

How Do Isagenix Cleanse Days Work?

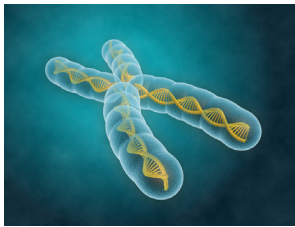
Cleanse Days on the Isagenix system are periods of reduced calorie intake in combination with the nutritional support from **Cleanse for Life**. Evidence from the scientific literature shows Cleanse Days can help you reach your weight loss goals and provide many additional health benefits.



IMPROVE INSULIN SENSITIVITY:

Improve regulation of blood sugar levels²

LOSE FAT: Melt away fat, especially deadly visceral fat that bathes internal organs³



ACTIVATE LONGEVITY GENES: Activate the expression of detoxification and longevity genes that play a role in healthy aging^{4,5}



RESET CALORIE INTAKE: Less food is commonly consumed after Cleanse Days suggesting a “reset” to the food intake center in the brain¹

BOOST MOOD AND PROTECT YOUR BRAIN:

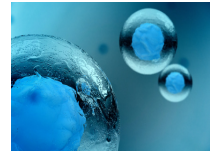
Increase levels of brain-derived neurotrophic factor (BDNF) to protect and stimulate growth of brain cells, which is correlated with elevated mood^{6,7}



RECYCLE: Stimulate autophagy, the recycling of old and tired cells⁸

LOWER OXIDATIVE STRESS:

Shrinking fat cells leads to release of fewer inflammatory cytokines⁹



FAST FACT: Most fad diets such as water or juice fasting can put your body in a catabolic state that breaks down both fat and muscle.

By following Cleanse Days with the high-quality protein provided by Shake Days, you can burn fat and maintain muscle.

WHAT MAKES ISAGENIX CLEANSE FOR LIFE UNIQUE?

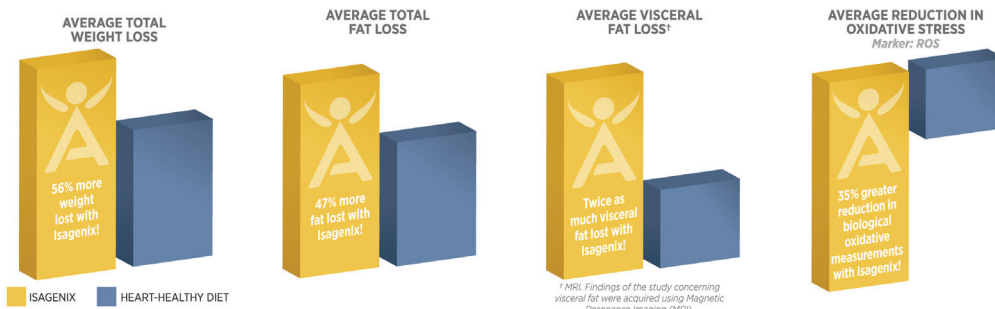
The polyphenol-rich nutrients and plant extracts increase efficiency of the enzymes responsible for toxin metabolism and elimination, especially when used in combination with intermittent fasting.

Unlike other “cleanses,” such as laxatives or diuretics that can deplete your body of nutrients, Cleanse for Life nourishes your body with vitamins, minerals, and botanicals.



THE EVIDENCE:

A recently published clinical trial has shown that Isagenix Cleanse Days (intermittent fasting with Cleanse for Life) along with Shake Days (calorie restriction with IsaLean Shake) are a winning combination for visceral fat loss.



For more information, visit IsagenixHealth.net

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