

CLEANSE DAY **TRACKER**

10 Cleanse Credits Per Cleanse Day

In addition to enjoying Cleanse for Life and Ionix Supreme on Cleanse Days, enjoy up to 10 Cleanse Credits with products to curb cravings, nourish your body and support a great Cleanse Day experience.

0 CREDITS

- Black, green, or herbal tea
- Coffee (black)
- Creatine
- Hydrate + Hyaluronic Acid
- Water, still or sparkling

1 CREDIT

- Adaptogen Elixir
- BĒA™ Brain (150 mg caffeine)
- Nootropic Elixir (80 mg caffeine)
- Tri-Biotic
- Xango Juice

2 CREDITS

- AMPED™ Nitro** (100 mg caffeine)
- Collagen Elixir
- e+™ (90 mg caffeine)
- Greens
- Isagenix Snacks™ (2 wafers)

3 CREDITS

- Clear Protein
- Energy Bites (65 mg caffeine)
- Protein Crackers
- Snack Bites

Monthly Cleanse Day Tracker

Check one box for each credit consumed during a Cleanse Day.

CLEANSE DAY 1

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 2

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 3

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 4

1 2 3 4 5 6 7 8 9 10

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

**You should consult your physician or other healthcare professional before engaging in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and seek appropriate medical care, if needed.

ISAGENIX®

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