

AMPED™

GET BETTER RESULTS FASTER



WELCOME TO YOUR **AMPED** ONBOARDING GUIDE!

This digital toolkit is designed to help you:

- **SHARE** features and benefits of all the products included in the AMPED™ line confidently.
- **ACCESS** all the resources — images, FAQ, infographics, and more — you need to educate yourself and others.
- **GROW** your existing business with step-by-step advice on how to share the AMPED line of products in your organization.

To get even more info about AMPED and how it can positively improve lives around you, check out our [suggested workouts](#) as well as the [AMPED System Guide](#) that every new Customer receives.





THE AMPED™ LINE OF PRODUCTS can help *anyone* realize their body's physical potential. Thousands of people have already started their journeys and achieved amazing results with Isagenix. AMPED products have helped them see success faster.

With science-backed products providing nutrients, energy boosters, and protein, each AMPED product is designed to support an active lifestyle — whether that's simply physical activity in everyday routines at home or at a gym to weekly CrossFit classes or weekend hiking.

Time for a healthy change? AMPED gets your body moving and keeps motivations high. These products are designed to give you the best possible experience and accelerate the results you've been working hard for.

Check out our **AMPED NEXT-LEVEL PACK** and **AMPED CORE BUNDLE** for a healthy change. Both packs make nutrient timing — a key component in attaining weight and performance goals — a no-brainer.

**SHARE DETAILS WITH
YOUR TEAM AT EVENTS.**
[CLICK HERE TO DOWNLOAD PRODUCT SLIDES.](#)

GETTING A GRASP ON NUTRIENT TIMING

In addition to all the great products you'll receive in the AMPED™ Next-Level Pack and the Core Bundle, both packs make the concept of timed nutrition — along with what supplements to take and when — easier to understand and follow.

Each product in the AMPED™ family is targeted to a specific time in your workout so you can increase strength, endurance, stamina, and ultimately, results.

The nutrient timing of food and supplements is broken down into four distinct phases:

- **Pre-workout.**
- **Intra-workout.**
- **Post-workout.**
- **Anytime supplementation.**

Each one is important and sets the stage for the next phase. Missing out on proper nutrient delivery during these critical times can hinder your progress.

The AMPED line was developed using the latest scientific discoveries in nutrient timing and unique combinations of ingredients so you get the best workout and recovery possible.

When you follow our system, you'll quickly develop a habit of taking a pre-workout, an intra-workout, and a post-workout, along with a solid eating plan packed with protein, to see incredible changes in your physique before you know it.

Some easy guidelines:

- **Eat four to six high-quality, protein-based meals every three hours evenly spaced throughout the day.**
- **Consume 20-40 grams of protein with each meal.**
- **Eat the first meal within one hour of waking up in the morning.**
- **Eat the last meal within two hours of going to sleep in the evening.**

PRE

DURING

POST

ANYTIME





AMPED NEXT-LEVEL PACK

Boost every aspect of your workout to get better results faster. This AMPED™ pack delivers what you need before, during, and after your workout so you can take your goals to the next level.

- **AMPED Tri-Release Protein:** an anytime protein that blends three protein types to help you develop lean muscle and enhance strength.
- **AMPED Nitro:** a pre-workout that kick-starts workouts to help you sustain energy and elevate your exercise intensity.†
- **AMPED BCAA Plus:** an intra-workout drink that fuels muscles with key amino acids.
- **AMPED Repair:** a post-workout drink that helps reduce joint soreness and rebuild muscles to improve recovery.†



AMPED CORE BUNDLE

The AMPED Core Bundle includes the two must-have products for anyone wanting to get the most out of their exercise: AMPED Nitro and AMPED Tri-Release Protein. It's the perfect combo to get you started or keep moving along on your Journey.

