

# Recommended schedule for Cleanse Days

TIME OF DAY	ACTION	DAY 1 ✓	AMOUNT OF WATER (OZ)	DAY 2 ✓	AMOUNT OF WATER (OZ)
Cleanse One (Breakfast)	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 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 <i>Isagenix Snacks!</i> 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 <i>Isagenix Snacks!</i> 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 <i>Isagenix Snacks!</i> 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 <i>IsaFlush!</i> 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 2 hours after.  
**Important:** the amino acids in IsaDelight Plus encourage natural production of mood-elevating brain chemicals that 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 add 1/4 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.