

It's as **EASY** as **1·2·3!**

1

Prepare to Cleanse

1-4 days
(For first-time users)



IsaLean® Shake
Replaces 1 meal



Sensible meal
400-600 calories



IsaLean® Shake
Replaces 1 meal

2

Cleanse Days

4 days a month



Cleanse for Life
4 oz. with purified water 4 times per day



Purified water
8+ glasses per day



Isagenix® Snacks
Up to 6 per day

3

Shake Days

All other days



IsaLean® Shake
Replaces 1 meal



Sensible meal
400-600 calories



IsaLean® Shake
Replaces 1 meal

&

Every Day



Ionix® Supreme
1 oz.



Natural Accelerator
2 capsules



IsaFlush™
1-2 capsules



Purified water 8+ glasses
Exercise 20+ minutes

When your target weight is reached, continue with the **Isagenix® Total Health and Wellness System** to help sustain your results.



World leader in nutritional cleansing.™

Congratulations on choosing Isagenix's revolutionary Cleansing and Fat Burning System. You're about to experience the wonderful benefits of **nutritional cleansing** — the key to becoming cleaner, leaner and healthier.



Cleansing and Fat Burning System (30-day supply)

Turn page over for EASY 1-2-3 directions!