

# 9-Day Deep Cleansing & Fat Burning System

## *Step-by-Step Guide*

“After 30 days with a personal trainer, I lost just one pound. Switching gears, I decided to try Isagenix with the 9-Day Deep Cleansing and Fat Burning System. Within days, I was down five pounds! I was so happy, I immediately put in an order for a 30-Day Cleansing and Fat Burning System before my supplies ran out.”

**MERCEDES R.**

2010 ISABODY CHALLENGE® FINALIST  
**LOST 6 LBS IN THE FIRST WEEK\***

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# Your Path to Success

*For best results, follow the steps below:*

1. **Use the Shake and Deep Cleanse Day planner (page 3)** to remind you of when to take each product. Print additional copies as needed at [IsaProduct.com](http://IsaProduct.com)
2. **Follow the 9-Day Deep Cleansing & Fat Burning System Calendar (page 4) that includes Deep Cleanse and Shake Day guidelines.** Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.
3. **Take your measurements and track your success with our easy-to-use measurement tracker (page 4).** Use the measuring tape included in your Welcome Kit.
4. **Buy healthy foods and plan great-tasting, healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home, including sodas and foods with artificial sweeteners and coloring, and junk food.
5. **Decide your next step.** If you have safely and effectively met your short-term, weight-loss goals, make sure your next Autoship order is for the 30-Day Cleansing and Fat Burning System with Ageless Essentials™ with Product B® IsaGenesis® to stay on track with long-term goals. If you've reached your ideal weight, graduate to the Healthy Aging and Telomere Support System for weight management and youthful aging.

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[Visit ChooseMyPlate.gov](http://ChooseMyPlate.gov) for healthy eating tips.

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## Your 9-Day System contains the following life-changing products:

### 2) Cleanse for Life®

Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support your body's natural ability to remove toxins and impurities.\*

### (1) IsaLean® Shake

Lose or maintain your weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world. Available in **Strawberry Cream, Creamy French Vanilla, and Creamy Dutch Chocolate**

### (1) Natural Accelerator™

Enhance your body's fat-burning furnace naturally without stimulants using a blend of natural thermogenic ingredients.\*

### (1) Isagenix Snacks™

Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates and healthy fats.\*

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### OPTIONAL:

#### e+™ Healthy Energy Shot (6 ct. Box)

A nutrient-packed, naturally-caffeinated energy shot that gets and keeps you active and alert.

“ I was determined to fit into a dress size I hadn't touched in 20 years. So I decided to do a 9-Day Deep Cleansing and Fat Burning System within my first 30-Day System to jump-start my weight loss. And it worked; I lost 11 pounds within the first few weeks. † ”

**Rhonda O.**



† 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 7 pounds during the first 9 days of the Cleansing and Fat Burning System.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Now You're Ready to Begin

## SHAKE DAY PLANNER

### Early Morning

- Drink 1-2 glasses of purified water

### Morning—Breakfast

- Enjoy an IsaLean® Shake
- Take 1 Natural Accelerator™ capsule

### Late Morning—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Early Afternoon—Lunch

- Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Drink 1-2 glasses of purified water

### Mid-Afternoon—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Evening—Dinner

- Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal\*
- Take 1 Natural Accelerator capsule

*\*For more information on meal options that suit your needs, check with your trainer, dietary professional or the USDA "My Plate" Guidelines at [ChooseMyPlate.gov](#)*

## SHAKE DAY SNACK OPTIONS:

- 2 additional Isagenix Snacks™
- 1 FiberSnacks™\*\*
- 1 SlimCakes®\*\*
- 1-2 IsaDelight Plus™ chocolates (Milk or Dark)\*\*
- 1-2 servings of Replenish™\*\*
- 6 unsalted almonds
- 1-2 servings of e+™
- Whey Thins™\*\*

## DEEP CLEANSE DAY PLANNER

### Early Morning—Cleanse 1

- Enjoy 1 Deep Cleansing serving\* (4oz) of Cleanse for Life®

### Mid-Morning—Snack

- Recommended: Enjoy up to 2 IsaDelight Plus chocolates
- Take 2 Isagenix Snacks™ — 30 minutes after consuming IsaDelight Plus chocolates
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Late Morning—Cleanse 2

- Enjoy 1 Deep Cleansing serving\* (4oz) of Cleanse for Life

### Early Afternoon—Snack

- Take 2 Isagenix Snacks™
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Mid-Afternoon—Cleanse 3

- Enjoy 1 Deep Cleansing serving\* (4oz) of Cleanse for Life

### Early Evening—Snack

- Recommended: Enjoy up to 2 IsaDelight Plus chocolates
- Take 2 Isagenix Snacks™ — 30 minutes after consuming IsaDelight Plus chocolates
- Drink 1-2 glasses of purified water

### Evening—Cleanse 4

- Enjoy 1 Deep Cleanse serving\* (4oz) of Cleanse for Life

*\*Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.*

## DEEP CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolates (Milk or Dark)\*\*
- 1-2 servings of e+ or Replenish™ (if you are exercising)\*\*
- 2 additional Isagenix Snacks™

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit [IsaProduct.com](#).

*\*\*Recommended/optional products sold separately*

# Deep Cleansing Calendar & Guidelines

## 9-Day Deep Cleansing and Fat Burning Calendar

(Start on any day of the week)



Endorsed by John W. Anderson - Isagenix Founder, Master Formulator and Product B™ Formula Developer.

