

# SYSTEMS GUIDE

## Your Guide for Enjoying a Lifetime of Ultimate Health and Wellness



▶ CLEANSING AND FAT BURNING SYSTEM

▶ TOTAL HEALTH AND WELLNESS SYSTEM

  
**ISAGENIX**<sup>®</sup>  
World leader in nutritional cleansing<sup>™</sup>.



*“Isagenix’s nutritional cleansing technology has improved more lives in the past two years than I’ve seen in my medical practice for 12 years.” \**

**Becky Natrajan, M.D.**



*“Isagenix has proven to be the most valued system that I’ve added to my medical practice.”*

**Dennis Harper, D.O.**



*“Isagenix products are the key to living a longer, healthier life.” \**

**Cynthia Watson, M.D.**

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

*Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.*

**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.



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*"I used to be known as the big kid in school, and through my entire adult life I have tried to lose weight. The day I decided to try Isagenix was the day that changed my life. I have lost 218 pounds—the best part is all of the compliments from my new look."\**

**Jason "The Crusher" D.**



*"For 12 years I lived a life of quiet desperation. Now with Isagenix I wake up each day with increased energy and vigor. My body functions with grace and ease again. I have lost weight, and I have traded my poor eating habits for new ones."\**



**Lyne S.**  
Professional Public Speaker



*"As a personal trainer and competitive body builder I was already lean and in good shape. With Isagenix I was able to lose 10 pounds, and go from a waist size of 32 to 29, which I didn't think was possible."\**



**Brian B.**  
Champion Bodybuilder

\* Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.

Congratulations on choosing to become healthy, clean and lean for life! The Isagenix systems offer the complete solution for ultimate health and wellness.

Our Cleansing and Fat Burning Systems, available in a 30-day or 9-day supply—help your body to cleanse and burn fat naturally. The Total Health and Wellness System helps you maintain your target weight and a healthy lifestyle through sound nutrition and sensible meals.

### These systems are designed to support your body's ability to:

- ◆ Safely lose unwanted pounds and inches.\*
- ◆ Cleanse harmful impurities from your system.\*\*
- ◆ Burn fat and build muscle.
- ◆ Naturally reduce cravings and appetite.
- ◆ Absorb balanced nutrients.

For best results, follow the instructions in this guide.

Welcome to the Isagenix family. We wish you unlimited success!

## Your Isagenix Team

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# Seven Success Steps

Before beginning your first Isagenix system, be sure to follow these Seven Success Steps for best results and enhanced success.

## 1 Complete "My Personal Success Promise" and Choose a Cleansing Coach

A lifestyle change requires a commitment. That commitment must come from you. My Personal Success Promise (Page 9) is a contract with yourself to achieve your health goals. Remove My Personal Success Promise from this guide and place it where you can see it daily (such as on your bathroom mirror). If you've done this before, go ahead and do it again. Choose your Cleansing Coach, someone who can offer advice and help you to accomplish your goals. Then, provide your Cleansing Coach a copy of My Personal Success Promise and My Personal Analysis (Page 8).



## 2 Take a Picture of Yourself

Consider it a "parting gift." You may paste your before picture on the appropriate square located on My Personal Success Promise (Page 9). Say "goodbye" to the old you.



## 3 Track Your Progress

Be sure to track your progress. Before you start, take out your measuring tape (included in each Cleansing and Fat Burning System) and step on a scale. Start filling out My Measurement and Weight Chart (Page 7).



## 4 Listen to Dr. Becky Natrajan

Be sure to listen to Isagenix's CD with Dr. Becky Natrajan, "Why Cleanse? Why Isagenix? Why Cleanse for Life?" Learning about cleansing helps you know what to expect and will lead you to immediate and long-term success.



