

# Nutritional Cleansing FAQ



If you have a question relating to nutritional cleansing, you can send it to [nutrition@isagenix.net](mailto:nutrition@isagenix.net)

Do you have a question about nutritional cleansing? Are you a new cleanser, but unsure how to use the products? Not to worry—we've put together some of the most common questions and answered them on this post. As you start a new year, we hope these FAQ will assist you and your Isagenix team.

## **Q. Why do I need nutritional cleansing?**

A. Toxins and stress in our modern environment subject our bodies to continual risk of poor health. Once you begin cleansing you'll notice you'll feel cleaner (like the feeling you get after a shower), and more energized. You'll be healthier, too. Next time you look in the mirror you may also notice you are a few pounds leaner.

## **Q. How does nutritional cleansing work?**

A. Over time, the human body has had to adjust to natural toxins in the environment, often with significant help from certain plants that provide special active components. Nutritional cleansing enlists a blend of these botanicals along with vitamins and minerals to support the body nutritionally for the [modern world's onslaught](#) of new toxins\*.

## **Q. Why does Cleanse for Life™ Tropical Berry flavor have two sets of directions? What is the difference between Everyday Cleansing and Deep Cleansing?**

A. Keeping your body free of toxins is not too different from maintaining a home. To renew the beauty of your home, an annual “spring cleaning” does the job, but to keep your home safe and orderly, regular daily cleaning is necessary.

Cleanse for Life Tropical Berry flavor can be used to serve both the function of giving the internal body a thorough wash-down and that of providing for its daily up-keep, which is why its label now features two sets of directions.

The first set of directions highlights Everyday Cleansing and the second highlights Deep Cleansing. Everyday Cleansing consists of drinking 1-2 fl. oz. up to twice daily, first thing in the morning or between meals. Deep Cleansing consists of its use as an all-day drink for up to two consecutive Cleanse Days, drinking 4 fl. oz. with 4 fl. oz. of cold water four times daily as part of the Cleansing and Fat Burning System or Total Health and Wellness System.

**Q. Where can I find instructions on how to use the Cleansing and Fat Burning System?**

A. You can find instructions on how to use the Cleansing and Fat Burning System [here](#) (30-day supply) and [here](#) (9-day supply). You can find instructions on how to use the Total Health and Wellness System [here](#).

**Q. Is Cleanse for Life safe for long-term use?**

A. Yes. It is absolutely safe. And healthy. You can use Cleanse for Life on a daily basis long-term. Deep Cleansing, which entails performing Cleanse Days, should be limited to no more than two consecutive days per week.

**Q. Can I use Cleanse for Life by itself for nutritional cleansing benefit?**

Yes. However, the product was designed to be used as part of one of our complete programs: the Cleansing and Fat Burning System ([9-day](#), [30-day supply](#)) or the Total Health and Wellness System ([30-day supply](#)).

**Q. Why was Ashwaghandha added to the product?**

A. Ashwaghandha (*Withania somnifera*), also known as Winter Cherry, is classified in Ayurvedic medicine as a plant that helps the body resist stress.\* The plant helps reduce oxidative stress, supports liver health and detoxification, and has potential for slowing aging.\*

**Q. Why was Yellow Dock added to the product?**

A. Yellow Dock (*Rumex crispus*) leaves, sometimes used in salads, can help encourage bile production, serving the needs of the liver for ridding itself of toxins.\* In larger doses, it can serve in helping with constipation.

**Q. Why were bilberry, blueberry and raspberry added to the product?**

A. Three berries that are well known for their antioxidant activity are now part of Cleanse for Life. Bilberry and blueberry, touted for supporting vision and mental health, also assist in strongly supporting detoxification.\* Raspberry's content of ellagic acid provides strong free-radical scavenging activity.\*

**Q. Why does Cleanse for Life contain inner-leaf *Aloe vera* gel?**

A. *Aloe vera* gel consists of polysaccharides, glycoproteins, amino acids, vitamins and minerals. The gel can help soothe and reduce inflammation in the gut and colon, may enhance bioavailability of vitamins C and E and its natural antioxidant activity can help reduce oxidative stress.

The gel's polysaccharides have been studied for their ability to balance the immune system and their actions as natural detoxifiers, helping to move along biochemical processes in the liver to neutralize toxins.

**Q. Is *Aloe vera* gel a laxative?**

A. No. Unlike “aloe bitters,” a yellow sap that contains anthroquinones, the gel contains no laxative effect and is absolutely non-toxic. Note: Use of “aloe bitters” is not legal in dietary supplement drinks.

**Q. Why is Pau d'Arco used in the product?**

A. Pau d'Arco (*Tabebuia heptaphylla*) is an herb with a history of use in Paraguay for a wide variety of ailments. It nourishes cells within the digestive tract and can help the body resist infection.\* The plant may help reduce inflammation and guard against damage from cumulative toxins.\*

**Q. Why is Burdock in the product?**

A. Burdock root (*Arctium lappa*) has a historic use as a blood purifier and helps rid the circulation system of toxins.\* This thistle relative offers components that help protect the liver.\*

**Q. Why is Deglycyrrhizinated Licorice in the product?**

A. Deglycyrrhizinated licorice (*Glycyrrhiza glabra*), or DGL, is commonly used for detoxification in Asia and helps offer protection to the liver.\* Its antioxidant activity helps protect DNA against damage.\* We use the deglycyrrhizinated version of licorice root so there's no contraindication for people with high blood pressure.

**Q. Why is there fructose in Cleanse for Life?**

A. Cleanse for Life includes a small amount of natural fructose (fruit sugar) because it provides a pleasant taste and feeds the body a steady stream of carbohydrates for energy. We do not use high-fructose corn syrup or any artificial flavors or sweeteners in any products.

