

Deep Cleansing Calendar & Guidelines

30-Day Cleansing Calendar (Start on any day of the week)



Endorsed by John W. Anderson - Isagenix Founder, Master Formulator and Formula Developer of Product B™

S Day 1	S Day 2	C Day 3	C Day 4	S Day 5	S Day 6	S Day 7
S Day 8	S Day 9	C Day 10	C Day 11	S Day 12	S Day 13	S Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S* Day 20	S Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	S Day 28
S Day 29	S Day 30					

*To ensure product for next month, make sure to order no later than day 20 or enroll in the Autoship Rewards Program.

S=Shake Days
C=Cleanse Days

This 30-Day DEEP CLEANSING Calendar is just an example

We highly recommend this 2-Day DEEP CLEANSING for most effective fat-loss!

- * You can do your 2-day DEEP CLEANSE at any time in 30 days
- * Must start your system with AT LEAST 2 shake days before your first 2-day DEEP CLEANSE
- * Must have AT LEAST 5 shake days between your DEEP CLEANSE days
- * You can do up to 6 DEEP CLEANSE days per month (but you will need to order additional bottle of Cleanse For Life)
- * For most effective weight loss, the night before a DEEP CLEANSE, your last meal should be a shake and break your DEEP CLEANSE with a shake to fill cells with nutrients
- * Serving sizes for DEEP CLEANSING are on the Cleanse For Life container
- * To overcome weight loss plateaus, after your first month, request information about the "Bedtime Belly Buster"