A step-by-step guide to the Pillars of Health Maintenance System™ with Product B™

Now it's time to maintain the rewards of the Nutritional Cleansing and Replenishing lifestyle. The Pillars of Health Maintenance System with Product B keeps you on track with a 30-day replenishment of quality products to keep your body cleansed and nourished the Isagenix way. **Bonus:** Push through to the next level in wellness and longevity with Ageless Essentials™ Daily Pack.

**Pillars of Health Maintenance System with Product B contains:**
- 1 - Ionix® Supreme powder
- 1 - Cleanse for Life® powder
- 2 - IsaLean® Shake canisters (28 meals)
- 1 - Ageless Essentials™ Daily Pack (men or women)
- 1 - 2-Day Cleanse Support Kits containing:
  - 12 *Isagenix Snacks™* tablets, 4 *IsaFlush®* capsules, 4 Natural Accelerator™ capsules.

The products inside the 2-Day Cleanse Support Kit are to be used on Cleanse Days. Follow the instructions on the Cleanse Day Planner or inside of the 2-Day Cleanse Support Kit for usage.
Before you begin your Pillars of Health Maintenance System with Product B, set yourself up for success by following the steps below:

1. Take a moment to flip through this step-by-step guide so that you understand how to effectively use the Pillars of Health Maintenance System with Product B to achieve your greatest success. If you have any questions, contact your enrolling sponsor or the Isagenix Customer Care Team at 1-877-877-8111.

2. Listen to the Cleanse and Replenish for Life Coaching System Audio CD to discover the benefits of Nutritional Cleansing and Replenishing and learn why it can be an essential part of your wellness program.

3. Establish your health and wellness goals and write them down in a journal or post each goal on your refrigerator or bathroom mirror.

4. Plan each day in advance so that you can make the system more convenient to fit your lifestyle. This will ensure you stick to the program.

5. Ask your enrolling sponsor, spouse, friend or co-worker to be your accountability partner or cleansing coach. This person can offer daily support, keep you focused on your goal and help you track your progress. Also, don’t forget to visit the support section of IsaProduct.com for free, daily advice and tips to keep you motivated.

6. Buy healthy foods and snacks (fresh, whole foods and produce — organic is preferred) and remove tempting, unhealthy foods from your home.

Want to mix up your meals? Simply replace an IsaLean Shake with a savory IsaLean Soup* or power-packed IsaLean Bar.*

* Product sold separately.

Now you are ready to begin your system! To keep you on track, follow the Shake Day and Cleanse Day Planners below.
**Shake Day Planner**

**Morning**
When you wake up, drink 1 or 2 oz of Ionix Supreme to boost energy and help your body better cope with the effects of stress. And, drink 1–2 glasses of purified water. For best results, add IsaWATER™ Alkalized Concentrate.*

**Breakfast**
Mix 2 scoops of IsaLean Shake with 8 oz of purified water. Take 1 AM packet of the Ageless Essentials.

**Mid-Morning Snack**
Pick one option from the Shake Day Support Options below.

**Lunch**
Eat a healthy, low-glycemic and balanced 400–600 calorie meal. A typical plate should consist of one half fruits and vegetables, a serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yogurt.

**Mid-Afternoon Snack**
Pick one option from the Shake Day Support Options below.

**Dinner**
Eat a healthy, low-glycemic and balanced 400–600 calorie meal. Take 1 PM packet of the Ageless Essentials.

**Shake Day Support Options:**
- 1 serving FiberSnacks!*  
- 1 serving SlimCakes***  
- 1 serving IsaDelight Plus™ (1–2 dark chocolates, up to twice daily)*  
- 1 serving Isagenix Snacks!*  
- Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased)

* Product sold separately.

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**Cleanse Day Planner**

**Cleanse One (Breakfast)**
Drink 4 oz of Cleanse for Life liquid or mix two level scoops of Cleanse for Life powder with 4–8 oz of purified water. Take 1 Natural Accelerator capsule. Take 1 AM packet of the Ageless Essentials.

**Morning Snack**
Take 2 Isagenix Snacks! from the 2-Day Cleanse Support Kit and drink 1–2 glasses of purified water. Drink 1 or 2 oz of Ionix Supreme to increase energy and help your body better cope with the effects of stress.

**Cleanse Two (Late Morning)**
Drink 4 oz of Cleanse for Life liquid or mix two level scoops of Cleanse for Life powder with 4–8 oz of purified water.

**Afternoon Snack**
Take 2 Isagenix Snacks! from the 2-Day Cleanse Support Kit and drink 1–2 glasses of purified water.

**Cleanse Three (Late Afternoon)**
Drink 4 oz of Cleanse for Life liquid or mix two level scoops of Cleanse for Life powder with 4–8 oz of purified water.

