

9 Day Program

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9 Day Program Overview

With our amazing 9 Day Program, you see results right away. It's your fast start to becoming healthy, clean and lean. Some people lose weight and inches every day.*

The 9 Day Program includes a total of four Cleanse Days.

After you've completed your 9 Day Program, then measure yourself, check the scale, and it's time for your *after* picture!

Next, continue maintaining your wellness goals by following the 30 Day Program until you reach your target weight. Once you've achieved your target weight, you'll then move onto the Total Health and Wellness Program for continued success.

Caution: The 9 Day Program is intended as a thorough cleansing approach only for people without medical complications. If you are taking any medication, have a medical condition such as diabetes or heart disease, and/or are under age 18 or over age 70, start with a 30 Day Program or Total Health and Wellness Program and ask your physician to monitor your progress. (See FAQ, p. 17, for more information.)



Sample Cleansing Calendar for 9 Day Program

S	M	T	W	TH	F	S
Pre-Cleanse (Optional)		C Day 1	C Day 2	S Day 3	S Day 4	S Day 5
S Day 6	S Day 7	C Day 8	C Day 9			

C = Cleanse Day • S = Shake and/or Soup Day

How to Use Your 9 Day Program

Pre-Cleanse Days (2 Days)

Important Note: If this is your first Isagenix Program, start with this Pre-Cleanse *prior* to Day 1 of this Program. Also, listen to Dr. Natrajan's CD (included with your program).

- ◆ **IsaLean Shake or Soup**—Two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal**(400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, p. 18).
- ◆ **Ionix Supreme**(not included)—If you've purchased this separately, take 1-2 oz. (=2-4 tablespoons) daily.

Every Day

- ◆ **Water**—As a general guideline, drink at least eight 8-oz. glasses of purified water daily. For a truer approach, drink at least half your body weight in ounces daily. For example, if you weigh 160 pounds, drink 80 oz. of water. On Cleanse Days and when exercising, increase this amount. Proper hydration supports the elimination of harmful impurities and helps your body to function more efficiently.
- ◆ **Natural Accelerator Capsules**—Take two a day (preferably one in the morning and one at noon).
- ◆ **Exercise**—At least 20 minutes daily.
- ◆ **Ionix Supreme**(not included)—If you've purchased this separately, take 1-2 oz. (=2-4 tablespoons) daily.

Days 1-2 (Cleanse Days) †

- ◆ **Cleansefor Life**—Take 4 oz. (=8 tablespoons, or 1/2 cup) combined with 8 oz. of cold purified water four times daily. For added taste and energy, sprinkle a sparing amount of our electrolyte drink, *Want More Energy?*, in your Cleanse for Life drink and/or pour over ice. Note: You may prefer taking 4 oz. straight, followed by a large glass of water.
- ◆ **Isagenix Snacks**—As needed, up to six per day. Take up to two every few hours between your Cleanse for Life servings. If you must eat a little with each Snack, try low-calorie whole foods (see Snack Ideas, p. 18).

† **Caution:** Do not cleanse for more than two consecutive days. Do not cleanse for two consecutive days per week for more than three weeks (no more than two back-to-back 9 Day Programs). You may perform another 9 Day Program after performing a 30 Day Program or Total Health and Wellness Program.

Days 3-7 (Shake and/or Soup Days)

- ◆ **IsaLeanShake or Soup**—two servings a day as meal replacements (preferably in place of your morning and evening meals). Mix two scoops with 8 oz. of purified water and blend.
- ◆ **One sensible meal**(400-600 calories)—Choose low-fat, high-fiber meals (see Menu Ideas, p. 18).
- ◆ **Isagenix Snacks**—As needed, up to six per day.

Days 8-9 (Cleanse Days)

- ◆ Repeat Days 1-2.

* Results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program.