

The background features a series of parallel lines that fan out from the left side, creating a sense of depth and movement. The lines are colored in a gradient from dark blue to bright green, with the green being most prominent in the lower right quadrant. The overall effect is modern and technological.

RESET GUIDE

ISAGENIX



Reset for *confidence*
Reset for *lean muscle*
Reset for *health*
Reset for *routine*
Reset for *nutrition*
Reset for *balance*
Reset for *results*
Reset for *physical wellbeing*

*Welcome to your guide
for the next 30 days!*

This 30-day variety pack will simplify full body optimisation. Consisting of nutrient dense shakes for balanced meals, full spectrum ayurvedic adaptogens and a world-leading nutritionally supported intermittent fasting program to support autophagy and detoxification. Additionally, daily supplements target metabolism and digestive health. This body and wellbeing enhancing system will help you develop a sustained nutrition regimen for long-term health.



Results backed by science

Helping hundreds of thousands of people around the world, this Isagenix System is validated through multiple research studies conducted by independent and respected universities. The collective results reinforce what the before and after images show—this system works!

With multiple peer-reviewed publications in leading nutrition and health journals, this system is shown to be safe and effective for:

- Weight loss
- Overall and visceral body fat reduction
- Long-term weight management
- Better adherence to a monthly routine
- Lean muscle mass retention
- Gut health and GI function
- Improvements to cardiovascular health
- Favourable effects on the gut microbiome
- Increased toxin release from fat cells
- Enhancement of metabolic health indicators



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Cyndi Butcher
IsaBody Finalist

Key findings after 8 weeks of following the Isagenix System compared to a heart-healthy diet:

56%

more weight loss

47%

more fat loss



Better improvements in cardiovascular health markers

2×

as much visceral (abdominal) fat loss

Skidmore College found that individuals using the Isagenix System for a year:



Continued to lose body fat and abdominal fat



Maintained improved cardiovascular health markers



Continued to increase lean body mass percentage



Maintained weight loss

*Weight loss should not be considered typical. A study showed an average weight loss of 24 pounds after 12 weeks. Participants took part in a calorie-controlled regimen of Shake Days and one Cleanse Day per week. For more information on the study, see IsagenixHealth.net.



WANT TO KNOW MORE?
See clinical research studies here.

In the 30-Day Reset

The 30-Day Reset contains products to keep you on track and get results.



IsaLean Shake™

Nutrient dense for longer satiety and lean muscle mass composition.

Cleanse For Life™

Nutritionally supported Cleanse Days to maintain natural detoxification processes.



Ionix Supreme®

Daily adaptogen and nutrient tonic to support your body's ability to adapt to stress.



Isagenix Snacks™

Curb hunger and supplemented chromium to assist lean body mass development.



Natural Accelerator™

Targeted support for metabolism and fat burning.



IsaFlush™

Gently support digestive regularity with the balancing minerals and soothing magnesium.



OPTIONAL

Snack Bites

5 g fava bean derived protein to curb hunger cravings and optimal snacking during cleanse days.

These products are not intended to diagnose, treat, cure, or prevent any disease.

In the Ultimate Reset

Take your reset two steps further with daily supplements targeting sustained energy and natural ageing.

Cleanse For Life™

Nutritionally supported Cleanse Days to maintain natural detoxification processes.

Isagenix Snacks™

Curb hunger and supplemented chromium to assist lean body mass development.

IsaFlush™

Gently support digestive regularity with the balancing minerals and soothing magnesium.

Collagen Elixir

Reveal more youthful skin.



IsaLean Shake™

Nutrient dense for longer satiety and lean muscle mass composition.



Ionix Supreme®

Daily adaptogen and nutrient tonic to support your body's ability to adapt to stress.



Natural Accelerator™

Targeted support for metabolism and fat burning.



OPTIONAL Snack Bites™

5 g fava bean derived protein to curb hunger cravings and optimal snacking during cleanse days.



E+ Shot

Energise mental and physical performance.

Shake Days

Shake Days provide a framework for healthy eating and balanced nutrition. Taking control of your health and reshaping your habits is easier with delicious, protein-packed IsaLean® Shakes. They are a complete meal replacement you can take anywhere. Add the balancing effects of adaptogens and targeted supplements for additional digestive and metabolic support.

