



Mesotherapy Dietary Support Guidelines

The Most Effective Support for your Mesotherapy Treatment is our Isagenix Weight Management Program!

We encourage these overall guidelines:

- **A low carbohydrate, low saturated fat diet designed to lose ½-1 pound a week.**
- **25 gram high protein, low fat meals on the day of treatment.**
- **Consider a high protein shake or bar before treatment.**
- **72 ounces of water per day minimum.**
- **Restrict or eliminate caffeine intake.**
- **No refined carbohydrates: nothing from sugar, starch, or flour!**