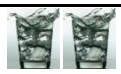
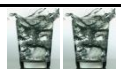
STRONG. CONFIDENT. LIVING.

DAILY CLEANSE SCHEDULE			
__:__AM			Enjoy 1 Deep Cleansing Serving of Isagenix Cleanse for Life **BELIEVE IN YOURSELF: I CAN AND I WILL.**
__:__AM			Take 1 Natural Accelerator Capsule
Midmorning - Snack			
__:__AM			Drink 1 serving of Ionix Supreme
__:__AM			Recommended: Enjoy up to 2 IsaDelight Plus chocolates
__:__AM			Take 2 Isagenix Snacks - 30 min after consuming chocolates
__:__AM			Drink 1-2 glasses of purified water
__:__AM			Recommended: Take 1 AM packet of Ageless Essentials with Product B Isagenesis (vitamins)
Late Morning - Cleanse 2			
__:__AM			Enjoy 1 Deep Cleansing Serving **WORK HARD. STAY BUSY. YOU CAN DO IT!**
Midafternoon - Cleanse 3			
__:__PM			Enjoy 1 deep cleansing serving of Cleanse for Life **NOTHING IS IMPOSSIBLE.**
Early Evening - Snack			
__:__PM			Recommended: Enjoy up to 2 IsaDelight Plus chocolates
__:__PM			Take 2 Isagenix Snacks - 30 min after consuming chocolates
__:__PM			Drink 1-2 glasses of purified water
__:__PM			Drink 1 serving of Ionix Supreme (optional)
Evening - Cleanse 4			
__:__PM			Enjoy 1 deep cleansing serving of Cleanse for Life **YOU WILL BECOME WHAT YOU DESIRE.**
__:__PM			Recommended: Take 1 PM packet of Ageless Essentials with Product B Isagenesis (vitamins)
Late Evening - Bedtime			
__:__PM			Take 1-2 IsaFlush! capsules with 8oz of purified water **YOU ARE AMAZING. YOU DID IT. GOOD NIGHT ☺**

strongconfidentliving.com

I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL. I CAN I WILL.