**Evening Snack**
Take 2 Isagenix Snacks! from the 2-Day Cleanse Support Kit and drink 1–2 glasses of purified water.

**Cleanse Four (Dinner)**
Drink 4 oz of Cleanse for Life liquid or mix two level scoops of Cleanse for Life powder with 4–8 oz of purified water. Take 1–2 IsaFlush! capsules with 8 oz of purified water. Take 1 PM packet of the Ageless Essentials.

**Cleanse Day Support Options:**
- 1 to 2 IsaDelight Plus* can be taken twice daily 30 minutes before eating Isagenix Snacks! or 2 hours after.  
  **Important:** the amino acids in IsaDelight Plus encourage natural production of mood-elevating brain chemicals that can help satisfy appetite. Amino acids found in protein from foods can interfere, so IsaDelight Plus should be consumed on an empty stomach.  
- For a boost of energy or to manage blood sugar add 1/4 apple or pear.
Your success is our success! This is why we have developed a collection of online tips and resources to help you along the way to a healthier, more energetic lifestyle.

**IsaProduct.com**
This easy-to-navigate site contains everything you need to know about the products in your Pillars of Health Maintenance System with Product B. You’ll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

**IsaMovie.com**
Our entertaining and informative one-stop shop of short movies keeps you informed about everything related to Whole-Body Nutritional Cleansing, Cellular Replenishing and Youthful Aging. A hub of key educational videos hand-selected by Co-Founder and Executive Vice President Kathy Coover, IsaMovie helps you to immediately and effectively start learning and sharing the Isagenix experience.

**Autoship Rewards = Rewards Pricing**
Ensure you always have your Pillars of Health Maintenance System with Product B right at your fingertips and at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 10% off your pak versus purchasing the products individually at wholesale. For more details, visit the “Library” section of your Back Office.

tips #2 & #3
To get over a weight-loss plateau, try one scoop of IsaPro® with your IsaLean Shake on Shake Days. It increases your protein intake and may help boost your metabolism.†

* Product sold separately.

To track your progress on the Pillars of Health Maintenance System with Product B, visit IsaProduct.com.

† The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 7 pounds during the first nine days of the Cleansing and Fat Burning System.

†† These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
DAY 1 // SHAKE DAY
- Take Measurements
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 2 // SHAKE DAY
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 3 // SHAKE DAY
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 4 // SHAKE DAY
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 5 // SHAKE DAY
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

DAY 6 // SHAKE DAY
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400–600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

Get ready to maintain your good health!
Get a minimum of 20+ minutes of exercise and drink 8+ glasses of water every day.

**DAY 7 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 8 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 9 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 10 // CLEANSE DAY**
- Cleanse for Life
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Natural Accelerator*
- IsaFlush!*
- Isagenix Snacks!*  
- Light Exercise
- Purified Water
* Included in the 2-Day Cleanse Support Kit

**DAY 11 // SHAKE DAY**
- Take Measurements
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 12 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 13 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water

**DAY 14 // SHAKE DAY**
- IsaLean Shake
- Ionix Supreme
- Ageless Essentials AM Packet
- Ageless Essentials PM Packet
- Shake Day Support Options
- Balanced Meal (400-600 calories)
- Exercise (minimum of 20 minutes)
- Purified Water
Not everyone is the same. Modify your cleansing schedule if needed. It’s important to give your body the nutrients it needs.

**DAY 15 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 16 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 17 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 18 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 19 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 20 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 21 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

**DAY 22 // SHAKE DAY**
- □ IsaLean Shake
- □ Ionix Supreme
- □ Ageless Essentials AM Packet
- □ Ageless Essentials PM Packet
- □ Shake Day Support Options
- □ Balanced Meal (400–600 calories)
- □ Exercise (minimum of 20 minutes)
- □ Purified Water

You’re doing great. Keep up the good work! ☺️
### DAY 23 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 24 // CLEANSE DAY
- **Cleanse for Life**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Natural Accelerator**
- **IsaFlush!**
- **Isagenix Snacks!**
- **Light Exercise**
- Purified Water

* Included in the 2-Day Cleanse Support Kit

### DAY 25 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 26 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 27 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 28 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 29 // SHAKE DAY
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

### DAY 30 // SHAKE DAY
- **Take Measurements**
- **IsaLean Shake**
- **Ionix Supreme**
- **Ageless Essentials AM Packet**
- **Ageless Essentials PM Packet**
- **Shake Day Support Options**
- **Balanced Meal (400–600 calories)**
- **Exercise (minimum of 20 minutes)**
- Purified Water

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Congratulations! Create healthy habits by ordering another Isagenix system or pak today. Also, don’t forget to share your story at IsaProduct.com by clicking on the “People” tab.