



Want relief of joint pain due to "wear n tear" or injuries – both old and new injuries? Struggle with arthritis or damaged cartilage? Thought there was no hope? Well – think again! This scorecard is quickly becoming the most frequently "demanded" of all. It provides a simple daily routine that brings phenomenal results.

- **What is the objective?** Relief! That's it! Relief from joint pain without masking it with pain killers. Provide the essential nutrients for healthy cartilage and let your body do the rest. If you are in pain you've now got a solution.
- If your goal is to find relief from pain and discomfort, play this scorecard for 60 days.
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- If your objective is to regain flexibility and mobility, play this scorecard for 60 days.

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- If your focus is to enjoy an active lifestyle, play this scorecard for 60 days.

- **What are the benefits?**

- Reduce inflammation
- Allow the body to heal rather than mask the problem
- Easy to follow and fits into the busiest schedule
- Balance your chemistry and hormones

- **What will my schedule be?** Each of the 11 days are the same EXCEPT for your cleanse juice.

Every Day:

Replace one meal with IsaLean Shakes, typically breakfast (optional IsaLean Bar).

Take 3 Ageless Joint Support tablets(with food) twice a day. That is 6 tablets every day.

Take 1 IsaOmega each morning and evening. (For best results replace with Ageless Essential Daily AM PM Pack).

Drink 1 ounce of Ionix Supreme each morning.

Apply Ageless Relief Cream topically four times each day. This is important - don't skip it.

Eat two healthy meals.

Every Other Day:

Also drink 2 - 4 ounces of Cleanse for Life juice at bedtime and on an empty stomach (no food after 7 pm).