

CLEANSE DAY SCHEDULE

UPON ARISING:	1 oz IONIX 1 Accelerator capsule 1 IsaDelight Plus 8 oz.+ Water (ISA-WATER is recommended)
8:00 AM:	4 oz liquid or 2 scoops powdered Cleanse For Life w/water AM Packet Ageless Essential Vitamins and Product B
10:00 AM:	1 IsaDelight Plus
11:00 AM:	3-4 Isagenix Snacks with 8 oz. Water
12:00 PM:	4 oz liquid or 2 scoops powdered Cleanse For Life w/ 8 oz Water
2:00 PM:	1 IsaDelight Plus
3:00 PM:	3-4 Isagenix Snacks with 8 oz. Water PM packet Ageless Essential Vitamins and Product B 1 Accelerator capsule
4:00 PM:	4 oz liquid or 2 scoops powdered Cleanse For Life w/ 8 oz Water
8:00 PM:	4 oz liquid or 2 scoops powdered Cleanse For Life w/ 8 oz Water 2 capsules of Isaflush

*****DRINK WATER BETWEEN SCHEDULED TIMES*****
You get to drink 1 gal per day!!! ISA-WATER IS A MUST!