# Seven Success Steps

## 5 Plan Ahead

Complete My Cleansing Calendar (Page 10). Planning ahead helps keep you from cheating yourself of well-earned achievement. For the 9-day supply of the Cleansing and Fat Burning System, plan two consecutive Cleanse Days a week for the first two weeks (for a total of four Cleanse Days). For the 30-day supply of the Cleansing and Fat Burning System, plan one Cleanse Day a week for four weeks (a total of four Cleanse Days). For the Total Health and Wellness System, plan two Cleanse Days a month.



## 6 Get Rid of the Junk Food

Go to your kitchen (and wherever else you may have unhealthy food stashed) and throw out all of the chips, cookies, candy and other high-sugar, nutritionally bankrupt foods that will only hurt your progress. Then, make a commitment not to bring any more into your home.



## 7 Diligently Do the Two Pre-Cleanse Days

Cleansing is an exciting adventure that requires a little preparation. If this is your first Isagenix system, be sure to start off right with two Pre-Cleanse Days. These two days will help prepare your body for your Cleanse Days. *The two Pre-Cleanse Days are an especially good time to reduce your caffeine, alcohol, salt and sugar consumption.* If you're about to start the Cleansing and Fat Burning System (30-day supply) or Total Health and Wellness System, your Pre-Cleanse Days will also include taking Ionix Supreme (1-2 oz. daily). If you've decided to do the 9-day supply of the Cleansing and Fat Burning System, we recommend you consider adding Ionix Supreme (not included) beginning with your Pre-Cleanse Days (1-2 oz. daily). Ionix Supreme's anti-stress, adaptogenic, body-balancing benefits will further prepare your body for your Cleanse Days.



**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.



## Cleansing and Fat Burning System Overview

Cleansing your way to a healthier, cleaner and leaner body is best performed with the Cleansing and Fat Burning System (30-day supply). It includes enough product for four Cleanse Days every 30 days. These should be spaced out—one or two Cleanse Days a week. All other days should be Pre-Cleanse Days or Shake Days. Don't forget to take a *before* picture. You may lose weight every day. After your last day, check the scale, take your *after* picture... and celebrate.



If you still have more weight to lose, be sure to keep to your goals by following up with another Cleansing and Fat Burning System. Once you achieve your target weight, then move on to the Total Health and Wellness System (and continue to celebrate).

## Sample Cleansing Calendar for 30-day supply

S	M	T	W	TH	F	S
Pre-Cleanse		C	S	S	S	S
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
S	S	C	S	S	S	S
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
S	S	C	S	S	S	S
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
S	S	C	S	S	S	S
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
S	S					
Day 29	Day 30					

C = Cleanse Day • S = Shake Day

## How to Use Your System (30-day Supply)

### Pre-Cleanse Days (2 or More Days)

**Important Note:** If this is your first Isagenix system, start with two Pre-Cleanse Days. Also, listen to Dr. Natrajan's CD (included with your system).

- ◆ **IsaLean Shake**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).

### Cleanse Days (Up to 2 Days a Week)

- ◆ **Cleanse for Life**—Take 4 oz. (=8 tablespoons or 1/2 cup) combined with 8 oz. of cold purified water four times daily. For added taste and energy, sprinkle a sparing amount of our electrolyte drink, *Want More Energy?*, in your Cleanse for Life drink and/or pour over ice. Note: You may prefer taking 4 oz. straight, followed by a large glass of water.
- ◆ **Isagenix Snacks**—As needed, up to six per day. Take up to two every few hours between your Cleanse for Life servings. If you must eat a little with each Snack, try low-calorie whole foods (see Snack Ideas, Page 18)

### Shake Days (All Remaining Days)

- ◆ **IsaLean Shake**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).

### Every Day

- ◆ **Water**—As a general guideline, drink at least eight 8-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently.
- ◆ **Ionix Supreme**—Take 1-2 oz. (=2-4 tablespoons) daily.
- ◆ **IsaFlush!**—Take one capsule daily. Use two capsules if you experience constipation.
- ◆ **Natural Accelerator Capsules**—Take two a day (preferably one in the morning and one at noon).
- ◆ **Exercise**—At least 20 minutes daily.

