

## Cleanse Day Schedule

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

**8 am:** 1 oz. Ionix

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

**10 am:** 1-2 Isa Snacks (or 3-4 whey thins) and 1 Natural Accelerator

**11am:** 1 IsaDelight

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

**1 pm:** 1 IsaDelight and 1 Natural Accelerator

**2 pm:** 2 Isa Snacks (or 3-4 whey thins)

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

**4pm:** 1 IsaDelight

**5 pm:** 2 Isa Snacks (or 3-4 whey thins)

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

**7 pm:** 1 IsaDelight

**8 pm:** 2 Isa Snacks or 3-4 whey thins (Only if needed)

**Bedtime:** 2 IsaFlush

### **ALTERNATIVE SCHEDULE :**

***1 Oz of Ionix Supreme first thing in the morning***

***1 Natural Accelerator 30 minutes after your first 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 Snacks throughout the day OR 1 bag of Whey Thins spread 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, Whey Thins as described above