



# Cleanse Day Tracker

## Cleanse & stay on track with 10 credits per Cleanse Day

In addition to enjoying Nourish for Life™ and Ionix® Supreme on a Cleanse Day, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

### One serving of Nourish for Life is either

- 118ml of Natural Rich Berry flavour (liquid) or Peach Mango flavour (liquid). You can have this on its own, or mixed with cold or warm water.
- 2 scoops of Peach Mango flavour mixed with 120-240ml water.



We recommend having four servings of Nourish for Life throughout the day.

Track your Cleanse Credits below. Check one box for each Cleanse Credit consumed during a Cleanse Day.

#### 0 Credits

- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

#### 1 Credit

- Xango Reserva
- Nootropic Elixir™

#### 2 Credits

- Isagenix Snacks™ (2 wafers)
- Isagenix Greens
- e-Shot™
- Collagen Elixir™
- AMPED™ Nitro\*
- AMPED™ Hydrate
- AMPED™ Post-Workout\*

#### 3 Credits

- Harvest Thins™
- Snack Bites

## MONTHLY CLEANSE DAY TRACKER

### CLEANSE DAY 1

1	2	3	4	5	6	7	8	9	10
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### CLEANSE DAY 2

1	2	3	4	5	6	7	8	9	10
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### CLEANSE DAY 3

1	2	3	4	5	6	7	8	9	10
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### CLEANSE DAY 4

1	2	3	4	5	6	7	8	9	10
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Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

\*Vigorous or intense exercise is not recommended on Cleanse Days. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.

ISAGENIX.