- **AMPED Tri-Release Protein:** an anytime protein that maximizes muscle protein synthesis to help your body rebuild muscle tissue after working out.
- **AMPED Nitro:** a powerful pre-workout supplement for energy and focus.†



THE AMPED FAMILY



AMPED Tri-Release Protein **ANYTIME**

An advanced, anytime, three-protein blend to help you develop lean muscle, enhance strength, and improve recovery time.†

- **25-gram protein blend to support fast, medium, and slow amino acid release over time.**
- **Contains patented Velositol®§ to help maximize muscle protein synthesis.†**



AMPED Nitro **PRE**

A pre-workout supplement that provides energy, strength, and focus for optimal training.†

- **Beta-alanine, taurine, and naturally sourced caffeine for increased energy, alertness, and stamina.†**
- **Creatine and betaine for increased muscle power and strength.†**



AMPED Repair **POST**

A powerhouse blend of cutting-edge ingredients combined together to accelerate total-body recovery post-workout and combat exercise-related joint soreness.†

- **Includes phytonutrients and functional ingredients like tart cherry, turmeric, collagen, and astaxanthin to help reduce exercise-induced soreness.†**
- **Designed to optimize your performance, improve your recovery time, and help you experience results faster.†**



AMPED BCAA Plus **DURING**

An intra-workout supplement designed to help support fat burning during exercise, sustain performance and energy levels, and boost lean muscle development.†

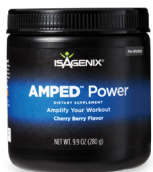
- **Specialized blend of branched-chain amino acids (BCAAs), L-glutamine, L-carnitine, and other amino acids.**
- **Stimulant-free, great tasting, and refreshing — perfect during your workout.**



AMPED Nox **PRE**

A stimulant-free pre-workout drink that helps increase blood flow and oxygen delivery to your working muscles.†

- **Nitric oxide boost for increased power, stamina, and energy.†**
- **Nitrates sourced from a blend of fruit and vegetable extracts, including beets and celery.**



AMPED Power **PRE**

A stimulant-free pre-workout supplement designed to prepare your body for better strength and power before exercise.†

- **Nitrosigine®§§ and citrulline to help deliver nutrients and oxygen to working muscles.†**
- **Creatine to improve your performance during exercise.†**



AMPED Hydrate **ANYTIME**

A refreshing electrolyte-packed drink that replenishes fluids and nutrients lost throughout your day. Perfect daily hydration for the entire family (ages 4+).

- **Provides vitamin C and electrolytes.**
- **Helps hydrate and replenish the body at any time of the day.**

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

§Velositol® is a registered trademark of Nutrition 21, LLC and is patent protected.

§§Nitrosigine® is a registered trademark of Nutrition 21, LLC and is patent protected.

SHARE ON SOCIAL

Social media is a fun, powerful platform to share the AMPED™ line with friends, family, and prospective new Customers. We've created compliant social media content, which is also available in the IsaTools™ app, to help get you started.

Click on the link to download the picture, and copy and paste the caption below to post on social media.

↓ DOWNLOAD HERE



↓ DOWNLOAD HERE



↓ DOWNLOAD HERE



Look, I know it's a "sore" subject, but that muscle tightness you're experiencing in the days after your workouts just might be holding you back from reaching your full potential!

Enter: the new AMPED Repair! It's a post-workout supplement that helps boost recovery, repair muscle, reduce soreness, and support better joint health so you can develop lean muscle* and get you ready for your next workout. Oh, and did I mention that it comes in a delicious tropical punch flavor?

If you're looking to get better results faster, let's chat!

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

New to working out? Just trying to break through a plateau? Whether you're gearing up for workout No. 1 or 1,000, the new Core Bundle is something to be PUMPED about! 🏆

This bundle combines a powerful pre-workout supplement for energy and focus with a protein that maximizes muscle protein synthesis to help your body repair and rebuild muscle tissue. It's the perfect combo to get you started or keep moving along on your journey.†

If you're ready to get the most out of your exercise, let's talk!

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

↓ DOWNLOAD HERE



↓ DOWNLOAD HERE



A little pep talk before a workout never hurt anybody! 🏆 The more focused I am, the more I find myself reaching my goals. That's why I'm in love with AMPED Nitro — it's the pep talk my body needs before I tackle my workouts!

No confusing ingredients or hard-to-understand directions makes Nitro simple, clean, and powerful. With a satisfying Watermelon Flavor, it's a great addition to my workout routine!

If you're looking to boost your body and mind by training at a higher intensity for a longer period of time, shoot me a message!

