

Cleanse Day Schedule

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

8 am 1 oz. Ionix

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

10 am 1-2 Isagenix Snacks/Natural Accelerator

11 am 1 Isadelight

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

1 pm 1 IsaDelight/Natural Accelerator

2 pm 2 Isa Snacks

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

4pm IsaDelight

5 pm 2 Isa Snacks

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

7 pm IsaDelight

8 pm 2 Isa Snacks (Only if needed)

Bedtime 2 IsaFlush

Alternative for those who are not on the above schedule

1 Oz of Ionix Supreme first thing in the morning

1 Natural Accelerator 30 minutes after 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 wafer snacks 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 (ask your coach)

DO NOT have Hydrate on Cleanse Days