\* *Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.*

**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.

# Tracking My Progress

## Compute Your Body Mass Index (BMI)

Before BMI: \_\_\_\_\_ (Weight x 703 ÷ Height in inches ÷ Height in inches)

After BMI: \_\_\_\_\_

*Example: BMI: Bob is 5'7" and weighs 155 pounds. Bob's BMI is 24.3 (155 x 703 ÷ 67 ÷ 67). Therefore, according to the chart below, his weight status is normal.*

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25 – 29.9	Overweight
30 and Above	Obese



# Tracking My Progress

Use the chart below to keep track of all your progress. Get motivated with every inch and pound lost. Progress is a process. Success breeds success.



My Measurement and Weight Chart					
Measurements	DATE:	Start	Day 3	Day 10	Day 30
Neck					
Upper Arm (Left)					
Upper Arm (Right)					
Chest (men: at armpit, women: bust)					
Diaphragm (rib cage)					
Waist					
Abdomen 6" Below Waist					
Buttocks 9" Below Waist					
Upper Thigh (Left)					
Upper Thigh (Right)					
Calf (Left)					
Calf (Right)					
Upper Knee (Left)					
Upper Knee (Right)					
My Total Inches					
My Total Inches Lost					
My Weight					
My Weight Lost to Date					

# My Personal Analysis

My personal Cleansing Coach is \_\_\_\_\_. I know that my Cleansing Coach will offer support, encourage me and provide advice on how to fulfill my goals. I will contact my Cleansing Coach regularly to report my progress.

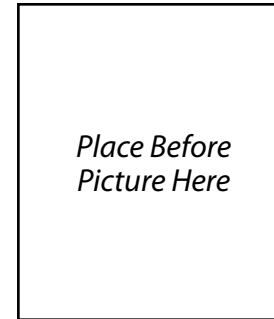
- How would I rate my current health?
  - Excellent
  - Good
  - Fair
  - Poor
- I am currently on prescription medications or under medical supervision.
  - Yes
  - No
- I am currently experiencing the following symptoms:
  - constipation
  - fatigue
  - other \_\_\_\_\_
  - high cholesterol
  - headaches \_\_\_\_\_
  - mood swings
  - high or low blood sugar \_\_\_\_\_
  - pain
  - high or low blood pressure \_\_\_\_\_

4. How often do I consume the following per week?

Amount	Never	Rarely	Sometimes	Always
Cigarette Smoke				
Caffeine				
Alcohol				
Refined Sugar				

**IMPORTANT:** Give your Cleansing Coach a copy of this page so he or she may offer advice and help you accomplish your goals.

# My Personal Success Promise



I, \_\_\_\_\_, commit to complete the following Isagenix system:

- Cleansing and Fat Burning System (30-day supply)
- Cleansing and Fat Burning System (9-day supply)
- Total Health and Wellness System

My goal is to reach my target weight of \_\_\_\_\_ and lose \_\_\_\_\_ pounds by \_\_\_\_\_.

How would I rate my current level of commitment to accomplish this goal?

- Highly Motivated
- Moderately Motivated
- Slightly Motivated

My other health and wellness goals are to:

- Exercise
- Build Lean Muscle
- Improve a Relationship
- Reduce Stress
- Break a Bad Habit
- Have More Energy
- Sleep Better
- Other \_\_\_\_\_

I will surround myself with positive people who will support me. My personal Support Team includes:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I commit to follow my Isagenix System and to build my personal Support Team.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

Cleansing Coach: \_\_\_\_\_ Date: \_\_\_\_\_

**IMPORTANT:** Give your Cleansing Coach a copy of this page so he or she may offer advice and help you accomplish your goals.

