

Got
11
Days?

Manual

START HERE





Join Us for:

- **better sleep**
- **better skin**
- **better focus**
- **better performance**
- **better mood**
- **lose weight**



The Bundle



11 Days to reset your body





What You Get

- 2 Bottles Cleanse for Life (16 servings)
- 1 Canister of IsaShake (14 servings)
- 1 Box of Snackbites (8 bites)
- 1 Case of BĒA Energy Drink (12 Cans)
- 1 Bottle of Isa flush (30 servings)
- 1 Bottle of Natural Accelerator (30 servings)

The Details



- 16 servings of intermittent fasting nourishment
- 14 superfood meals
- 8 craving-satisfying snack bites
- 12 cans of natural metabolism boosting energy drinks with no crash
- 30 nights of digestive support
- 30 days of fat burning support



The
Bundle

Customize Your Bundle

Add-ons to target specific needs:

COLLAGEN ELIXIR

To support hair, skin, nails & joints



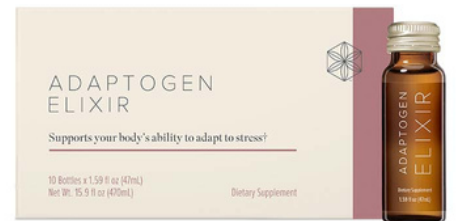
SLEEP SUPPORT

To support restful sleep



ADAPTOGEN ELIXIR

To calm the stress



***Work with Your Sponsor for
More Info to Customize***



Shake Day

BREAKFAST

**2 scoops of ISA SHAKE + water & ice
1 Natural Accelerator**

MID - MORNING

100-200 calorie snack

LUNCH

**2 scoops of ISA SHAKE + water & ice
1 Natural Accelerator**

MID - AFTERNOON

100-200 calorie snack

SUPPER

400-600 calorie meal + 1-2 Isaflush pill

**[CLICK HERE FOR A VIDEO OF
HOW TO DO A SHAKE DAY](#)**

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Snack Ideas

Try to stay around 100-200 calories .

- 1/4 cup fat-free ranch dressing and raw veggies - 100 CAL
- 8 oz nonfat or almond milk latte (nothing else added) - 100 CAL
- sandwich thin + slice turkey & cheese + mustard - 200 CAL
- half an apple with 1 tbs of peanut butter - 160 CAL
- 10 carrot sticks with 2 tablespoons of hummus - 105 CAL
- 10 baked tortilla chips + 1/2 cup of salsa - 160 CAL
- low fat string cheese + medium apple - 130 CAL
- 1/4 cup of low salt almonds / cashews / pistachios - 160 CAL
- 1/2 cup low fat cottage cheese - 100 CAL
- 6 oz of plain yogurt with strawberries - 150 CAL
- half of a small avacado - 100 CAL
- 2 hard boiled eggs - 150 CAL
- small veggie salad with light dressing - 200 CAL



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Cleanse Day

(SAMPLE)

8 AM	1 serving of Cleanse For Life
10 AM	1 Natural Accelerator + 1 snack bite
NOON	1 serving of Cleanse For Life
2 PM	1 Natural Accelerator + BĒA
4 PM	1 serving of Cleanse For Life
6 PM	1 snack bite
8 PM	1 serving of Cleanse For Life
10 PM	1-2 Isa Flush

[**CLICK HERE FOR A VIDEO OF HOW TO DO A CLEANSE DAY**](#)

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Cleanse Day Tracker



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

1 Credit

- BÉA™ Sparkling Energy Drink (125 mg caffeine)
- BÉA Biotics
- AMPED™ Hydrate
- 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

