YOUR HEALTHY CHANGE!

THESE ARE THE STEPS TO SET YOU UP FOR SUCCESS AND MAKE YOUR WEIGHT LOSS JOURNEY WITH ISAGENIX A HEALTHY CHANGE FOR LIFE.

SET YOUR SCHEDULE

Download the IsaLife™ app for step-by-step guidance to customise your Isagenix plan.

SET YOUR GOALS & GROW YOUR SUPPORT TEAM

Join the IsaBody Challenge™, smash your first Challenge with support from an amazing community, and share your results!

TRUST THE PRODUCT & THE SCIENCE

Keep up-to-date with products, videos, tools, and training sessions.

START NOW . . . HEAD TO ANZ.ISAGENIX.COM
THE BETTER WAY TO NOURISH
BALANCED NUTRITION | STRESS RELIEF | CLEANSE AND NOURISH

Balanced Nutrition
MADE EASY

1. ISALEAN® SHAKE
balanced meal replacement that supports healthy weight loss and muscle maintenance. Provides 24 grams of high-quality protein, energy-fueling carbs, good fats, filling fibre, and vitamins and minerals. As part of this system, replace any two meals a day with IsaLean Shakes. Plant-based option available.

Cleanse and Nourish
OUR WAY

2. CLEANSE FOR LIFE™
provides herbal and plant-based nourishment for your body. The drink can be enjoyed as part of Cleanse Days or as an everyday supplement.

ADAPTOGENS FOR
Stress Relief

3. IONIX® SUPREME
is a daily nutrient-rich tonic that can support mental and physical performance. It features a blend of adaptogenic herbs and other ingredients to help your body resist and adapt to stress.
We’ve highlighted some products to help boost your health and wellness journey. Depending on your system selection, some products may not be in your box, or you may have the products listed below plus some extra!

**ISAFLUSH™**
is a daily capsule containing cleansing herbs and minerals to support and maintain balanced digestion. With 210 mg of magnesium and gentle cleansing herbs.

**NATURAL ACCELERATOR™**
is a daily dietary supplement that contains cayenne, green tea, cinnamon and ginseng that help stimulate fat and protein metabolism.

**ISAGENIX SNACKS™**
are chewable chocolate snack wafers designed to satisfy hunger and help keep you on track with your weight loss goals. Also available in plant-based Natural Wild Berry flavour.
ISADELIGHT™
Green tea extract, amino acids and antioxidants help satisfy your cravings and your sweet tooth with only 60 calories and 4 g of fat or less. Available in three delectable flavours.

ISALEAN™ BAR
Power your way through the day with delicious bars, which contain 18 g of high quality whey and milk protein. Rich in branched-chain amino acids, great for after workouts and satisfying hunger when you’re on the go. Available in four delicious flavours.

COMPLETE ESSENTIALS™ WITH ISAGENESIS™
A complete daily nutrient support with vitamins and minerals, omega-3s, antioxidants, and herbs and botanicals.

ISAGENESIS™
A powerful formula of complex botanicals and vitamins designed to aid the reduction oxidative stress and support healthy ageing with antioxidant support.

†This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
**e+™**
A healthy energy boost that helps take your performance to the next level, with natural caffeine from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.

**COLLAGEN BONE BROTH**
Warming and satisfying with 8 g protein (6.5 g from hydrolysed collagen peptides) and only 40-45 Cal. Supports healthy hair, skin and nails and Cleanse Day approved.

**WHEY THINS™ & HARVEST THINS™**
With only 100 calories and 10 g protein per serve, Whey Thins and plant-based Harvest Thins are the perfect savoury, protein-packed snacks to help you kick the chip habit. These Cleanse-Day approved snacks satisfy cravings with a combination of high-quality protein, good fats and carbohydrates.
SHAKE AND CLEANSE DAY GUIDE

Below are some tips to help you maximise your results with your healthy weight loss system:

**SHAKE DAY** Replace two meals per day with an IsaLean® Shake, and enjoy up to two healthy, balanced snacks and one 400-to-600-calorie meal. For example, you could have a shake for breakfast, a shake for lunch, and a healthy meal for dinner.

**CLEANSE DAY** On a Cleanse Day, you will reap the benefits of intermittent fasting by abstaining from normal meals and foods and instead supply your body with four deep cleanse servings of Cleanse for Life along with Cleanse Day approved snack options. (See Page 1: Cleanse Day Tracker.)

Your monthly system may look something like the sample schedule below:

### 1 CLEANSE DAY PER WEEK

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<th>Day 1</th>
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### BACK-TO-BACK CLEANSE DAYS

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*Two to five Shake Days are recommended prior to your first Deep Cleanse Day.

2 WAYS TO CLEANSE

1. Everyday cleansing involves drinking one serving of Cleanse for Life as a daily supplement. Take one serving daily in the morning, at night, or between meals on Shake Days.

2. Cleanse Days Involve drinking Cleanse for Life during a day of intermittent fasting. Take up to four servings throughout the day. Completing one or two Cleanse Days per week is an excellent way to support weight loss.

