

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.

Optional Alternate Isagenix Cleanse Day Schedule

*If the hourly schedule is too much for any reason, please speak to your Coach about alternate options.

Keep Cleanse Day approved snacks handy in case you need them. If you need a snack, make sure it is spaced at least 1 hour from a CFL drink.

_____ Ionix -1oz upon waking

_____ Breakfast CFL 4 oz or 2 Scoops w/ 8 oz water

_____ Lunch CFL 4 oz or 2 Scoops w/ 8 oz water

_____ Mid Afternoon CFL 4 oz or 2 Scoops w/ 8 oz water

_____ Dinner CFL 4 oz or 2 Scoops w/ 8 oz water

_____ Bedtime - 2 Isaflush w/ 8 oz water

*Drink a Gallon of Water

*See Regular Cleanse Day Schedule above if you have questions about Accelerator, Vitamins, Energy Drinks, Bone Broth, and Tea