1 2 3 4 5
6 7 8 9 10

CLEANSE DAY 2

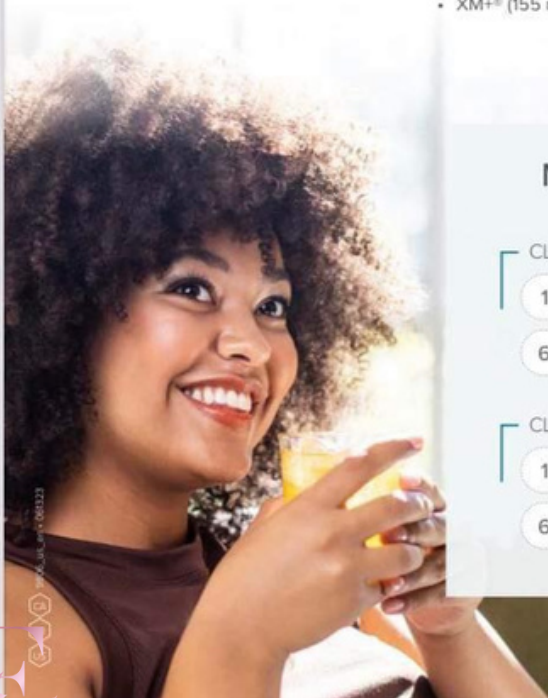
1 2 3 4 5
6 7 8 9 10

CLEANSE DAY 3

1 2 3 4 5
6 7 8 9 10

CLEANSE DAY 4

1 2 3 4 5
6 7 8 9 10



ISAGENIX

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Cleanse Day Tips

Q: WHAT ARE SOME TIPS FOR CLEANSE DAYS?

A: Drink a ton of water throughout the day, try an unsweetened organic herbal or green tea. If you get lightheaded on cleanse days, you can use AMPED HYDRATE, Isa GREENS.

BEA is a GAME CHANGER mid day!

Q: WHY ADDITIONAL SUPPORT SNACKS?

A: The additional support snacks (snack bites) are a crucial part of your cleanse day. They contain protein and a balance of healthy fats + carbs to help naturally curb your appetite + support healthy blood sugar levels. See cleanse day tracker how you can accomplish a cleanse day your way.

Q: CAN I WORKOUT ON CLEANSE DAYS?

A: It is not recommended to schedule any grueling workout such as HIIT, weight lifting or any training longer than 30 min. But engaging in any form of light exercise can be a healthy distraction during Cleanse Days. Additionally, some physical activity can be useful for helping to maintain regular bowel habits, support metabolism, and may even help suppress appetite. Yoga, a light walk, etc. are recommended.



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Healthy recipes

Click on each recipe below and a link will take you to the recipe!

[Asian Sesame Chicken Salad](#)

[Buffalo Chicken Jar Salad](#)

[Healthy Roasted Chicken and Veggies](#)

[Mexican Bean Soup with Guac](#)

[Walnut Crusted Chicken with Zoodles](#)

[Quick Teriyaki Chicken Rice Bowl](#)

[Cashew Chicken Sheet Pan](#)

[Vegetarian Portobello Burgers](#)

[Creamy Mushroom Fettuccine](#)

[Caprese Chicken](#)

**OR KEEP IT
SIMPLE**
serving sizes:

VEGGIE

2 cupped hands
or 1 cup

PROTEIN

open palm or
3-4 oz.

CARBS

1 cupped hand
or 1 oz.

FATS

thumb or
1 tbsp..

These are just ideas not requirements! The simpler, the better, cheaper and healthier!

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Tips for Best Results

SET ALARMS ON YOUR PHONE!

If you need to be reminded of when to do what, set alarms on your phone as a reminder.

KEEP A NUTRITIONAL JOURNAL!

You are going to start feeling so great that looking back on how you felt before will keep you motivated to move forward!

DRINK 1/2 BODY WEIGHT IN OUNCES OF WATER DAILY

MOVE YOUR BODY

10-20 MINUTES MINIMUM daily (Walk or workout of your choice)

GET INVOLVED

Embrace support from our [Got 11 Days Facebook Community.](#)



Way to Go!

**YOU MADE IT!!
NOW YOU HAVE LEARNED WHAT IT
TAKES TO RESET YOUR BODY AND FEEL
GREAT!**

****If you have any questions about anything (how to order, how to make money, product questions etc.), please ask the person who introduced you to Got 11 Days. ****

**FILL OUT THIS QUICK FORM AND WE
WILL BE IN TOUCH ASAP.**



Beyond 11 Days

IF YOU ARE ENJOYING HOW YOU FEEL ON THIS 11 DAY RESET, LET'S KEEP IT GOING!!

ORDER A 30 DAY RESET!!!

