHAKE (optional)
NATURAL ACCELERATOR 1 capsule (optional)

MIDAFTERNOON

OPTIONAL SNACK (200 calories or fewer)



DINNER

400- TO 600-CALORIE MEAL

BEFORE BED

ISACOMFORT[®] 1-2 capsules with 8 fluid ounces of water

