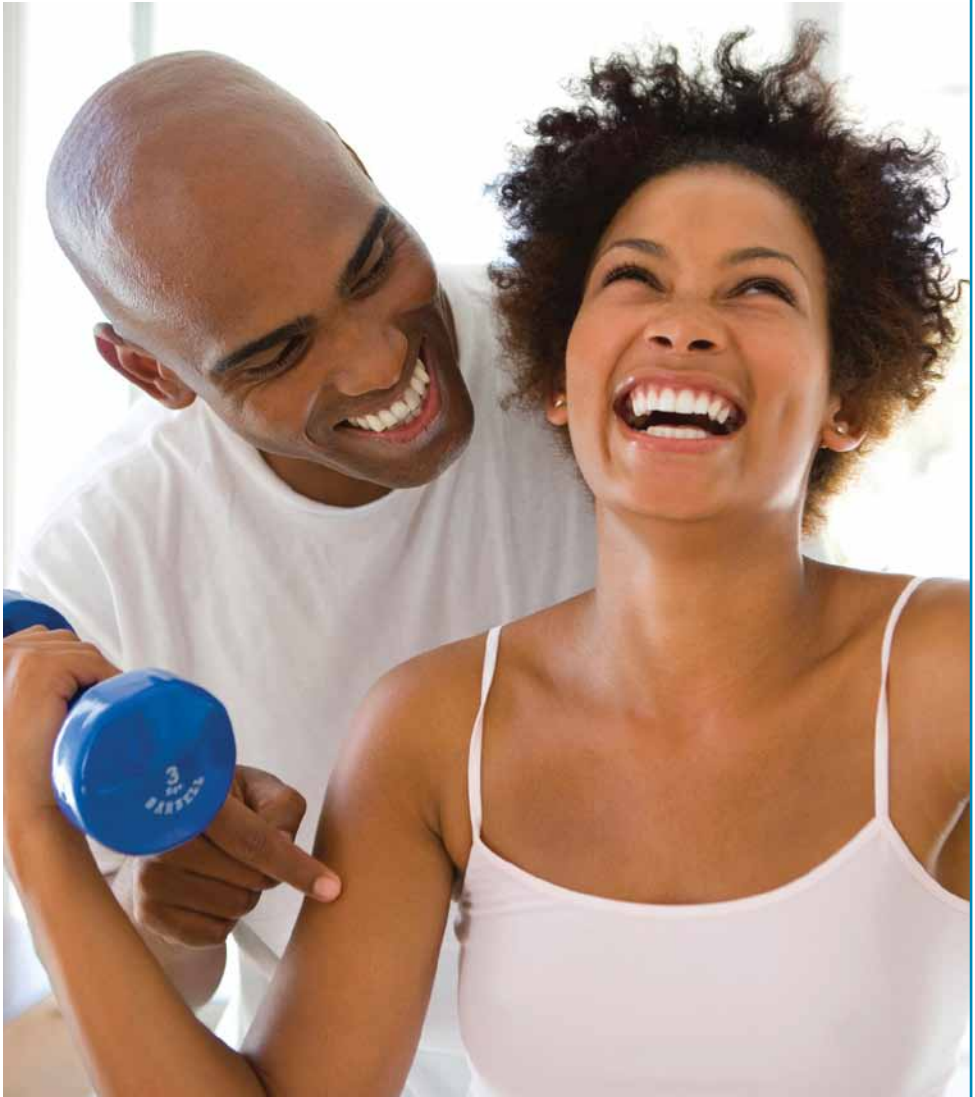


Congratulations!

You're well on your way to a healthier more vibrant you.



A step-by-step guide to the
30-Day Cleansing and Fat Burning System.

By joining Isagenix® and purchasing this system, you have made a life-changing investment in your health, wellness and future. We are confident that once you try our unparalleled products, you will look and feel so incredible that you'll want to stay committed to Isagenix for life.

Before you begin your 30-Day System, set yourself up for success by following the steps below:

1. Take a moment to flip through this step-by-step guide so that you understand how to effectively use the 30-Day System to achieve your greatest success. If you have any questions, contact your enrolling sponsor or our Customer Care Team at 1-877-877-8111.
2. Establish your health and wellness goals and write them down in a journal or post each goal on your refrigerator or bathroom mirror.
3. Plan each day in advance so that you can make the system more convenient to fit your lifestyle. This will ensure you stick to the program.
4. Ask your enrolling sponsor, spouse, friend or co-worker to be your accountability partner or cleansing coach. This person can offer daily support, keep you focused on your goal and help you track your progress. Also, don't forget to visit IsaDiary.com, for free, daily advice and tips to keep you motivated.
5. Buy healthy foods and snacks (fresh, whole foods and produce — organic is preferred) and remove tempting, unhealthy foods from your home.

**BILL, SHELLEY & KELLER BATSON
SEQUIM, WA
COMBINED WEIGHT-LOSS:
81 POUNDS*
↙ BEFORE & AFTER ↘**



“Now we're an athletic family and to be in this kind of shape is really exciting. We're healthy together. ”

tip #1

For an added energy boost on Cleanse Days or any day, add *Want More Energy?*® to your purified water.

To track your progress on the 30-Day System, visit IsaProduct.com.

Now you are ready to begin your system!

To keep you on track, follow the Shake Days and Cleanse Days planner below.

Shake Days

Morning

When you wake up, drink 1-2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.**

Breakfast

Mix 2 scoops of IsaLean® Shake with 8 oz of purified water. Drink 1 or 2 oz of Ionix® Supreme to boost energy and relieve stress. Take 1 Natural Accelerator™ capsule to help jump-start your metabolism.