# My Cleansing Calendar

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



# My Cleansing Calendar

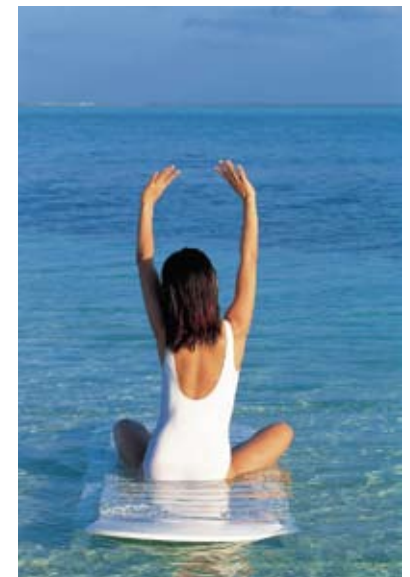
Planning your Cleanse Days ahead of time is essential for success. Don't let anything get in the way of your goals. Mark your Cleanse Days on My Cleansing Calendar (opposite page) and make sure to stick with your system all the way through.

**Directions**

- ◆ Cleansing and Fat Burning System (30-day supply)—Mark four Cleanse Days: One a week for four weeks. All other days are Shake Days (see Sample Calendar, Page 5).
- ◆ Cleansing and Fat Burning System (9-day supply)—Mark four Cleanse Days: Days 1, 2, 8 and 9. All other days are Shake Days (see Sample Calendar, Page 13).
- ◆ Total Health and Wellness System—Mark two Cleanse Days. All other days are Shake Days (see Sample Calendar, Page 15).

**Important Note:**

If this is your first Isagenix System, start with at least two Pre-Cleanse Days.





# Cleansing and Fat Burning System

# 9-day Supply

## Cleansing and Fat Burning System Overview

A great start on the path to a nutritional cleansing lifestyle is a 9-day supply of our Cleansing and Fat Burning System. It includes enough product for four Cleanse Days and seven Shake Days; plus, bonus product for two Pre-cleanse Days. Don't forget to take a *before* picture. You may lose weight every day. After your last day, check the scale, take your *after* picture... and celebrate.



If you still have more weight to lose, be sure to keep to your goals by following up with the 30-day supply of the Cleansing and Fat Burning System. Once you achieve your target weight, then move on to the Total Health and Wellness System (and continue to celebrate).

## Sample Cleansing Calendar for 9-day supply

S	M	T	W	TH	F	S
Pre-Cleanse		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			

C = Cleanse Day • S = Shake Day

**Caution:** Cleansing for two consecutive days is intended only for people without medical complications. If you are taking any medication, have a medical condition such as diabetes or heart disease, and/or are under age 18 or over age 70, please avoid cleansing more than one day a week and ask your physician to monitor your progress.

## How to Use Your System (9-day Supply)

### Pre-Cleanse Days (2 or More Days)

**Important Note:** If this is your first Isagenix System, start with a Pre-Cleanse *prior* to Day 1 of this System. Also, listen to Dr. Natrajan's CD (included with your system).

- ◆ **IsaLean Shake**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).

### Days 1-2 (Cleanse Days) †

- ◆ **Cleanse for Life**—Take 4 oz. (=8 tablespoons, or 1/2 cup) combined with 8 oz. of cold purified water four times daily. For added taste and energy, sprinkle a sparing amount of our electrolyte drink, *Want More Energy?*, in your Cleanse for Life drink and/or pour over ice. Note: You may prefer taking 4 oz. straight, followed by a large glass of water.
- ◆ **Isagenix Snacks**—As needed, up to six per day. Take up to two every few hours between your Cleanse for Life servings. If you must eat a little with each Snack, try low-calorie whole foods (see Snack Ideas, Page 18).

† **Caution:** Do not cleanse for more than two consecutive days. Do not cleanse for two consecutive days per week for more than three weeks.

\* *Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.*

### Days 3-7 (Shake Days)

- ◆ **IsaLean Shake**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).
- ◆ **Isagenix Snacks**—As needed, up to six per day.

### Days 8-9 (Cleanse Days)

- ◆ Repeat Days 1-2.

