

7-DAY WELLBEING RESET

ISAGENIX





Reset for *you*.

This isn't just a reset – this is a full week to reconnect with yourself.



# Results in just 7 days!\*

This simple routine is based on our clinically validated weight loss system and created to help you get results in a week.

Mindfully following this schedule for 7 days can ease your body's ability to:

 BURN FAT

 SLEEP BETTER

 FIGHT CRAVINGS

 IMPROVE NUTRITION

 MANAGE STRESS

 FAST SAFELY

## What's inside?

**Plant-Based Snack Bites**  
to satisfy your cravings on Cleanse Days (intermittent fasting days).

3 PACKETS

**Cleanse for Life™**  
to support your body's natural detoxification systems with super plant botanicals.\*

4 BOTTLES



**IsaLean™ Shake**

for a scientifically supported, nutrient-dense superfood meal.

12 PACKETS

**Adaptogen Elixir**

to help your body better handle stress.\*

7 BOTTLES

\*These products are not intended to diagnose, treat, cure, or prevent any disease.

# Your wellness routine

## Shake Days

Days 1-3 and 5-7 of your Reset are designed to provide optimal nutrition.

### MORNING



IsaLean Shake

### LATE MORNING



Adaptogen Elixir

### AFTERNOON



IsaLean Shake

### EVENING



400-600 calorie meal

## Cleanse Day

On day 4 you'll follow our clinically supported method of intermittent fasting.

### MORNING



Cleanse for Life

+



Snack Bites

### LATE MORNING



Cleanse for Life

+



Adaptogen Elixir

### AFTERNOON



Cleanse for Life

+



Snack Bites

### EVENING



Cleanse for Life

+



Snack Bites



## SHAKE IT UP

Customise your shake with some of our favourite shake recipes!



DAYS

1

2

3

4

5

6

7

# What to expect

## Day 1

### Let's do this

Today your body is introduced to nutrient-dense meals and adaptogens to help you better adapt to stress. In addition, you are starting to prep your body for your Cleanse Day.

## Day 2 – 3

### Your body adapts to a better you

You may notice less hunger and cravings as your body is fed with clean, superfood nutrition.

As your body continues to prepare for your Cleanse Day, you might have more energy and notice it's easier to manage your stress.

## Day 4

### Cleanse your body on a cellular level

#### It's Cleanse Day.



About **12 hours** after your last meal, your body will begin to rely on stored nutrients and begin to burn fat as fuel.



At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and begin to release toxins that have been trapped within your fat cells.



About **24 hours** after your last meal, your body will begin to experience increased *autophagy*. This is a natural process that replaces old cells with new, regenerated cells. This will help your body feel renewed, energized, and reset.

## Day 5 – 6

### Refuel with superfood nutrition

Waking up after a Cleanse Day can have you feeling lighter, cleaner and better rested. Reward yourself with a satisfying superfood IsaLean Shake!

As your body adapts to cleaner calories and high-quality protein, you will begin to notice how fast you fill up during your evening 400-600 calorie meal.

## Day 7

### Enjoy your full reset

You did it! Enjoy the feeling of sticking to something that's good for your body and mind. Use today to take stock of the positive changes happening in your body. Do your clothes fit better? Do you have more energy? Is it easier to listen to your body's hunger cues? All of these are positive results from your 7-Day Reset!

Feeling great and want to make this a lifestyle? You can continue your path to wellness with other Isagenix optimal nutrition systems.

# Tips for success

## Stay hydrated.

A reset flushes toxins out of your body. Water is the vehicle that helps get them out. Drinking a healthy amount of water, especially on a Cleanse Day, is essential.

## Use all the products included in the system.

This kit was carefully designed based on clinically-tested results. The products work together to give you the results you're looking for.

## Don't go hungry.

Just because you're doing a reset doesn't mean you should stop listening to your body. Especially at the beginning of your reset, small servings of sliced water-based fruits or vegetables like cucumber or celery can go a long way.

## Keep your energy up.

If you need an extra boost, plain coffee or tea is perfectly fine to have during your reset.

## Plan out your Cleanse Day.

Set yourself up for success by setting reminders, removing temptations, and staying busy. This isn't a cleanse where you have to stay inside all day — find things to do to keep your mind occupied.

## HAVE MORE QUESTIONS?

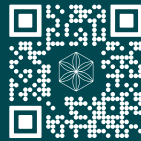
Send your questions to our nutritionist via this email:

[AskTheNutritionist@lsagenixCorp.com](mailto:AskTheNutritionist@lsagenixCorp.com)

## RECIPES TO KEEP IT FRESH

Need ideas for your evening 400-600 calorie meal?





### WHAT'S NEXT?

Try a 30-Day, clinically validated  
weight loss system

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or on a weight control program, consult your physician before using Isagenix products or making any other dietary changes, beginning any fitness plan, or attempting to lose weight.

ISAGENIX®



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