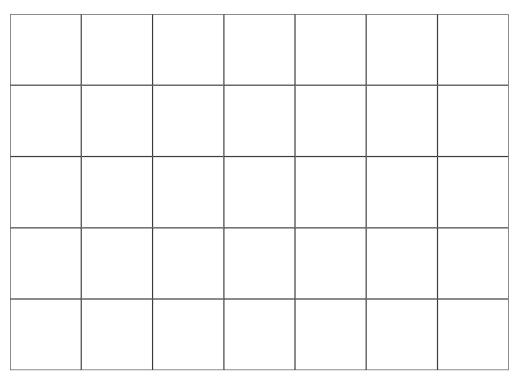
Customize Your 30-Day Reset

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The 30-Day Reset is a flexible 30-day program that can easily be customized to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 or more Cleanse Days** total during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Days and follow the Shake and Cleanse Day guidelines. If you schedule more than 4 Cleanse Days, you will need to purchase additional Cleanse for Life® and Isagenix Snacks™.



Use the Calendar below to create your custom, 30-Day experience.



26 x S = Shake Days

4 x C = Cleanse Days

To be sure you don't run out of product by next month; order no later than day 20 or enroll in Subscription Rewards.

Back-to-back Cleanse Days are defined as Deep Cleanse Days.



Two More Effective Options

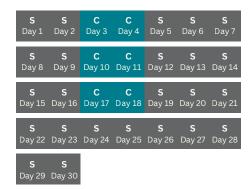
The Isagenix 30-Day Reset is scientifically designed to help you achieve your health goals. Many people have found success in achieving their goals by customizing the 30-Day Reset to fit their lifestyle and individual needs. Here are two examples of customized calendars that have worked for others.

Option One

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

This popular calendar is used by those who want to schedule their Cleanse Days evenly throughout the month.

Option Two



For those interested in a more aggressive weight-loss plan, this option is ideal. Note: If you choose this option, you will need to purchase more Isagenix products.