

Cleanse Day



SOME CALL IT INTERMITTENT FASTING

We call them Cleanse Days. They're a fantastic way to work toward losing weight, burning fat, and giving your body's systems the chance to rid toxins naturally.



EARLY MORNING

IONIX® SUPREME 1 serving

MORNING

CLEANSE FOR LIFE™*

CLEANSE DAY-APPROVED SNACK

NATURAL ACCELERATOR™ 1 capsule

MIDMORNING

CLEANSE DAY-APPROVED SNACK



MIDDAY

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK

NATURAL ACCELERATOR 1 capsule (optional)

MIDAFTERNOON

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK



EVENING

CLEANSE FOR LIFE*

CLEANSE DAY-APPROVED SNACK

BEFORE BED

ISAFLUSH®/ISACOMFORT® 1-2 capsules with 8 fl oz water



List of cleanse day-approved snacks is can be found on the Cleanse Tracker.

*4 fluid ounces of liquid or 2 scoops of powder

