

9 Day Cleanse

Juice Drink Days (Days 1 - 2 & 8 - 9)

When you wake up	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 Days (Days 3 - 7)

When you wake up	8 ounces of purified water
8:00 am	2 scoops IsaLean Shake 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	2 scoops IsaLean Shake 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.

*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.**