



Athletes. □ □ Those people who are active, competitive or in training. From the weekend warrior to the professional athlete, the daily "walker" to the marathon runner. □

We demand a lot from our bodies. □ □ And we need to take care of them.

- **What is the objective? □ This scorecard is, perhaps the most surprising to our players. Most athletes have done their research and support their bodies with additional sources of nutrients. Each has his favorite - that is, until they play this scorecard. Then suddenly they discover a whole new level of performance.**
- **If your goal is to increase your speed of recovery, follow this scorecard every day.**

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- **If your objective is to change up your body composition play this scorecard repeatedly. You will be astounded at the results.**
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- **If your focus is to increase your stamina, endurance and strength, this card is a terrific.**

- **What are the benefits?** □ □ □
- **Most complete and advanced nutritional support available**
- **Cleanse while you sleep**
- **Balance your chemistry and hormones**
- **Enjoy Reduced Cravings**
- **Rebuild after training. Restore after performance.**

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

Every Day: □

Drink two IsaLean Shakes (optional IsaLean Bar) each day Add additional protein to one or both (IsaPro). □ □ □

Eat 3 Mini Meals each day. □ □ □

Drink 2 ounce of Ionix Supreme each morning and evening. ☐☐☐

Drink one to two servings of Want More Energy each day.

Every Other Day:

Also drink one servings of Cleanse for Life juice at bedtime and on an empty stomach. ☐☐