

30 Day Program

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30 Day Program Overview

Our most popular program is simple and will help you lose weight at a steady pace.* Stick to the program until you reach your target weight—when you're cleaner and leaner. Your 30 Day Program Pak contains product for four Cleanse Days. Cleanse one day a week for four weeks, or you may modify this program to cleanse two consecutive days twice a month, as in the 9 Day Program.



Sample Cleansing Calendar for 30 Day Program

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

C = Cleanse Day • S = Shake and/or Soup Day

How to Use Your 30 Day Program

Pre-Cleanse Days (2 Days)

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

- ◆ **IsaLean Shake or Soup**—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.
- ◆ **IsaFlush!**—Take one capsule each day. Use two capsules if you experience constipation.
- ◆ **One sensible meal** (400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, p. 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.

Cleanse Days (Once a Week for 4 Weeks)

- ◆ **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, p. 18).

Shake and/or Soup Days (All Remaining Days)

- ◆ **IsaLean Shake or Soup**—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, p. 18).

* Results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program.