

9-Day Nutritional Cleansing Program

“ Since starting Isagenix® my whole body has changed! I achieved phenomenal results after just 30 days. I feel stronger, leaner and better than I've ever felt. Isagenix has changed my life. ”

ANNA OGILVIE

5 STAR GOLDEN CIRCLE, 2 STAR CRYSTAL EXECUTIVE

**A real Isagenix® product user. Not a paid model.*



Create Your Path to Success

9-Days That Will Fit Your Lifestyle





9-Day Nutritional Cleansing Program

9-Day Program Overview

YOUR PROGRAM CONTAINS:

(2) Cleanse for Life™ Natural Rich Berry: Powder Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove impurities.

(1) IsaLean™ Shake canister OR IsaLean™ Pro⁺ box: Chocolate or Vanilla Lose or maintain your weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

(1) Isagenix Snacks™: Chocolate Curb your appetite and support healthy blood sugar levels naturally with a balance of nutrients.

(1) Natural Accelerator™ Enhance your metabolic rate naturally without stimulants using a blend of natural thermogenic ingredients.

** Pak price will vary depending on quantity of IsaLean Pro selected.*

POPULAR ADD-ONS TO THE 9-DAY PROGRAM:



(1) IsaDelight Plus™ (30 chocolates per box)
Power-packed, delicious, dark chocolate that improves mood, curbs cravings and helps increase energy.



(1) e+ shot (6 bottles per box)
This healthy energy shot will take your performance to the next level. e+ shot contains caffeine derived from green tea and yerba mate to increase stamina, energy and mental alertness.

Cleansing Calendar & Guidelines

9-DAY CLEANSING CALENDAR (START ON ANY DAY OF THE WEEK)

S Prep	S Prep	C Day 1	C Day 2	S Day 3	S Day 4	S Day 5
S Day 6	S Day 7	C Day 8	C Day 9			

S=Shake Days
C=Cleanse Days

Shake Day Guidelines

- 2 Shake Days are recommended before you start your 9 Day Program.
- Enjoying an IsaLean Shake or IsaLean Pro for breakfast is recommended.
- Your daily 400-600 calorie meal can be prepared for either lunch or dinner. Meal ideas can be found at IsaProductAU.com
- Drink plenty of water. As a guideline for healthy adults living in a temperate climate, approximate recommendations** for water consumption are 2.7 litres for women and 3.7 litres for men.

Cleanse Day Guidelines

- We recommend no more than 2 consecutive Cleanse Days per week.
- We recommend you do 2 Cleanse Days per week for no more than 3 consecutive weeks.
- Only participate in light to moderate exercise on Cleanse Days.

***Recommended by the Institute of Medicine.*

Track Your Progress

MEASUREMENT TRACKER

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 9															
Total Lost															
Goals															

Use the tape measure included in your Welcome Kit.

Now You're Ready to Begin

SHAKE DAY PLANNER

Morning

- Drink 1-2 glasses of purified water.

Breakfast

- Mix 2 scoops of IsaLean™ Shake OR 1 packet of IsaLean™ Pro with 240mL of purified water and ice.

Mid-Morning Snack & Supplement

- 1 *Isagenix Snacks!*™ OR 1 IsaDelight Plus™**
- Take 1 Natural Accelerator™ capsule*
- For an added energy boost try 1 e+ shot**

Lunch

- Eat a healthy, balanced 400-600 calorie meal OR mix 2 scoops of IsaLean™ Shake OR 1 packet of IsaLean™ Pro with 240mL of purified water and ice.

Mid-Afternoon Snack

- 1 *Isagenix Snacks!* OR 1 IsaDelight Plus**

Dinner

- Mix 2 scoops of IsaLean™ Shake OR 1 packet of IsaLean™ Pro with 240mL of purified water and ice OR eat a healthy, balanced 400-600 calorie meal.

SHAKE DAY SNACK IDEAS:

- 2 *Isagenix Snacks!*
- 1 SlimCakes**
- 1-2 IsaDelight Plus chocolates** (maximum 2 per day)
- 6 almonds (unsalted, raw)
- e+ shot **
- 1-2 servings of *Want More Energy?*** (if you are exercising)

CLEANSE DAY PLANNER

Cleanse #1

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water
- Take 1 Natural Accelerator capsule**
- 30ml of Ionix* Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 60-120mL of purified water.

Morning Snack

- OPTIONAL: 1 'Cleanse Day Snack Ideas'.
- Drink 1-2 glasses of purified water.
- Take 1 *IsaFlush!* capsule

Cleanse #2 (Late Morning)

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water

Afternoon Snack

- OPTIONAL: 'Cleanse Day Snack Ideas'.
- Drink 1-2 glasses of purified water.
- Take 1 Natural Accelerator capsule

Cleanse #3 (Late Afternoon)

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water.

Evening Snack

- OPTIONAL: 'Cleanse Day Snack Ideas'.
- Drink 1-2 glasses of purified water.

Cleanse #4 (Evening)

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water
- Take 1 *IsaFlush!* capsule

CLEANSE DAY SNACK IDEAS

- 2 *Isagenix Snacks!*
- 1-2 IsaDelight Plus chocolates** (maximum 2 per day)
- e+ shot **
- 1-2 servings of *Want More Energy?*** (if you are exercising)
- Eat 1/4 apple or pear as needed for healthy blood sugar control

* Always read the label. Use only as directed. Not suitable for children. Not to be taken by asthma and allergy sufferers. Natural Accelerator contains royal jelly which has been reported to cause severe allergic reactions and in rare cases fatalities, especially in asthma and allergy sufferers. Vitamin supplements should not replace a balanced diet.

** Product is not included in the 9-Day Nutritional Cleansing Program and must be purchased separately.

For more Shake and Cleanse Day tips and tools visit IsaProductAU.com
Recommended / Optional products sold separately.

Your Success is Our Success!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

Education: ISAPRODUCTAU.COM

This easy-to-navigate site contains everything you need to know about the products in your 30-Day Nutritional Cleansing Program. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

Inspiration: ANZ.ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

Motivation: ANZ.ISADIARY.COM

Get the most out of Nutritional Cleansing with free, daily advice and motivation.

News: ANZ.ISAFYI.COM

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

Science: ISAGENIXHEALTH.NET

Learn more about the science behind our products, FAQs and more!

Training: ISAGENIXPODCAST.COM

Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

Coaching: CONFERENCE CALLS

Check out daily and weekly programs that coach, inspire and motivate. Visit ANZ.IsaFYI.com/calls for more information.

Community: SOCIAL MEDIA

At Isagenix, we've long recognised social networking — or what we like to call 'social entrepreneurship' — as a revolutionary way of doing business. IsaGeeks.com, and our Facebook.com/IsagenixAustraliaNewZealand, Twitter.com/IsagenixANZ and YouTube.com/IsagenixANZ sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

† 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 3.2 kilos during the first 9 days of the 30-Day Nutritional Cleansing Program.

“Isagenix® had been a blessing for me. I have released 45 kilos† and gained my health back. It's about creating a better lifestyle for me and I feel it's added years to my life.”

Josh Oliver
100 Pound Club (45 kilos)



Visit ANZ.IsaBodyChallenge.com

Do you want to learn how to get your next 9-Day Nutritional Cleansing Program for free?

- Do you have friends or family that would benefit by using the 9-Day Nutritional Cleansing Program?
- Do you want to manage your weight or feel healthier for life?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

Go to ANZ.IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!