CLEANSE DAY SCHEDULE

(Days 6-7 and 13-14)

8 AM	1 oz Ionix Supreme and 16 oz water
9 AM	4 oz or 2 scoops Cleanse for Life, AM vitamins, 8 oz water
10 AM	2 Isagenix Snacks, 1 Natural Accelerator, 16 oz water
11 AM	1 Isadelight, 16 oz water
12 PM	4 oz or 2 scoops Cleanse for Life, 8 oz water
1PM	1 Isadelight, 1 Natural Accelerator, 8 oz water
2PM	2 Isagenix Snacks, 8 oz water
3 PM	4 oz or 2 scoops Cleanse for Life, 8 oz water
4 PM	1 Isadelight, 8 oz water
5 PM	2 Isagenix Snacks, 8 oz water
6 PM	4 oz or 2 scoops Cleanse for Life, PM vitamins, 8 oz water
7 PM	1 Isadelight, 8 oz water
8 PM	2 Isagenix Snacks (only if needed), 8 oz water
Bedtime	2 IsaFlush

Cleanse Day Tips

Follow the schedule below as closely as you can. The CFL drink will ensure that your body gets what it needs nutritionally, and the wafers/IsaDelights contain just enough protein/carb to ensure that the body continues to metabolize, while breaking from digestion. In short, it will ensure your body continues to burn fat, but doesn't burn lean tissue.

Drink as much Isagenix Coffee and/or organic green tea as you want/need on cleanse days. Up to two eShots per day are also allowed

Refrain from heavy exercise during your first 2-day cleanse. You may be able to do some light exercise, but it is important to stay in tune with your body. DON'T over-do it!