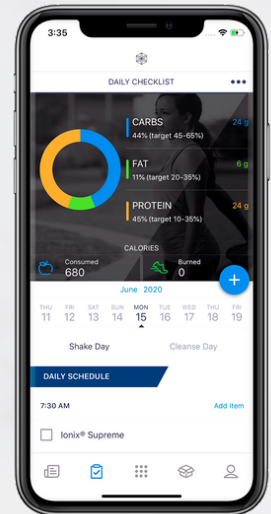


You can continue with your goals and stay plugged into this amazing community!



Enter the Isabody Challenge

\$200 just for completing the program!!!!



DOWNLOAD ISALIFE APP

GUIDE TO BODY MEASUREMENTS

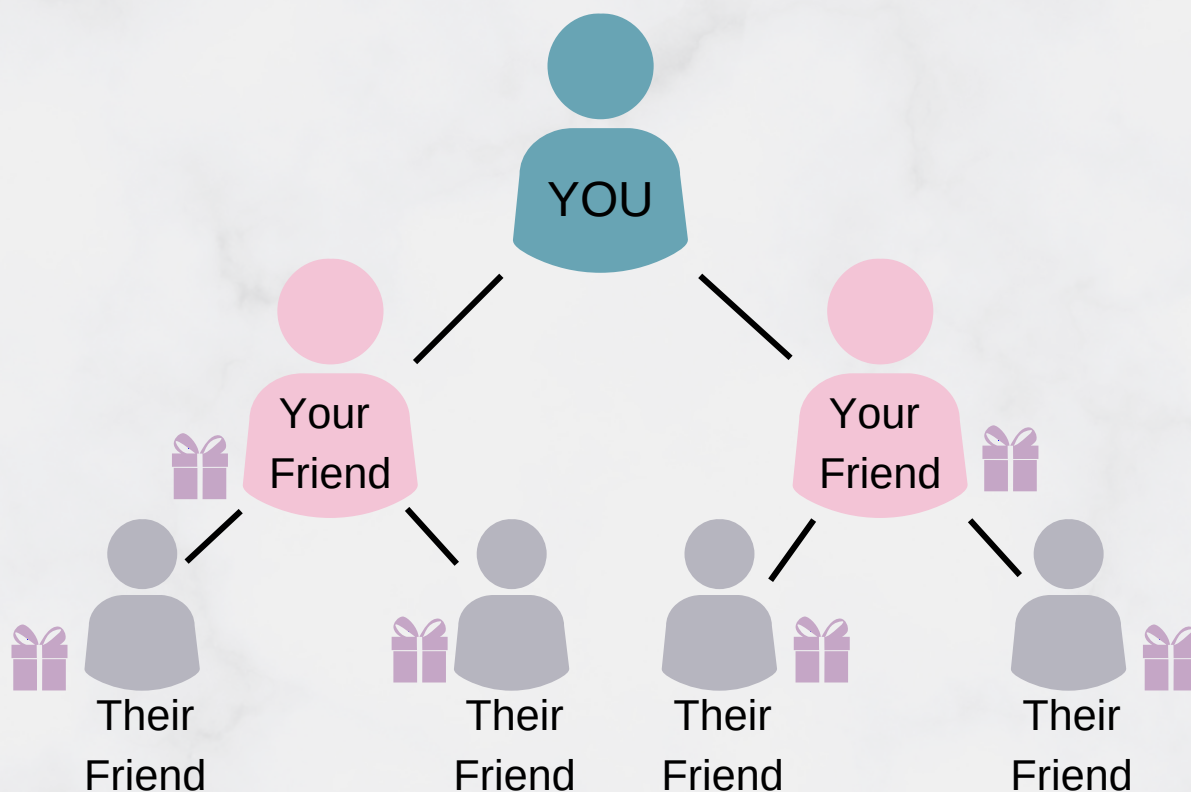
ENTER THE ISABODY CHALLENGE HERE



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Get Products Paid For

YOU CAN GET YOUR PRODUCTS PAID FOR BY SHARING YOUR EXPERIENCE WITH OTHERS!



**1 Friend on your left. 1 Friend on your right.
Both Friends do the same. BOOM. Over \$600!**

**Watch the Full Webinar for a Detailed look into the
Compensation Plan**

[CLICK HERE FOR WEBINAR](#)

*Beyond
11
Days*

