

TRACK CREDITS FOR A Perfect Cleanse Day



Use this chart to track your 10 Cleanse Day credits

In addition to enjoying Cleanse for Life® and Ionix® Supreme on Cleanse Days, enjoy up to 10 Cleanse Credits with products to curb cravings, nourish your body, and support a great Cleanse Day experience.

0 Credits

- Organic Blend Coffee / black coffee
- Black, green, or herbal tea
- Still or sparkling water
- Hydrate
- Hydrate + Hyaluronic Acid

1 Credit

- BĒA™ Sparkling Energy Drink (125 mg caffeine)
- BĒA Biotics
- Xango® Juice or Xango Reserve
- Adaptogen Elixir™
- Nootropic Elixir™ (80 mg caffeine)

2 Credits

- Isagenix Snacks™ (2 wafers)
- Greens™
- E+™ (85 mg caffeine)
- Collagen Elixir™
- Collagen Bone Broth
- Fruits™
- SuperMix™
- AMPED NOx**
- AMPED Nitro** (100 mg caffeine)
- AMPED Power**
- AMPED BCAA Plus**
- AMPED Repair**
- SmartMix®
- XM+® (155 mg caffeine)

3 Credits

- Harvest Thins™
- Whey Thins™
- Snack Bites
- Energy Bites

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.

**You should consult your physician or other healthcare professional before engaging in exercise on a Cleanse Day. Do not engage in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. 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.

MONTHLY CLEANSE DAY TRACKER

Use the chart below to track each Cleanse Day credit you use.

CLEANSE DAY 1	CLEANSE DAY 2
1 2 3 4 5	1 2 3 4 5
6 7 8 9 10	6 7 8 9 10
CLEANSE DAY 3	CLEANSE DAY 4
1 2 3 4 5	1 2 3 4 5
6 7 8 9 10	6 7 8 9 10