### Every Day

- ◆ **Water**—As a general guideline, drink at least eight 8-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently.
- ◆ **Natural Accelerator Capsules**—Take two a day (preferably one in the morning and one at noon).
- ◆ **Exercise**—At least 20 minutes daily.
- ◆ **Ionix Supreme** (not included)—If you've purchased this separately, take 1-2 oz. (=2-4 tablespoons) daily.

**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.

## Total Health and Wellness System Overview

After feeling the benefits of cleansing, why would you ever stop? Our Total Health and Wellness System includes two Cleanse Days a month and complements your new cleansing lifestyle with targeted nutrition, adaptogens and broad-spectrum antioxidants. Combined with sensible eating and exercise, the Total Health and Wellness System is your key to optimum health and wellness.\*

Be sure to sign up for a monthly Autoship. It's cost effective and ensures that your body continues to receive the high-quality, valuable nutrients it needs to perform at its best while maintaining a sensible method of controlling caloric intake.



## Sample Cleansing Calendar for Total Health and Wellness System

S	M	T	W	TH	F	S
<b>Pre-Cleanse</b>		<b>C</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>S</b>	<b>S</b>	<b>C</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>	<b>S</b>
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<b>S</b>	<b>S</b>					
Day 29	Day 30					

C = Cleanse Day • S = Shake Day

## How to Use Your Total Health and Wellness System

### Pre-Cleanse Days (2 or More Days)

**Important Note:** If this is your first Isagenix system, start with two Pre-Cleanse days. Also, listen to Dr. Natrajan's CD (included with your system).

- ◆ **IsaLean Shake**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **Ionix Supreme**—Take 1-2 oz. (=2-4 tablespoons) daily.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).

### Cleanse Days (2 Days)

- ◆ **Cleanse for Life**—Take 4 oz. (=8 tablespoons, or 1/2 cup) combined with 8 oz. of cold purified water four times daily. For added taste and energy, sprinkle a sparing amount of our electrolyte drink, *Want More Energy?*, in your Cleanse for Life drink and/or pour over ice. Note: You may prefer taking 4 oz. straight, followed by a large glass of water.

### Shake Days (All Remaining Days)

- ◆ **IsaLean Shake**—One serving a day as a meal replacement (preferably in place of your morning meal). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **Two sensible meals** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, Page 18).

### Every Day

- ◆ **Water**—As a general guideline, drink at least eight 8-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently.
- ◆ **Ionix Supreme**—Take 1-2 oz. (=2-4 tablespoons) daily.
- ◆ **Antioxidants**—Take three capsules daily with IsaLean Shakes or meals.
- ◆ **Essentials for Women or Essentials for Men**—Women take five capsules daily; men take four capsules daily. Take with IsaLean Shakes or meals.
- ◆ **Exercise**—At least 20 minutes daily.

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**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.

### **Why do I feel so good after my Cleanse Days?**

When you eliminate harmful impurities and excess pounds from your body, you should naturally feel fantastic. Our Cleansing and Fat Burning System, available in a 30-day or 9-day supply, is a safe and amazing way to help cleanse your body of impurities that build up in your system over the years. This, in turn, can help you lose excess pounds and inches. A healthy body is a clean and lean body. That's why cleansing makes you feel fantastic.

### **Where does all this incredible energy come from?**

Not only should you be slimmer after completing your Cleansing and Fat Burning System, but your natural absorption of nutrients should also be restored. This allows your body to be flooded with balanced nutrients—macro-nutrients, vitamins and minerals—giving you tremendous energy.

### **Why do I get a headache during Cleanse Days?**

Mild headaches can be a common caffeine withdrawal symptom. To alleviate withdrawal symptoms, be sure to stay well hydrated (see recommended water consumption in next FAQ below). Also, you may try snacking on fruit for extra potassium.

Before your first system, we recommend you do two Pre-Cleanse Days and include Ionix Supreme. Although reducing your caffeine, alcohol, cigarette and/or sugar consumption is a wise lifestyle choice, it is especially useful to do so during your Pre-Cleanse Days.

