

CLEANSE DAY TRACKER

Cleanse & Stay On Track With 10 Credits Per Cleanse Day

In addition to enjoying **Cleanse 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!

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

- BĒA™ Sparkling Energy Drink
- AMPED™ Hydrate
- Xango® and Xango Reserve

2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Organic Greens
- e+™
- Collagen Bone Broth
- IsaDelight® Super-Chocolate
- Isagenix Fruits
- SuperMix™* 
- AMPED NOx**
- AMPED Nitro**
- AMPED Power**
- AMPED BCAA Plus**
- AMPED Repair**
- SmartMix® 
- XM+® 

3 CREDITS

- Harvest Thins™
- Whey Thins™
- Snack Bites
- Nature Oat Bakes™

Monthly Cleanse Day Tracker

CLEANSE DAY 1

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 3

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 2

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 4

1 2 3 4 5 6 7 8 9 10

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.

*Limited release.

**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.