

30 Day Cleanse

Juice Drink Days (Days 1, 8, 15 & 22)

When you wake up	1 IsaFlush! capsule, 1 ounce Ionix Supreme and 8 ounces of purified water
8:00 am	4 ounces Cleanse For Life Juice, 1 Accelerator capsule and 8 ounces of purified water
10:00 am	1 - 2 Snacks and 8 ounces purified water
Noon	4 ounces Cleanse For Life Juice, 1 Accelerator capsule and 8 ounces of purified water
2:00 pm	1 - 2 Snacks and 8 ounces purified water
4:00 pm	4 ounces Cleanse For Life Juice, 1 Accelerator capsule and 8 ounces of purified water
6:00 pm	1 - 2 Snacks and 8 ounces purified water
8:00 pm	4 ounces Cleanse For Life Juice and 8 ounces of purified water
Bedtime	8 ounces of purified water

Shake and/or Soup Days (Days 2-7, 9-14, 16-21 & 23-30)

When you wake up	8 ounces of purified water
8:00 am	IsaLean Shake or Soup with 8 ounces of purified water and 1 Accelerator capsule
10:00 am	1 - 2 Snacks and 8 ounces of purified water
Noon	400 – 600 calorie healthy lunch*, 8 ounces of purified water and 1 Accelerator capsule
2:00 pm	1 - 2 Snacks and 8 ounces purified water
5:00 pm	IsaLean Shake or Soup with 8 ounces of purified water and 1 Accelerator capsule
8:00 pm	1 - 2 Snacks and 8 ounces of purified water
Bedtime	8 ounces of purified water

- Important notes:
- 1- We strongly suggest that two or more people do the cleanse together. The moral support helps more than you realize.
 - 2- The snacks really help in curbing your appetite. Make sure to take them even if you are not hungry at that time.
 - 3- Choose the day of the week that will be easiest for you to have a Juice Day and start the 30 day cleanse on that day. Whatever day you start on will be your Juice Days.

*There are suggestion in the Program's Guide for healthy meals that are easy to make. The Program's Guide came in your 9 Day Cleanse Kit.

**If you have any questions, please call your sponsor
or Jen Bengtzen (801-362-5447) anytime.**