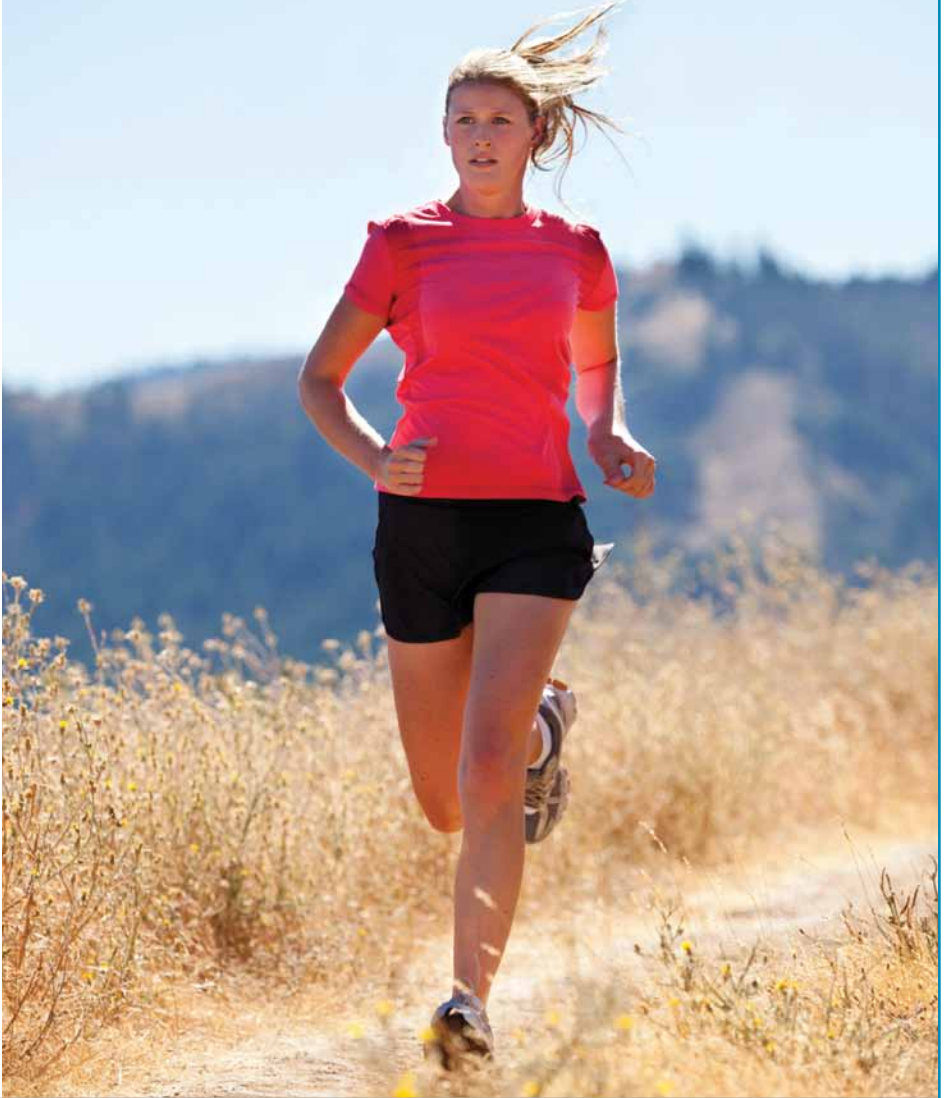


# Get ready...

to jump-start your healthy lifestyle!



A step-by-step guide to the  
9-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. Here's to a new chapter in your life. Welcome home to Isagenix!

**Before you begin your 9-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 9-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. Figure out your “why” and write down your goal. What will be the motivator that will help you get to that goal? Post it on your refrigerator or your bathroom mirror for encouragement to stay on track.
3. Set yourself up for success! Make sure to start the system on days where you do not have previous engagements or events that could compromise your progress IE: Work parties, holidays etc. 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](http://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 a soothing treat, drink Cleanse for Life® as a tea by mixing with warm (not boiling) purified water.

**To track your progress on the 9-Day System, visit [IsaProduct.com](http://IsaProduct.com).**

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 9-Day Cleansing and Fat Burning System and must be purchased separately.

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.  
Take 1 Natural Accelerator™ capsule to help jump-start your metabolism.

### Mid-Morning Snack

Pick one option from the "Shake Day Snack Ideas" chart.

### Lunch

Eat a healthy, balanced 400-600 calorie meal.

### Mid-Afternoon Snack & Supplement

Pick one option from the "Shake Day Snack Ideas" chart.  
Take 1 Natural Accelerator.

### Dinner

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

### 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.

### Morning Snack

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

### 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.

### Cleanse Day Snack Ideas

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

On Cleanse Days, avoid the grocery store. Do your shopping on non-Cleanse Days to avoid temptation.

On Cleanse Days listen to your body. You may want to be very active on some or lay low, restore and renew yourself on others.

track your progress

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen (6" below waist)	Buttocks (9" below waist)	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Start															
Day 3															
Day 9															
Total Lost															

Prepare for success with 2 Shake Days ◦.....

**SHAKE DAY**

Take Measurements

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

**SHAKE DAY**

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

◦ Now you're ready! A new you starts today.

**DAY 1 // CLEANSE DAY**

- Cleanse for Life
- Natural Accelerator
- Healthy Snacks
- Light Exercise
- Purified Water

**DAY 2 // CLEANSE DAY**

- Cleanse for Life
- Natural Accelerator
- Healthy Snacks
- Light Exercise
- Purified Water

**DAY 3 // SHAKE DAY**

**Take Measurements**

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

**DAY 4 // SHAKE DAY**

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

**DAY 5 // SHAKE DAY**

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

**DAY 6 // SHAKE DAY**

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

You're doing great! Pamper yourself and enjoy a hot bath with rose petals or rent a movie.

**DAY 7 // SHAKE DAY**

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

**DAY 8 // CLEANSE DAY**

- Cleanse for Life
- Natural Accelerator
- Healthy Snacks
- Light Exercise
- Purified Water

**DAY 9 // CLEANSE DAY**

**Take Measurements**

- Cleanse for Life
- Natural Accelerator
- Healthy Snacks
- Light Exercise
- 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.