Let's talk about "the wall." You know, that thing we all hit during the middle of an intense workout. 😩 Well, not all of us! I'm thankful that I've found AMPED BCAA Plus to help me finish strong and sculpt the body I want. 🏆

AMPED BCAA Plus is the loyal best friend your workout needs. It's loaded with amino acids to help you create lean muscle and sustain energy levels and performance† so you can show your workout the respect it deserves.

I'm looking to help more people enjoy their active journey. If you're ready to take that step and ignite healthy change, shoot me a message!

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

Sometimes, you just need to take things to the next level. 🏆 Isagenix has done just that with their latest AMPED pack! It features:

- 🏆 A pre-workout for a jolt of energy.†
- 🏆 An intra-workout that fuels muscles with key amino acids.†
- 🏆 A post-workout that helps reduce soreness and rebuild muscles.†
- 🏆 An anytime protein that helps enhance strength.†

If you're looking to boost every aspect of your workout and get better results faster with the AMPED Next-Level Pack, let's talk!

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

SHARE ON SOCIAL

Social media is a fun, powerful platform to share the AMPED™ line with friends, family, and prospective new Customers. We've created compliant social media content, which is also available in the IsaTools™ app, to help get you started.

Click on the link to download the picture, and copy and paste the caption below to post on social media.

↓ DOWNLOAD HERE



↓ DOWNLOAD HERE



Every aspect of your workout just got better! Regardless of your fitness goals, the new AMPED Next-Level Pack is right for you. Just ask Kim, who saw these results in just 60 days!

"This pack is perfect for both people who are professional athletes and someone who is even new in the gym who is just looking for major muscle gain, looking to lean out and wanting a step by step process of how to do that." — Kim

This pack delivers what you need before, during, and after your workout so you can take your goals to the next level. So, what're you waiting for, let's chat!

Results should not be considered typical. Participants took part in a calorie-controlled regiment of Shake Days and one Cleanse Day per week, working out for at least 30 minutes five days per week while incorporating the Everyday Health Mini Pack and the AMPED Next-Level Pack.

Take your goals to the next level! 🏆 The new AMPED Next-Level Pack is an all-encompassing solution to getting better results faster. Just ask Aaron, who achieved these results in just 60 days!

"My favorite thing about this Next-Level Pack is that it has everything you need. If you look at what you have before, during, and after, it's all-inclusive. There is no guessing. You don't have to figure it out. It's right there. It's designed perfectly for anyone looking to maximize their performance and their recovery, which is huge!" — Aaron

I'm ready to share the power of this incredible pack. If you're ready to level up, shoot me a message!

Results should not be considered typical. Participants took part in a calorie-controlled regiment of Shake Days and one Cleanse Day per week, working out for at least 30 minutes five days per week while incorporating the Everyday Health Mini Pack and the AMPED Next-Level Pack.

↓ DOWNLOAD HERE



You've heard it before: "You need protein to build muscle." And that's so true! But, did you know the type of protein you consume and when you consume it can be just as important? 🤔

Neither did I! Thankfully, I was educated on it, and I'll never look back. AMPED Tri-Release Protein from Isagenix has all my bases covered with a blend of fast-, medium-, and slow-release protein that keeps me performing at my highest level.

Your best results are just a few sips away. If you want in on my new secret weapon, let's talk!

↓ DOWNLOAD HERE



This is the power of the AMPED Core Bundle! Featuring a powerful pre-workout supplement and an anytime protein, it helped Sara achieve results FAST — 30 days to be exact! 😊

"I'm a full-time pharmacist and busy mom with two boys. I was spending less time in the gym but having better results than before. So, I was able to devote that extra time to other things." — Sara

It's perfect for any beginner or seasoned exerciser trying to break through a plateau. Ready to give it a try? Let's talk!

Results should not be considered typical. Participants took part in a calorie-controlled regiment of Shake Days and one Cleanse Day per week, working out for at least 30 minutes five days per week while incorporating the Weight Loss Basic Pack and the AMPED Core Bundle.

↓ DOWNLOAD HERE



WOW! Talk about getting better results faster. 🤯 With the power of the advanced pre- and anytime-workout nutrition in our new AMPED Core Bundle, Tony was able to turn things around in just two months!