S Pre-Cleanse Day*	S Pre-Cleanse Day*	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=Deep Cleanse Days

\* Pre-Cleanse Days are defined as the two days prior to your first set of back-to-back Deep Cleanse Days. These days help to create an environment in the body that helps enhance the effects of cleansing.

\*\* (To ensure you have product for next month, be sure to order no later than "Day 1" or enroll in the Autoship Rewards program.)

## 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)
Start															
Day 3															
Day 9															
Total Lost															

(Use the tape measure included in your Welcome Kit.)

The 9-Day System is a great jump-start to your health because you get amazing results in just over a week. This safe and effective system helps you lose weight quickly by gently cleansing and nourishing the body.

### Shake Day Guidelines

- Enjoying an IsaLean® Shake for breakfast is recommended.
- It is okay to add Isagenix products such as Isagenix Greens™, IsaPro® and IsaFruits® to your IsaLean Shake.
- For meal ideas, go to ChooseMyPlate.gov or IsaProduct.com.
- Engage in an exercise program with both aerobic and resistance training. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximate recommendations for total water consumption are 91 oz for women and 125 oz for men.†

### Deep Cleanse Day Guidelines

- Only participate in light to moderate levels of exercise.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximate recommendations for total water consumption are 91 oz for women and 125 oz for men.†

†Recommended by the Institute of Medicine.

Additional tools can be found by visiting [IsaProduct.com](http://IsaProduct.com).

# The Science Behind Cleanse and Shake Days

Isagenix Shake Days and Cleanse Days boost weight loss by reducing caloric intake while providing optimal nutrition and detoxification. Only the highest-quality macro- and micronutrients, botanicals and supporting ingredients are used.

## *Cleanse Days: The Jump-Start to Weight Loss and Energy*

- **STIMULATES FAT BURNING:** The reduction of calories on Cleanse Days stimulates the body's fat-burning furnaces while suppressing fat synthesis and storage.
- **TRIGGERS DETOXIFICATION:** Cleanse Days give the digestive processes a break, allowing the liver to do its job of detoxifying the body. Deep Cleansing also stimulates the release of stored fat-soluble toxins. Drinking Cleanse for Life on Cleanse Days helps encourage even deeper detoxification. The 9-Day System consists of two back-to-back Cleanse Days. These days are defined by John Anderson as "Deep Cleanse Days."
- **REDUCES OXIDATIVE STRESS AND INFLAMMATION:** As fat cells shrink, they release fewer signaling molecules that cause oxidative stress and inflammation. Less total body fat also helps improve antioxidant status in the body. The end result is improved health overall and lower risk of chronic disease. Oxidative stress, in particular, plays a heavy toll on telomeres (related to aging). The lower the oxidative stress, the better for healthy aging.

## *Shake Days: The Secret to Staying Lean for Life*

- **STIMULATES FAT BURNING:** The IsaLean® Shake feeds the body whey protein, shown to outperform other proteins for keeping you feeling full longer and supporting weight loss. The high protein and addition of vitamins and minerals decreases abdominal and total body fat.
- **YOUTHFUL AGING:** Glutathione is the body's most powerful antioxidant. Shake Days help restore glutathione to youthful levels to fight oxidative stress related to obesity. The IsaLean Shake provides essential vitamins and minerals often depleted in dieting but necessary to maintain normal cellular activity.

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## *Your Next Step...*

If you're relishing your amazing results from the 9-Day System, stay on track with the **30-Day Cleansing and Fat Burning System with Ageless Essentials™ with Product B® IsaGenesis®**.



*30-Day Cleansing and Fat Burning System*

If you have achieved your weight-loss goal, then graduate to the **Healthy Aging and Telomere Support System** for weight management and youthful aging.



*Healthy Aging and Telomere Support System  
(with Brain and Sleep Support System add-on)*

Both solutions offer long-term benefits for lifelong health and vibrancy. **Add them to your Autoship today!**

# 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:** ISAPRODUCT.COM

This easy-to-navigate site contains everything you need to know about the products in your 9-Day System. 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:** ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

## **News:** 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 IsaFYI.com and select the "Calls" tab.

## **Community:** SOCIAL MEDIA

At Isagenix, we've long recognized social networking—or what we like to call "social entrepreneurship"—as a revolutionary way of doing business. IsaGeeks.com, Facebook.com/Isagenix, Twitter.com/Isagenix and YouTube.com/Isagenix sites have something for everyone — including cleanse community support and support for building your business.

“My world has literally changed... Everything that has happened has given me the confidence to do what I want and make it happen.”



### **Holly DeMott**

2010 IsaBody Challenge® Grand Prize Winner

**Total Weight Loss**  
**90 pounds\***

Lost 7 dress sizes!

Visit [IsaBodyChallenge.com](http://IsaBodyChallenge.com)

## Do you want to learn how to get your next 9-Day System for free?

- Do you have friends or family that would benefit from using the 9-Day System?
- Do you want to keep losing weight or feel healthier for life?
- Do you want to earn a part-time income (vacations, car payments, mortgages) or even a full-time income?

**Go to [IsagenixBusiness.com](http://IsagenixBusiness.com) or talk with your sponsor to learn more about the Isagenix Opportunity!**

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