If you are pregnant, breastfeeding, diabetic, or on medication; have a medical condition; or are beginning a weight control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

Download the IsaLife app to customise your Shake and Cleanse days at your fingertips.
**BEFORE BREAKFAST**
IONIX® SUPREME
1 serving

**BREAKFAST**
ISALEAN® SHAKE
NATURAL ACCELERATOR™
1 capsule

**MIDMORNING**
OPTIONAL SNACK
(200 calories or less)

**LUNCH**
ISALEAN SHAKE OR
400-TO-600-CALORIE MEAL

**MIDAFTERNOON**
OPTIONAL SNACK
(200 calories or less)

**DINNER**
ISALEAN SHAKE OR
400-TO-600-CALORIE MEAL

**BEFORE BED**
ISAFLUSH®
1-2 capsules

**PRO TIPS:** If you’re exercising regularly or work in a labour-intensive job, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro® to your favorite IsaLean Shake. Extra protein can help keep you satisfied for longer. There are many ways to customise Shake Days and Cleanse Days. Remember, these are just guidelines!
CLEANSE DAY

EARLY MORNING
IONIX® SUPREME
1 serving

MORNING
CLEANSE FOR LIFE®
120mL liquid or 2 scoops powder
CLEANSE DAY APPROVED SNACK
(See Cleanse Credits on Page 8)
NATURAL ACCELERATOR
1 capsule

MIDMORNING
CLEANSE DAY APPROVED SNACK
(See Cleanse Credits on Page 8)

MIDDAY
CLEANSE FOR LIFE
120mL liquid or 2 scoops powder
CLEANSE DAY APPROVED SNACK
(See Cleanse Credits on Page 8)
NATURAL ACCELERATOR
1 capsule (optional)

MIDAFTERNOON
CLEANSE FOR LIFE
120mL liquid or 2 scoops powder
CLEANSE DAY APPROVED SNACK
(See Cleanse Credits on Page 8)

EVENING
CLEANSE FOR LIFE
120mL liquid or 2 scoops powder
CLEANSE DAY APPROVED SNACK
(See Cleanse Credits on Page 8)
BEFORE BED
ISAFLUSH®
1-2 capsules
CLEANSE DAY TRACKER

10 Cleanse Credits Per Cleanse Day

With nutritional support from Cleanse for Life™, Ionix® Supreme, and 10 credits to spend during a Cleanse Day, you can choose between these amazing products to curb cravings, nourish your body, and support a better overall experience.

Track your Cleanse Credits progress in the graph below!

0 CREDITS
- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

1 CREDIT
- BĒA™ Sparkling Energising Drink
- AMPED™ Hydrate

2 CREDITS
- Isagenix Snacks™ (2 wafers)
- Organic Greens
- e+™
- Collagen Bone Broth
- IsaDelight™ Chocolates

3 CREDITS
- Harvest Thins™
- Whey Thins™

Monthly Cleanse Day Tracker
Check one box for each credit consumed during a Cleanse Day.

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.
A balanced lifestyle, nutritious food and accountability are the keys to living a healthier life. Check out these six steps to long-term, health and wellness success.

1. Weight loss is important, but *centimetres lost* is also an important measurement. Focus on how you feel and how your clothes fit rather than only focusing on the scale.

2. Share your goals with your Support Team members you identified on the previous page and invite them to join you in your transformation. Ask your Sponsor how you can earn money to pay for your products by simply inviting others to join you.

3. Follow the monthly schedule and Shake and Cleanse Day planner to remind you when to take each product.

4. Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soft drinks, foods with artificial colours and sweeteners and other junk foods.

5. Read your Personal Pledge daily.

6. Join the IsaBody Challenge® to help you achieve your transformation and earn a AU/ NZ $200 Product Coupon upon completion. Learn more at ANZ.IsaBodyChallenge.com and sign up for the challenge on the IsaLife App!

*Take a ‘before’ photo*

to see the progress you’ve made when you reach your goal. ‘Before’ and ‘after’ photos are a great way to see just how far you’ve come. This picture can also serve as your ‘before’ picture for the IsaBody Challenge.

*Claudia Tomczyk*
Isagenix Customer since 2014
IsaBody Challenge Grand Prize Winner 2018

*Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.*
WHAT ABOUT OTHER FOODS?

It’s time to eat! Meals should be healthy and delicious. Customise them with foods you enjoy. The key is to keep them between 400-600 calories — portion sizes are very important.

GOOD FATS

- Coconut oil
- Olive oil
- Avocado

PROTEIN

- Chicken
- Beef
- Lamb
- Fish
- Eggs
- Tofu
- Chickpeas
- Edamame
FRUIT & VEG
- Tomato
- Cucumber
- Broccoli
- Carrot

Portion Size: Size of 2 Fists

COMPLEX CARBS
- Brown Rice
- Quinoa
- Oatmeal
- Whole-Wheat Bread
- Sweet Potato
- Noodles

Portion Size: Size of Fist
ISAGENIX IS A LIFESTYLE, NOT A DIET.