**Q. Why are B vitamins in Cleanse for Life?**

A. A healthy amount of B vitamins is needed to support your metabolism to break down fats and carbohydrates. Daily B vitamins can also support your immune system and help maintain muscle tone, healthy skin, and steady energy.

**Q. I see you offer Cleanse for Life in liquid and powder. Which is more effective for nutritional cleansing?**

A. Both products offer the same potency from its ingredient.

**Q. Are there any contraindications when performing Cleanse Days?**

A. Because of the reduced calories, Cleanse Days should not be performed by women who are pregnant or breastfeeding. In addition, those on medication or with a medical condition should consult a physician before Deep Cleansing.

**Q. Should someone on blood thinners perform Cleanse Days?**

A. If you're on blood thinners or any other medication, we strongly advise you seek supervision of your healthcare professional. Your physician will need to monitor your Pt levels if you choose to cleanse. Performing Cleanse Days may result in natural thinning of the blood. This is because you are drinking lots of fluids and limiting caloric intake. For more information, click [here](#).

**Q. Should athletes and “thin” people use Cleanse for Life?**

A. Athletes and thin people can benefit from Cleanse for Life. We regard nutritional cleansing to be the “missing link” to many health benefits such as vitality, more energy and better absorption of nutrients.

When preparing for competition such as endurance events, Deep Cleansing should be avoided because limiting caloric intake may deplete muscle glycogen.

**Q. I get headaches while Deep Cleansing. What can I do about them?**

A. First-time cleansers may experience mild headaches (for up to a week) as a common caffeine withdrawal symptom from giving up coffee or caffeinated soda. If necessary, headaches can usually be alleviated by eating an IsaDelight® dark chocolate (approximately 10mg of caffeine per piece) or drinking a cup of green tea.

**Q. I experience leg cramping while Deep Cleansing. What can I do to avoid the cramping?**

A. Some cleansers will experience leg cramps if they are receiving insufficient mineral electrolytes—magnesium, calcium, potassium, sodium. These can be alleviated by taking IsaFlush® and IsaCalcium®, eating 1 or 2 IsaDelight pieces, and/or snacking on nuts, fruits or leafy green vegetables. If cramping continues or becomes chronic, please be sure to follow up with a visit to your doctor's office.

**Q. I experience constipation while Deep Cleansing. How can I make sure to stay regular?**

A. The key to avoiding constipation during a Cleanse Day is to keep dietary fiber intake high on Shake Days. Our recommendation is to gradually increase fiber intake to 25-30g daily in line with recommendations from the National Fiber Council. Getting enough is easily achieved by eating plenty of fruits and vegetables as well as taking advantage of products such as FiberPro and SlimCakes®. Regular water intake also works with fiber to help alleviate constipation. If constipation continues beyond a few days, please be sure to follow up with a visit to your doctor's office.

On Cleanse Days, you may also wish to include some fiber by adding FiberPro to your Cleanse for Life drink throughout the day.

**Q. I feel cold when Deep Cleansing in winter. How can I stay warm?**

A. Customers may feel cold while cleansing because they are drinking cold water and liquids regularly and avoiding regular amounts of food, which in itself produces a thermal effect during digestion. To alleviate feelings of coldness during cleansing in the winter months, consider drinking Cleanse for Life and accompanying water and herbal teas at warm temperatures.

**Q. I feel flu-like symptoms or feel like I may be becoming sick while Deep Cleansing. How can I avoid this feeling?**

A. If you begin to feel like you are coming down with the flu, please stop your Cleanse Day, return to Shake Days, and be sure to follow up with a doctor's visit. If it turns out you have caught a bug, you may need medical treatment and steady nutrition for your immune system.

**Q. I experience "flushing" when I cleanse. Is this harmful? How can I avoid it?**

A. Customers may experience "flushing" while on the program. This reaction is safe and may be related to an individual sensitivity to nicotinic acid, a form of niacin. Flushing can be avoided by taking the following products, which contain nicotinic acid, separately: Cleanse for Life, Ionix Supreme® and Natural Accelerator®. Because Natural Accelerator contains other ingredients that may result in a more pronounced flushing experience, it should be taken with food or replaced with Antioxidants.

**Q. I have experienced an allergic reaction while Deep Cleansing. What should I do?**

A. If you experience an allergic reaction, please discontinue whichever product may have been associated with the reaction and be sure to follow up with a doctor's visit. Please also report your reaction or any other serious adverse event to [nutrition@isagenix.net](mailto:nutrition@isagenix.net)

**Q. I feel dizzy, like I will pass out when I'm cleansing. Could this be because my blood pressure is too low?**

A. Yes. Lower blood pressure may be a natural result of performing Cleanse Days. If you have low blood pressure or are on blood pressure medications, please have your doctor monitor you and make adjustments as necessary before and while cleansing. (Reviewed by Dr. Dennis Harper.) Dizziness can also be caused by blood sugar becoming too low (See next question.)

**Q. I have diabetes. Should I be worried about my blood glucose rising too high or falling too low?**

A. Blood glucose levels should be monitored closely while on the program if you have diabetes. Not every individual will have similar results and you may need to make modifications as necessary. Please consult your doctor before adjusting medication. (Reviewed by Dr. Dennis Harper)

**Q. How should someone who is diabetic and insulin dependent use Cleanse for Life?**

A. We strongly advise anyone who is diabetic perform Cleanse Days only under close medical supervision. A physician will be able to help a patient with diabetes monitor glucose levels, modify medication and transition to short-acting insulin versus long-acting insulin when needed for cleansing.