Your Shake Day Routine

MORNING



Ionix Supreme



IsaLean Shake



Natural Accelerator (1 Capsule)

MID MORNING



Optional Snack <200 calories



IsaLean Shake

LUNCH

MID AFTERNOON



Optional Snack <200 calories



Natural Accelerator (1 Capsule) Optional



Optional e+

EVENING



400-600 Calorie Meal



IsaFlush (1-2 Capsules)

WALKTHROUGH A SHAKE DAY



Third meal 101

Portion control

Choose the correct portion size for your evening meal—calories can be adjusted based on the outcome you're trying to achieve.

Pick a lean protein

Providing your body with a quality source of protein at each meal will help you feel satisfied longer while supporting muscle growth and metabolism. Pick 4-6 ounces of your preferred lean protein like fish, chicken, eggs, beef, or your favorite plant-based protein. This should fill about a quarter of your plate.

Fill up on the good stuff

Fill up on leafy greens (kale, spinach), complex carbs (brown rice, sweet potatoes, and fiber-filled veggies like broccoli, carrots, and onions), and heart-healthy fats (avocados, olive oil).

Meal prep for success

It's easier to stick to a routine when your meals are planned out. Make your weekly shopping list to ensure you have the ingredients you need on hand. Planning meals in advance takes the stress out of trying to decide what's for dinner every night and will end the temptation for takeout when you're feeling tired at the end of a long day.

Follow the Shake Day routine

Don't skip any meals, shakes, supplements, or snacks. Proper nutrition is key to achieving your goals.

Shake Day tips for success

- 1. Upgrade your shakes**
Shake things up! Try adding different fruits or nut butters to your IsaLean Shakes for a delicious, nutrient-dense treat.
- 2. Let your body adapt**
Your daily dose of stress-soothing adaptogens is essential! Try taking your Adaptogen Elixir or Ionix® Supreme at different times of the day to see what works best for you.
- 3. Focus on how you feel**
Instead of staring at the scale, focus on how you look and feel. Do your clothes fit differently? Are you sleeping better? Are you feeling less bloated? Have grace with yourself as you build new habits.
- 4. Don't go hungry**
Just because you're doing a reset doesn't mean you should stop listening to your body. Small servings of sliced water-based fruits or vegetables like cucumber or celery, or some extra protein like a handful of almonds can go a long way.



HOW TO BUILD A BALANCED EVENING MEAL



Cleanse Days

Cleanse Days are Isagenix's clinically supported method of intermittent fasting. You'll nourish your body with botanicals, adaptogens, vitamins, minerals, and just enough targeted calories to burn fat, fight cravings and more.

Your Cleanse Day Routine

EARLY MORNING



Ionix Supreme

MORNING



Cleanse for Life



Cleanse Day approved snack*



Natural Accelerator (1 Capsule)

MID MORNING



Cleanse Day approved snack*

MIDDAY



Cleanse for Life



Cleanse Day approved snack*



Natural Accelerator (1 Capsule) Optional

MID AFTERNOON



Cleanse for Life



Cleanse Day approved snack*

EVENING



Cleanse for Life



Cleanse Day approved snack*

BEFORE BED



IsaFlush (1-2 Capsules)



Cleanse your body on a cellular level



About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.



At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.



About **24 hours** after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energised and reset.

Customise your reset

Choose between one Cleanse Day per week or two consecutive Cleanse Days for two weeks out of the month, for a total of four Cleanse Days per month. Listen to your body to decide which one is right for you.

One Cleanse Day Per Week

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Two Cleanse Days Per Week

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Cleanse Day tips for success

- 1. Use reminders**
When creating a different lifestyle, it can be hard to incorporate every small, new detail. Using alarms or reminders throughout the day can help the system better fit into your day and keep you on track.
- 2. Keep moving**
Modify your workout based on your energy level. Consider starting with light yoga, walking, or gentle stretching.
- 3. Stay hydrated**
A reset flushes toxins out of your body. Water is the vehicle that helps get them out. Drinking a healthy amount of water, especially on a Cleanse Day, is essential.
- 4. Keep your energy up**
If you need an extra boost, plain coffee or tea is perfectly fine to have during your reset.

COACH ME THROUGH CLEANSE DAY



PLAN YOUR PERFECT CLEANSE DAY with this helpful tracker!

*See following page for Cleanse Day approved snacks and Cleanse Day Tracker

Cleanse Day Tracker 10 Cleanse Credits Per Cleanse Day

In addition to enjoying Cleanse for Life and Ionix Supreme on Cleanse Days, enjoy up to 10 Cleanse Credits with products to curb cravings, nourish your body, and support a great Cleanse Day experience.

