

# Everyday Health Pack

Build a strong foundation with good nutrition, combat stress, and support natural detoxification.†



## Better Health in 3 Simple Steps



### IsaLean Shake

Provides complete nutrition to help you maintain your shape, lose weight, and most importantly, feel your best. By replacing one meal a day with an IsaLean® Shake, you'll start feeling the difference quality nutrition can make. Maximum nutrition with minimum calories!

### Ionix Supreme

This nutrient-rich tonic harnesses the power of adaptogens to help your body better handle stress, whether from work, relationships, kids, a tough workout, or anything else in your world. Ionix® Supreme is your go-to solution to help give the harmful effects of stress the cold shoulder.†

### Cleanse for Life

This is nutritional cleansing at its best. Cleanse for Life® helps your body eliminate the bad stuff (like impurities) and gives your body a gentle yet powerful blend of good stuff (cleansing herbs and antioxidant botanicals) to help support detoxification processes.†

## How?

1. Start your day with 2 ounces of **Cleanse for Life**.
2. Replace one meal a day (usually breakfast or lunch) with an **IsaLean Shake**.
3. Enjoy **Ionix Supreme** each day. Add it to 8-12 ounces of water, have it as a tea or shot, or mix it into your favorite shake.

## Example Day

### Morning

- Cleanse for Life drink
- Breakfast

### Afternoon

- IsaLean Shake for lunch
- Ionix Supreme tea

### Evening

- Nutritious dinner with family



†This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.