

# A step-by-step guide to the 30-Day Cleansing and Fat Burning System with Ageless Essentials™ Daily Pack or the 30-Day Cleansing and Fat Burning System



**Are you ready to reach your ideal weight and infuse your life with vibrant energy?** This popular system contains products that gently rid your body of potentially harmful impurities while infusing it with essential vitamins, botanicals and other age-defying nutrients. With a little help from Isagenix, you can reach your ideal weight, attain your health goals and reclaim your youthful vitality.

*"The Ageless Essentials Daily Pack is just that—essential. It has increased the nutritional benefits of our Cleansing and Fat Burning System by promoting even greater health and longevity."*

- John Anderson  
Isagenix Founder and Master Formulator  
of Nutritional Supplements



Pictured: 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack

## 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. Listen to the Cleanse and Replenish for Life Coaching System Audio CD to discover the benefits of Nutritional Cleansing and Replenishing and learn why it can be an essential part of your wellness program.
3. Establish your health and wellness goals and write them down in a journal or post each goal on your refrigerator or bathroom mirror.
4. 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.
5. 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 the Personal Coaching section of [IsaProduct.com](http://IsaProduct.com) for free, daily advice and tips to keep you motivated.
6. 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.” - Bill, Shelley & Keller Batson

**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](http://IsaProduct.com).**

**Now you are ready to begin your system!**

**To keep you on track, follow the Shake Day and Cleanse Day Planners below.**

# Shake Day Planner

# Cleanse Day Planner

## Morning

When you wake up, drink 1-2 oz of Ionix<sup>®</sup> Supreme to increase energy and help your body better cope with the effects of stress. And, drink 1-2 glasses of purified water. For best results, add IsaWATER<sup>™</sup> Alkalized Concentrate.\*

## Breakfast

Mix 2 scoops of IsaLean<sup>®</sup> Shake with 8 oz of purified water. Take 1 Natural Accelerator<sup>™</sup> capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials<sup>™</sup> Daily Pack for Men or for Women.\*\*

## Mid-Morning Snack

Pick one option from the **Shake Day Support Options** below.

## Lunch

Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.

## Mid-Afternoon Snack & Supplement

Pick one option from the **Shake Day Support Options** below.  
Take 1 Natural Accelerator.

## Dinner

Mix 2 scoops of IsaLean Shake with 8 oz of purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\*

## Evening

Take 1-2 *IsaFlush!*<sup>™</sup> capsules with 8 oz purified water.

## Shake Day Support Options

- 1 serving FiberSnacks!<sup>™</sup>\*\*
- 1 serving SlimCakes<sup>®</sup>\*\*
- 1 serving IsaDelight Plus<sup>™</sup> (1-2 dark chocolates, up to twice daily)\*
- 1 serving *Isagenix Snacks!*<sup>™</sup>\*\*
- Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased).

## Cleanse One (Breakfast)

Drink 4 oz of Cleanse for Life<sup>®</sup> liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1 Natural Accelerator capsule to help jump-start your metabolism. Take 1 AM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\*

## Morning Snack

Take 2 *Isagenix Snacks!* and drink 1-2 glasses of purified water. Drink 1-2 oz of Ionix Supreme to increase energy and help your body better cope with the effects of stress.

## Cleanse Two (Late Morning)

Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water.

## Afternoon Snack

Take 2 *Isagenix Snacks!* 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 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water.

## Evening Snack

Take 2 *Isagenix Snacks!* and drink 1-2 glasses of purified water.

## Cleanse Four (Dinner)

Drink 4 oz of Cleanse for Life liquid or mix 2 level scoops of Cleanse for Life powder with 4-8 oz of purified water. Take 1-2 *IsaFlush!* capsules with 8 oz purified water. Take 1 PM packet of the Ageless Essentials Daily Pack for Men or for Women.\*\*

## Cleanse Day Support Options:

- 1 to 2 IsaDelight Plus can be taken twice daily 30 minutes before eating *Isagenix Snacks!* or two hours after.

**Important:** the amino acids in IsaDelight Plus encourage natural production of mood-elevating brain chemicals which can help satisfy appetite. Amino acids found in protein from foods can interfere, so IsaDelight Plus should be consumed on an empty stomach.

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear.

\*\* This planner is based on the 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack. If you purchased the original 30-Day Cleansing and Fat Burning System, disregard the Ageless Essentials Daily Pack in the planner portion of this guide.

\* Products sold separately.

## 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 products in your 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack. 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 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 Whole-Body Nutritional Cleansing, Cellular Replenishing and Youthful Aging lifestyle? Simply go to IsaDiary.com.

### Autoship Rewards = Rewards Pricing

Ensure you always have your 30-Day Cleansing and Fat Burning System with Ageless Essentials Daily Pack right at your fingertips and at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 10% off your pak versus purchasing the products individually at wholesale. For more details, visit the "Library" Business Training section of your Back Office.

JILL B., UTAH  
2011 ISABODY CHALLENGE  
GRAND PRIZE WINNER –  
LOST 55 LBS DURING  
THE CHALLENGE,  
131 LBS OVERALL.  
WENT FROM SIZE 22 TO 4.†  
↓ BEFORE & AFTER ↓



“ Isagenix products have blessed my life more than I can say. I am so grateful to have my health and my life back! ”

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.



Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Day 1															
Day 8															
Day 30															
Total Lost															

track your progress

Good luck. A new you starts today! ○

week one

**DAY 1 // SHAKE DAY**

**Take Measurements**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 2 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 3 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 4 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 5 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 6 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400-600 calories)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

### DAY 7 // CLEANSE DAY

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

### DAY 8 // SHAKE DAY

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

### DAY 10 // SHAKE DAY

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

### DAY 11 // SHAKE DAY

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

### DAY 12 // SHAKE DAY

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

### DAY 13 // SHAKE DAY

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

### DAY 14 // CLEANSE DAY

- Cleanse for Life
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Isagenix 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)
- Shake Day Support Options
- Exercise (minimum of 20 minutes)
- Purified Water

### DAY 16 // SHAKE DAY

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

### DAY 17 // SHAKE DAY

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

### DAY 18 // SHAKE DAY

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

### DAY 19 // SHAKE DAY

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

### DAY 20 // SHAKE DAY

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

### DAY 21 // CLEANSE DAY

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

### DAY 22 // SHAKE DAY

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

**DAY 24 // SHAKE DAY**

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

**DAY 25 // SHAKE DAY**

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

**DAY 26 // SHAKE DAY**

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

**DAY 27 // SHAKE DAY**

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

**DAY 28 // CLEANSE DAY**

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

**DAY 29 // SHAKE DAY**

- IsaLean Shake
- Ionix Supreme
- Natural Accelerator
- IsaFlush!
- Balanced Meal (400–600 calories)
- Shake Day Support Options
- 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)
- Shake Day Support Options
- 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 [IsaProduct.com](http://IsaProduct.com) by clicking on the "People" tab.