"Sixty days ago, I started using the new AMPED Core Bundle. I am leaner and meaner and more ripped than I have ever been, and I'm almost 50!" — Tony

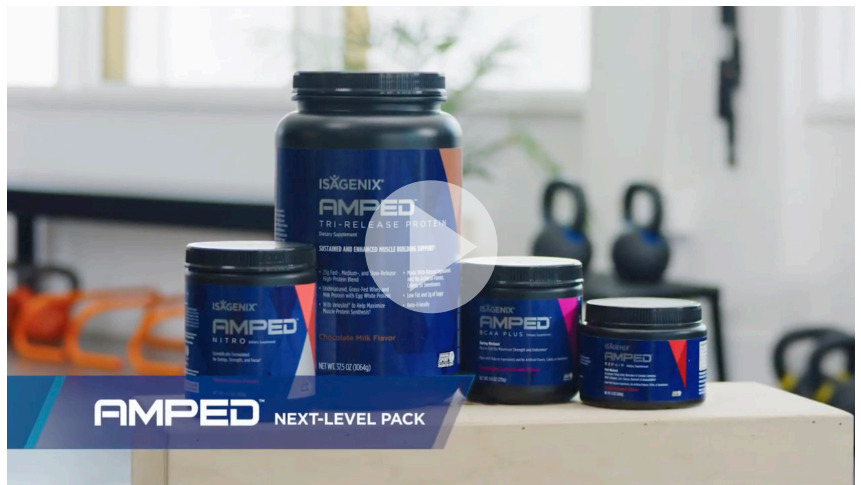
This is what getting the most out of your exercise looks like. If you're ready to enhance your results, shoot me a message!

Results should not be considered typical. Participants took part in a calorie-controlled regiment of Shake Days and one Cleanse Day per week, working out for at least 30 minutes five days per week while incorporating the Weight Loss Basic Pack and the AMPED Core Bundle.

SHARE ON SOCIAL

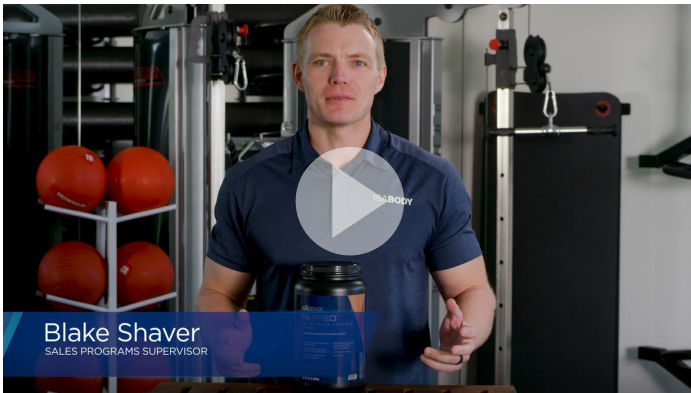
Social media is a fun, powerful platform to share the AMPED™ line with friends, family, and prospective new Customers. We've created compliant social media content, which is also available in the IsaTools™ app, to help get you started.

Share these product education videos with Customers looking for more details on the AMPED System or the individual products.



AMPED System Video

[Vimeo](#) [YouTube](#)



AMPED Tri-Release Protein Video

[Vimeo](#) [YouTube](#)



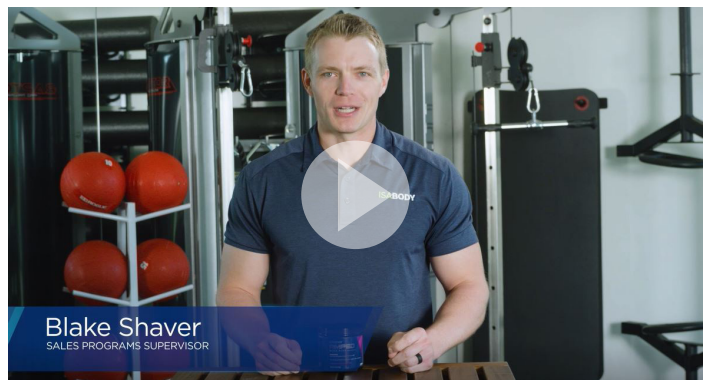
AMPED Repair Video

[Vimeo](#) [YouTube](#)



AMPED Nitro Video

[Vimeo](#) [YouTube](#)



AMPED BCAA Plus Video

[Vimeo](#) [YouTube](#)