

Total Health and Wellness System™



Also available with powders.



What's Next?

- 1 Read this step-by-step System Guide.
- 2 Call the person who introduced you to Isagenix®.
- 3 Listen to the enclosed CD.

Don't just maintain your wellness, take it to the highest level possible!

Congratulations on committing to greater health! The Total Health and Wellness System™ will help you maintain a lean, energetic body capable of dealing with everything life throws your way.

So far, Isagenix products have helped hundreds of thousands to transform their health and live happier lives. Thanks to people like you, that number keeps growing!

GET THE MOST OUT OF YOUR SYSTEM BY FOLLOWING THE STEPS BELOW

1

PRE-CLEANSE DAYS (DAYS 9, 23)

If this is your first time cleansing, ease into it with Pre-Cleanse days. Pre-Cleansing will help prepare your body for your Cleanse Days. Replace two meals with two IsaLean® Shakes for one to two days prior to Cleanse Days. Eat one sensible meal of 400-600 calories.

2

DEEP CLEANSE DAYS (DAY 10 AND/OR 24)

Liquid - Mix 4 oz. of liquid with 4-8 oz. of purified water four times daily.

Powder - Add two well-rounded scoops of powder to 4-8 oz. of purified, room-temperature water then mix or stir until dissolved. Add ice if desired.

Helpful Hint: To help prevent cravings, eat an organic apple or up to six Isagenix Snacks!™ per day (sold separately).

3

SHAKE DAYS (DAYS 1-8, 11-22, 25-30)

If only cleansing one day per month, add another shake day. Replace 1 meal with an IsaLean® Shake.

Eat two sensible meals of 400-600 calories each.

For shake mixing instructions visit: www.isagenix.com/us/en/isaleanshake_new.dhtml

4

EVERYDAY

- Drink one serving of Ionix® Supreme to boost energy and help relieve stress.*
- Take 3 capsules of Isagenix® Antioxidants with your daily shake or meal.
- Women: Take 5 capsules of Essentials for Women™
- Men: Take 4 capsules of Essentials for Men™
- Drink 8-10 glasses of water or more.
- 20 minutes of exercise or more.

If you would like to enhance your results, add the following products to your daily regimen (not included):

- Enjoy 1-4 IsaDelight® chocolates daily to help your mood, energy and cravings.*

* These statements have not been evaluated by the Food and Drug Administration. Isagenix® products are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if allergic reaction occurs.

Feed your body the best nutrition and fuel your health for life!

Measurements

MEASUREMENTS	START	DAY 8	DAY 18	DAY 30
Neck				
Upper Arm (left)				
Upper Arm (right)				
Chest (men: armpit, women: bust)				
Diaphragm (rib cage)				
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)				
My Total Inches				
My Total Inches Lost				
My Weight				
My Weight Loss to Date				

TH&W Cleansing Calendar

S Day 1	S Day 2	S Day 3	S Day 4	s Day 5	s Day 6	s Day 7
S Day 8	PC Day 9	C Day 10	S Day 11	S Day 12	S Day 13	S Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S Day 20	S Day 21
S Day 22	PC Day 23	C Day 24	S Day 25	S Day 26	S Day 27	S Day 28
S Day 29	S Day 30					

S = Shake Day • PC = Pre-Cleanse • C = Deep Cleanse Day

TIPS & RESOURCES

To keep your body in peak condition, we've included plenty of tips and tools so you can maximize your system and maintain your results.

IsaDiary™ - Get the most out of Nutritional Cleansing with free, e-mailed advice (www.isadiary.com).

IsaMovie - Our most popular videos demonstrate how Isagenix® transforms lives (www.isamovies.com).

IsaDelight® - A healthy, weight loss chocolate? Learn more about this good-for-you treat (www.isadelight.com).

Recipes - Find tasty, healthy 400-600 calorie meal ideas under the "Community" tab (www.isagenix.com)

Find more tips, tools and resources in your Back Office Library.

Steps to Success — Easy as 123

1 PRE-CLEANSE



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



IsaLean® Shake
(replaces 1 meal)

2 CLEANSE DAYS



Cleanse for Life™
(4 oz. liquid or two well-rounded
scoops powder mixed with purified
water 4 times per day)



Purified water
(8+ glasses per day)



Light Snack
(organic celery sticks or apple)

3 SHAKE DAYS



IsaLean® Shake
(replaces 1 meal)



Sensible Meal
(400-600 calories)



Sensible Meal
(400-600 calories)

& EVERY DAY



Ionix® Supreme
(1 serving)



Essentials
(Women • 5 capsules
Men • 4 capsules)



Antioxidants
(3 capsules)



Purified water
(8+ glasses per day)
Exercise
(20+ minutes per day)



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