

Don't Gain Weight This Holiday Season

You don't have to banish the sweets or postpone the merriment this holiday season to stay lean and healthy. Mark your calendars and commit to staying on track by joining our third-annual Isagenix® Holiday Health Plan!

How It Works:

- **Cleanse** one day each week starting Nov. 3 (see example calendar)
- Enjoy two **IsaLean® Shakes** or **Soups** and eat one healthy meal on all other days
- Take **Ionix® Supreme**, **Natural Accelerator™**, **IsaFlush®**, **Antioxidants** and **Women's or Men's Essentials™** daily
- Enjoy yourself on the designated holidays, but don't overdo it!

NOVEMBER

S	M	T	W	R	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DECEMBER

S	M	T	W	R	F	S
	1	2	3	4	4	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



CLEANSE DAYS



SHAKE OR SOUP DAYS



OFF (U.S. HOLIDAYS)

Chase Away Holiday Cravings!

Order the IsaDelight™ Gift Cube—available starting in mid-November!



New
Slim
Wafer!