0 CREDITS

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

1 CREDIT

- BĒA™ Sparkling Energising Drink (125 mg caffeine)
- BĒA™ Biotics
- AMPED™ Hydrate
- Adaptogen Elixir
- Nootropic Elixir (80 mg caffeine)
- Xango Juice or Xango Reserve

2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Greens
- e+™ (85 mg caffeine)
- Collagen Elixir
- AMPED™ NOx**
- AMPED™ Nitro** (100 mg caffeine)
- AMPED™ BCAA Plus**
- AMPED™ Post-Workout**

3 CREDITS

- Harvest Thins™
- Whey Thins™
- Snack Bites

Monthly Cleanse Day Tracker

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

CLEANSE DAY 1



CLEANSE DAY 3



CLEANSE DAY 2



CLEANSE DAY 4



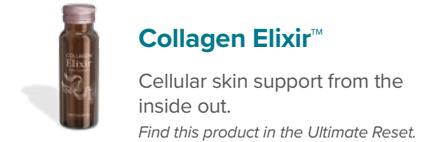
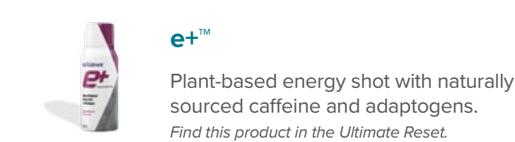
Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

**You should consult your physician or other healthcare professional before engaging in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and seek appropriate medical care, if needed.

The Power of Holistic Health

Isagenix provides simple, natural, clinically-validated products that optimise what the body does naturally.

Don't stop now. Maintain your results (or keep striving to reach them) with another 30-Day Reset or Ultimate Reset. Switch up your routine by adding one or more of these holistic health products:



NFR Catalogue



Learn how to find your NFR Catalogue

IsaBody Challenge

Want to take your 30-Day Reset lifestyle change to the next level?

The IsaBody Challenge® is a transformation program designed to provide the community and accountability you need to drive your healthy change. Receive a coupon worth up to AU/NZ \$200 for Isagenix products when you successfully complete your Challenge. But the biggest reward is the pride you'll feel and the results you'll see.



Natasha Fernandez

2023 Australia
IsaBody Challenge
Grand Prize Winner

START TODAY

Are you up for the challenge?



Don't go at it alone

Connecting with like-minded people on your path to wellbeing can create a greater sense of community and accountability. With the IsaBody Challenge comes an online support system of more than 40,000 people strong—sharing struggles, motivating stories, and celebrating wins.



Hollie Reimink

2023 New Zealand
IsaBody Challenge
Grand Prize Winner



GET INSPIRED

Step into your Glow

Collagen Elixir™ is designed to help you look and feel the way you've always wanted to. Infused with an innovative blend of marine collagen peptides and powerful botanicals, this little bottle indulges your skin with both beauty and nourishment from the inside out.

A 2021 Prix De Marie Claire Beauty Award Finalist with editorial features in Marie Claire, Australian Women's Weekly and Elle Australia.

MARIE CLAIRE



AUSTRALIA WOMEN'S WEEKLY



*Featuring our previous packaging



Clinically Studied and Validated

NOTICEABLE RESULTS IN THE FIRST 30 DAYS*

- 93% NOTICED AN IMPROVEMENT IN SKIN HYDRATION
- 92% SAID THEIR SKIN FELT HEALTHIER
- 90% NOTICED MORE RADIANT SKIN
- 88% NOTICED AN IMPROVEMENT IN SKIN BRIGHTNESS
- 91% REPORTED A MORE YOUTHFUL COMPLEXION
- 83% NOTICED AN IMPROVEMENT IN SKIN FIRMNESS



*Individual results may vary. Statistics are based on a survey of 113 participants who used Isagenix Collagen Elixir consecutively for 30 days without cosmetic intervention or other known changes to their regular skincare products. The survey participants included Isagenix Independent Associates, who are eligible to earn a commission for sales of Isagenix products.



WHAT'S NEXT?

Try the Total Body Wellness Pack

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or on a weight control program, consult your physician before using Isagenix products or making any other dietary changes, beginning any fitness plan, or attempting to lose weight.

ISAGENIX.



3025_ANZ_en_RESET GUIDE • 07.09.23
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