

## **Cleanse Day Schedule**

This is a Sample Schedule. Contact your coach to discuss what works best for you.  
You can have 2 e+Shots per cleanse day as time suits you

8 am 1 oz. Ionix

9 am Cleanse for Life drink (2 Scoops of powder/4 Oz. liquid with 8 oz of water)

10 am 1-2 Isagenix Snacks/Natural Accelerator

11 am 1 Isadelight

12 pm Cleanse for Life drink (2 Scoops of powder/4 Oz. liquid with 8 oz of water)

1 pm 1 IsaDelight/Natural Accelerator

2 pm 2 Isa Snacks

3 pm Cleanse for Life drink (2 Scoops of powder/4 Oz. liquid with 8 oz of water)

4pm IsaDelight

5 pm 2 Isa Snacks

6 pm Cleanse for Life drink (2 Scoops of powder/4 Oz. liquid with 8 oz of water)

7 pm IsaDelight

8 pm 2 Isa Snacks (Only if needed)

Bedtime 2 IsaFlush

## **Alternative for those who are not on the above schedule**

1 Oz of Ionix Supreme first thing in the morning

1 Natural Accelerator 30 minutes after Cleanse for Life drink (2 Scoops of powder/4 Oz. liquid with 8 oz of water)

Cleanse for Life 4xs a day 4 hours apart

6-8 Isagenix wafer snacks throughout the day

4 Isadelights throughout the day

2 Isaflush at bedtime; increase if any constipation

## **NO MATTER WHAT SCHEDULE YOU FOLLOW ABOVE MAKE SURE YOU'RE DRINKING WATER**

You are allowed to have Green Tea, herbal tea, Isagenix Fruits and Greens, up to 2 e+Shots

DO NOT have Want More Energy or Replenish on Cleanse Days