### **Why do you recommend at least eight glasses of purified water daily?**

Hydration is always important for health benefits and especially while you cleanse. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently. As a general guideline, drink at least eight 8-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. On Cleanse Days and when exercising, increase this amount.

### **Why do you recommend mixing Cleanse for Life with cold water?**

Your Cleanse for Life drink is best with cold water or ice water. Not only does it enhance the taste, but cold water causes your body to burn at least a few more calories.

### **I get hungry during my Cleanse Days. What can I do?**

Be sure to take your Isagenix Snacks to curb cravings. If you must eat a little, try a few slices of fruit, a small salad, or a couple of unsalted, raw almonds (see Snack Ideas, Page 18). We also suggest you get more sleep. Going to bed earlier in the evening helps you resist the urge to snack.

### **Besides junk food, what other foods should I avoid?**

Avoid heavily processed foods, processed meats, hydrogenated oils, alcohol, artificial colors and flavors, additives, white flour products (breads, crackers, pretzels, bagels, etc.), high-glycemic foods, NutraSweet (aspartame), coffee and caffeinated soda.

### **What's an IsaBlender for, and how do I get one?**

An IsaBlender is a handy, travel-easy way to whip up great-tasting IsaLean Shakes and to help you follow your System. The small 250-watt, multiple-blade blender makes fantastic smoothies and also processes, purees and chops. Each IsaBlender comes with four blending vessels. To purchase, contact your Independent Isagenix Associate.



### **After blending an IsaLean Shake, can I store it in the refrigerator?**

No. We recommend you drink your prepared IsaLean Shake within 10 minutes to take advantage of the digestive enzymes.

### **Can I add fruit to my IsaLean Shake?**

The IsaLean Shake tastes great with fruit, especially berries. Just watch the extra calories. For another flavor try adding IsaFruits or Healthy Greens.

### **What is the proper way to make my IsaLean Soup?**

Add IsaLean Soup to water that is no hotter than 110 degrees Fahrenheit (any hotter will destroy the nutritional value of the digestive enzymes) and stir with a whisk. Do not heat the water with the IsaLean Soup already blended. Do not mix in an IsaBlender.

### **When should I use IsaPro Supplemental Protein?**

Extra protein intake is especially useful for growing teenagers and athletes to promote lean body mass, and for those who have reached a stubborn weight-loss plateau or simply have difficulty losing weight due to thyroid challenges. For more protein, mix one scoop of IsaPro Supplemental Protein with 1½ scoops of IsaLean Shake.

### **Why shouldn't I start with the 9-day Cleansing and Fat Burning System if I have diabetes, heart disease or any other medical complications?**

The 9-day Cleansing and Fat Burning System is intended as a thorough cleansing approach only for people without medical complications. If you are taking any medication, have a medical condition, such as diabetes or heart disease, and/or are under age 18 or over age 70, start with a 30-day supply of the Cleansing and Fat Burning System or Total Health and Wellness System and ask your physician to monitor your progress. In addition, we recommend you include a vegetable salad as you perform your Cleanse Days on any system.

### **Why should I consult with my doctor about my Isagenix system?**

We recommend consulting your doctor before starting any health or fitness program including any of our Isagenix Systems. If you're concerned about how Isagenix products may react with a specific medical condition you have, we recommend that you show your doctor the Isagenix system and start with either the Cleansing and Fat Burning System or Total Health and Wellness System (see previous FAQ).



# 400-600 Calorie Menu Ideas

# Athletic Endorsements

Plan to eat sensible meals (400-600 calories) during your Isagenix system that are low in fat and high in fiber (see suggestions below). For easy meal planning, order IsaPort Nutrition Organizer—a software system designed to be used with your Isagenix system that can help you manage your caloric intake. If you need to ease hunger pangs between meals, try two to three of our snack ideas below throughout the day.

