

# Cleanse Day Schedule:

---

This is a *sample* schedule. Contact your coach to discuss what works best for you.

- **WATER:** Please do your best to drink 90-128 oz. of water – it flushes excess fats & toxins!!!!
- **E+Shots** (if ordered) are approved for a cleanse day at any time if you need energy or as a pre-workout. Also, Isagenix black coffee or any brand plain Green Tea or herbal tea (regular or decaffeinated - unsweetened – nothing added) are also approved.
- **Amped Hydrate** (if ordered) can be used once per day on a cleanse day

Below where it notes “Choice of **ONE** of the cleanse supplements” that would be:

- 3-4 pieces Whey Thins or Harvest Thins
- ¼ slice of a Snack Bite -comes in Peanut Butter or Cinnamon Roll
- 1 serving/cup of Collagen Bone Broth (choose this for 1 or 2 times per cleanse day/max)
- 1-2 Isagenix Snacks (round wafers - if ordered – chocolate, vanilla or wild berry)

\_\_\_\_\_ **8 AM** 1 oz. Ionix Supreme (if you don't have a shot glass to measure an ounce, use 3 capfuls – or if you chose to order the Adaptogen Elixir bottles, you would have them at this time instead of Ionix Supreme),  
*Also have your AM Vitamins (If Ordered)*

\_\_\_\_\_ **9 AM** – Cleanse for Life drink (2 scoops of CFL powder mixed with 8-10 oz. of water OR if you have liquid, use 4 oz. of CFL liquid with 8-10 oz. of water – the more the better H2O)

\_\_\_\_\_ **10 AM** – Choice of **ONE** of the cleanse supplements **PLUS** 1 Natural Accelerator Capsule

\_\_\_\_\_ **11 AM** – Choice of **ONE** of the cleanse supplements listed above

\_\_\_\_\_ **12 PM** – Cleanse for Life drink (2 scoops of CFL powder mixed with 8-10 oz. of water OR if you have liquid, use 4 oz. of CFL liquid with 8-10 oz. of water – the more the better H2O)

\_\_\_\_\_ **1 PM** – Choice of **ONE** of the cleanse supplements **PLUS** 1 Natural Accelerator Capsule

\_\_\_\_\_ **2 PM** – Choice of **ONE** of the cleanse supplements listed above

\_\_\_\_\_ **3 PM** – Cleanse for Life drink (2 scoops of CFL powder mixed with 8-10 oz. of water OR if you have liquid, use 4 oz. of CFL liquid with 8-10 oz. of water – the more the better H2O)

\_\_\_\_\_ **4 PM** – Choice of **ONE** of the cleanse supplements listed above

\_\_\_\_\_ **5 PM** – Choice of **ONE** of the cleanse supplements listed above

\_\_\_\_\_ **6 PM** Cleanse for Life drink (2 scoops of CFL powder mixed with 8-10 oz. of water OR if you have liquid, use 4 oz. of CFL liquid with 8-10 oz. of water – the more the better H2O)

\_\_\_\_\_ **7 PM** (Optional if hungry) – Choice of **ONE** of the cleanse supplements listed above  
*Also have your PM Vitamins (If Ordered)*

\_\_\_\_\_ **8 PM** -- 1-2 Isaflush Capsules – helps to bind fats & toxins – elimination process.

\*If you have issues with your blood sugar levels (i.e. diabetes or hypoglycemia) – having a few slices of green apple is fine on a cleanse day – only as needed.