

## Maintenance For Life Program

### Juice Drink Days (Days 1 & 15)

When you wake up	8 ounces of purified water
8:00 am	4 ounces Cleanse For Life Juice, 1 Accelerator capsule, 3 Antioxidants capsules, Essentials for Men/Women capsules (Men take 4/Women take 5), 1 ounce Ionix Supreme and 8 ounces of purified water
10:00 am	1 - 2 Snacks and 8 ounces purified water
Noon	4 ounces Cleanse For Life Juice, 1 Accelerator capsule and 8 ounces of purified water
2:00 pm	1 - 2 Snacks and 8 ounces purified water
4:00 pm	4 ounces Cleanse For Life Juice, 1 Accelerator capsule and 8 ounces of purified water
6:00 pm	1 - 2 Snacks and 8 ounces purified water
8:00 pm	4 ounces Cleanse For Life Juice and 8 ounces of purified water
Bedtime	8 ounces of purified water

### Shake and/or Soup Days (Days 2-14 & 16-30)

When you wake up	8 ounces of purified water
8:00 am	IsaLean Shake or Soup with 8 ounces of purified water, 1 Accelerator capsule, 3 Antioxidants capsules, Essentials for Men/Women capsules (Men take 4/Women take 5) and 1 ounce Ionix Supreme.
10:00 am	8 ounces of purified water
Noon	400 – 600 calorie healthy lunch*, 8 ounces of purified water and 1 Accelerator capsule
2:00 pm	8 ounces purified water
5:00 pm	400 – 600 calorie healthy lunch*, 8 ounces of purified water and 1 Accelerator capsule
8:00 pm	8 ounces of purified water
Bedtime	8 ounces of purified water

Important notes: Choose the day of the week that will be easiest for you to have a Juice Day and start the 30 day cleanse on that day. Whatever day you start on will be your Juice Days.

\*There are suggestion in the Program's Guide for healthy meals that are easy to make. The Program's Guide came in your 9 Day Cleanse Kit.

**If you have any questions, please call your sponsor  
or Jen Bengtzen (801-362-5447) anytime.**