Isagenix is designed to be long term. It’s flexible, natural, and easy to maintain even after you’ve met your weight loss goals! Feeling good and living a healthier life is what matters — so stick with it!
MORE THAN JUST WEIGHT LOSS

Healthy change comes in phases - as your goals evolve, so does your nutritional needs. Whatever your next healthy change is, we’ve got you covered.

IMPROVE PERFORMANCE

SUPPORT YOUR GOALS

FORTIFY YOUR ISALEAN SHAKE

HEAD TO ANZ.ISAGENIX.COM TO LEARN MORE ABOUT OUR PERFORMANCE AND VITALITY AND WELL-BEING PRODUCTS.

Never be without your favourite products

Autoship allows you to set up your account so that your order is automatically sent to you approximately every 30 days, with the transaction amount debited directly from your account. You can choose from a selection of Packs and systems, customise your order with ‘My Pack’ or order individual products.

Autoship is flexible and can be changed each month to suit your needs. As well as being extremely convenient, Customers who participate in Autoship also save an additional 5 percent on all Packs and systems compared to Wholesale orders.
RECIPIES

Veggie sticks with edamame dip

- 300 g frozen edamame
- ½ cup Greek yoghurt
- 1 red chilli, finely chopped
- Juice of 1 lime
- 1 clove garlic, crushed
- ½ red onion, finely diced
- ¼ cup coriander, chopped
- 1 large carrot, unpeeled, cut into sticks
- 2 celery, cut into sticks
- 1 Lebanese cucumber, cut into sticks
- 1 broccoli, cut into florets

Bring a saucepan of water with 1 tsp salt to the boil. Add edamame and boil for 5 minutes. Drain and rinse under cold water. When cool enough, remove beans from shells and discard shells.

Combine beans, yoghurt, chilli, lime juice and garlic in a food processor and blitz until smooth.

Serve with vegetable pieces.

Lemon Chicken

- 2 free-range 150 g chicken breast fillets
- 1 Tbsp fresh rosemary, chopped
- Juice and finely grated rind of 1 lemon
- 2 cloves garlic, crushed
- ½ cup polenta
- 2 cups mixed lettuce
- 1 tomato, cut into wedges
- 1 Tbsp balsamic vinegar

Preheat oven to 180°C. Lightly grease a shallow baking dish and place chicken breasts in it. Pour lemon juice around fillets. In a small bowl, combine garlic, rosemary, lemon rind and polenta and spread evenly on top of the fillets. Bake for 25 minutes or until cooked through. Meanwhile, toss lettuce, tomato and balsamic vinegar. Remove chicken from oven and rest for 5 minutes.

Serve with salad.
FAQ

A: Accountability, accountability, accountability! You’ll find that this journey is much easier when you surround yourself with support. Try joining the IsaBody Challenge™ where you can be part of a large global community of people who are embarking on this same life-changing journey. We’re all here to support one another. Head to ANZ.IsaBodyChallenge.com for more information.

Q: How can I satisfy my hunger during Cleanse Days?
A: Simple! Try any of our Cleanse Day approved snack options, such as savoury Whey Thins™ or sweet IsaDelight® chocolates. Who doesn’t want chocolate on a Cleanse Day?

Q: Why should I cleanse?
A: Cleanse Days can help kick-start your body’s own detoxification systems. Isagenix Cleanse for Life® is specifically formulated to provide your body with extra support as it prepares for the benefits of intermittent fasting.†

Q: Can I use IsaLean Shake Plant-Based with my current system?
A: Yes! You can easily swap IsaLean™ Shakes for plant-based IsaLean Shakes if you choose.

Q: How can I get creative with my IsaLean Shakes?
A: Easy! Try adding fresh fruit, spices like cinnamon, or Isagenix products like Isagenix Coffee, Organic Greens. Just keep in mind that customising your IsaLean Shake can increase its caloric value.

Q: If I feel tired or have a headache, should I stop using my system?
A: Have a small snack if you are experiencing these symptoms. If your symptoms are serious or persistent, seek medical attention.

Q: I just completed two Cleanse Days in a row and want to do more! Can I continue to complete Cleanse Days to maximise my success?
A: Kudos for crushing your Cleanse Days, but don’t overexert yourself. Keep it nice and steady. Remember, cleansing one day per week is recommended. You may choose to cleanse up to two consecutive days, but do not exceed more than that per week. We also recommend not exceeding four Cleanse Days a month.

Q: I’m a very active person, and I have been gradually increasing my workouts during my program. Should I eat more if I’m hungry?
A: Sounds like you’re in! We suggest swapping out one or both of your IsaLean Shakes for IsaLean PRO Shakes or simply adding a scoop of IsaPro® to 1½ scoops of IsaLean Shake to increase your protein intake. The extra protein will help fuel your body with the nutrients and calories it craves while you’re working out.

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