Mid-Morning Snack

Pick one option from the "Shake Days Snack Ideas" below. Take 1 *IsaFlush!*® capsule.

Lunch

Eat a healthy, balanced 400-600 calorie meal.

Mid-Afternoon Snack & Supplement

Pick one option from the "Shake Days Snack Ideas" below. Take 1 Natural Accelerator.

Dinner

Mix 2 scoops of IsaLean Shake with 8 oz of purified water.

Evening

Take one *IsaFlush!* capsule.

Shake Day Snack Ideas

- 1 SlimCakes®**
- 1 IsaDelight Plus™**
- 1 hard-boiled egg
- celery stalks
- 4 cashews or walnuts (unsalted, raw)
- 6 almonds (unsalted, raw)

Cleanse Days

Cleanse One (Breakfast)

Drink 4 oz of Cleanse for Life® liquid or mix two well-rounded scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1 Natural Accelerator capsule and 1 to 2 ounces of Ionix Supreme.

Morning Snack

If needed, pick one option from the "Cleanse Day Snack Ideas" below and drink 1-2 glasses of purified water. Take 1 *IsaFlush!* capsule.

Cleanse Two (Late Morning)

Drink 4 oz of Cleanse for Life liquid or mix two well-rounded scoops of Cleanse for Life powder with 4-8 oz of purified water.

Afternoon Snack

If needed, pick one option from the "Cleanse Day Snack Ideas" below and drink 1-2 glasses of purified water. Take 1 Natural Accelerator capsule.

Cleanse Three (Late Afternoon)

Drink 4 oz of Cleanse for Life liquid or mix two well-rounded scoops of Cleanse for Life powder with 4-8 oz of purified water.

Evening Snack

If needed, pick one option from the "Cleanse Day Snack Ideas" below and drink 1-2 glasses of purified water.

Cleanse Four (Dinner)

Drink 4 oz of Cleanse for Life liquid or mix two well-rounded scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1 *IsaFlush!* capsule.

Cleanse Day Snack Ideas

- 2 Isagenix Snacks!™
- 1 apple
- 1 IsaDelight Plus™**
- celery stalks
- 6 almonds (unsalted, raw) throughout the day

Resources

Your success is our success! This is why we have developed a collection of online tips and resources to help you along the way to a healthier more energetic lifestyle.

IsaProduct.com

This easy-to-navigate site contains everything you need to know about the Isagenix line of Nutritional Cleansing and Replenishing products and how to use them correctly to ensure your goals are met. You'll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals, healthy meal ideas, recipes, smart snack ideas, and much more!

IsaDiary.com

Want free, daily advice that includes specific instructions, practical tips and health information to help you successfully complete your Isagenix system and adopt a Nutritional Cleansing and Replenishing lifestyle? Simply go to IsaProduct.com and click on the "Support" tab and scroll IsaDiary.com.

Autoship Rewards

Ensure you always have your favorite Isagenix products right at your fingertips at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 10% off on paks and systems versus purchasing the products individually at wholesale. You can also enjoy six-unit cases of some of our most popular products for 5% less than what it would cost to purchase them at wholesale individually! For more details, visit the "Library" section of your Back Office.

Loyalty Rewards

Reap the rewards with our Loyalty Rewards Program. Now that you have put your health first and committed to a Nutritional Cleansing and Replenishing lifestyle with Isagenix, you can get more than just a life of vitality — you can also get up to \$375 worth of coupons a year. For details, visit the "Library" section of your Back Office.

HOLLY DEMOTT
MINNEAPOLIS, MN
2010 ISABODY CHALLENGE
GRAND PRIZE WINNER
LOST 90 POUNDS*
↙ BEFORE & AFTER ↘



“I went from a size 18 to a size 4. It's like I'm a different person. I feel great!”

tip #2

Get a minimum of 20+ minutes of exercise and 8+ glasses of water every day.

*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 seven pounds during the first nine days of the Cleansing and Fat Burning System.

**Product is not included in the 30-Day Cleansing and Fat Burning System and must be purchased separately.

DAY 7 // CLEANSE DAY

- Cleanse for Life
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Healthy Snacks
- Light Exercise
- Purified Water

DAY 8 // SHAKE DAY

Take Measurements

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

• Congratulations! You just completed your first Cleanse Day.

week two

DAY 9 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 10 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 11 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 12 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 13 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 14 // CLEANSE DAY

- Cleanse for Life
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Healthy Snacks
- Light Exercise
- Purified Water

• Almost there! Keep up the good work.

For a soothing treat, drink Cleanse for Life as a tea by mixing with warm (not boiling) purified water.

week three

DAY 15 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 16 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 17 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 18 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 19 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 20 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 21 // CLEANSE DAY

- Cleanse for Life
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Healthy Snacks
- Light Exercise
- Purified Water

DAY 22 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

week four

DAY 23 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 24 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 25 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 26 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 27 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 28 // CLEANSE DAY

- Cleanse for Life
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Healthy Snacks
- Light Exercise
- Purified Water

DAY 29 // SHAKE DAY

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 30 // SHAKE DAY

- Take Measurements**
- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Healthy Snacks
- Exercise (minimum of 20 minutes)
- Purified Water

..... ◦ Congratulations! Create healthy habits by ordering another Isagenix system or pak today. Also, don't forget to share your story at Isagenix.com by clicking on the "Success Stories" tab.