For a sensible meal, pick one item from each column below:

Protein	Starches	Fat	Vegetable	Optional
1 egg or 4 egg whites	1 cup of organic slow-cooked oatmeal	1 tbsp. of flax oil	2 cups peppers, tomatoes, onions	1 organic apple
5 oz. chicken breast	1 cup of steamed organic brown rice	1-2 tbsp. of olive oil	3 cups of mixed greens	1 1/2 cup melon
5 oz. of salmon or other fish	1 cup of whole-grain pasta	1-2 tbsp. of ground nuts	3 cups of steamed vegetables	1 cup herbal tea with 1-2 tsp. of honey
5 oz. chicken or turkey burger	1 baked yam or 1 cup baked, low-fat yam fries	Reduced fat salad dressing, reduced-fat feta cheese	2 cups of Greek or Caesar salad	1 cup of berries
2 cups tofu or meat alternative	1 cup wild or organic brown rice	2 tbsp. nuts of choice	3 cups assorted vegetables	1 organic pear
1 1/2 cups of beans or lentils	1 cup basmati rice	1-2 tbsp. of coconut milk	Canned tomatoes, assorted vegetables	1 cup of herbal iced tea with 1-2 tsp. of honey
4 slices turkey meat	2 slices whole wheat bread	1/4 cup of almonds (unsalted, raw)	2 cups spinach salad	1 tsp. Dijon mustard and 1 tbsp. lemon



Snack Ideas	
1/4 IsaLean Bar	4 walnuts (unsalted, raw)
1/4 Slim Cake	4 cashews (unsalted, raw)
1 hard boiled eggs	6 almonds (unsalted, raw)
1-3 tbsp. IsaFuel	



*"I'm always looking for a new edge [for outrigger-canoe paddling]. I was in the top ten, but I couldn't beat [the top competitor]. I wanted good nutrition—there's a lot of confusing stuff out there. After using Isagenix products, I definitely didn't feel as tired. I beat [the top competitor] by a minute and a half. Isagenix works—that's a huge win!"*

**Butch K.**

*Starbucks Kaua'i Island Outrigger Canoe Champion*

*"When a friend introduced me to Isagenix products, I decided to be open-minded and try them. Afterward, I felt great and after two months time, I jumped two levels in my training."*

**Long Fei Y.**

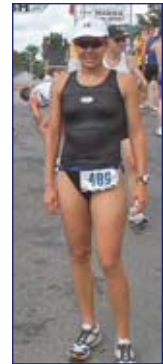
*Kung Fu Champion*



*"I've taught professional athletes, celebrities and physicians about nutrition for over a decade. I've been able to achieve with Isagenix what it used to take me at least six months to achieve in my practice. After my pregnancy, Isagenix helped me drop from a size 6 to a size 5. It was unbelievable—my energy was amazing!"\**

**Susan S.**

*Former Team Canada Ironman Athlete  
ACE Certified Athletic Nutrition Consultant*



\* Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.

**Note:** If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control system, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if allergic reaction occurs.

# Optimize Your Health... For Life

Our state-of-the-art products are designed to put you on the path to optimum health and wellness.\*\* This guide will show you how to use the Isagenix products as found in our Cleansing and Fat Burning System and Total Health and Wellness System. You'll soon discover their incredible benefits for yourself.

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*To reorder or purchase additional Isagenix products, please contact your Independent Isagenix Associate.*



*"Isagenix helped me to lose a total of 152 pounds and keep it off\*. I am now exactly half of my weight from when I started. This is the smallest I have been in 23 years—my entire adult life. Isagenix has totally changed my life."*



**Kim O.**



*"Within days of using Isagenix products, I felt really good. I had a lot of energy, 3 inches off my waist, and about 12 pounds off\*. I have been making a living off my physique for about 25 years and I was really excited to see something work and to help keep the weight off."*



**D'Marko B.**  
*Former Mr. America Finalist*

\* *Weight-loss results may vary. In a recent study, participants averaged a weight loss of 7 pounds after nine days on the Isagenix Cleansing and Fat Burning System.*

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



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