

ISAGENIX[®]

Energy & Performance Systems

Solutions for an
Active Lifestyle





YOU COMMITTED; NOW TAKE ACTION!

The Energy & Performance System is the perfect solution for active adults. Whether you enjoy a good workout, play a sport, run marathons, compete in bodybuilding, or enjoy any other fitness activity, this system is designed to help you reach your goals. Our Energy & Performance System Packs offer a mix of nutrients, energy boosters, and high-quality protein for muscle growth and recovery to help you achieve a tighter, leaner physique, and optimal performance. By using these products, you'll be able to:

1. Kick-start your workouts.
2. Build and maintain lean muscle.
3. Enhance performance with faster recovery time.

It's time to see results. Are you ready?

LET'S GET STARTED!



Products with this logo have been tested for WADA banned substances by a world-class sports antidoping laboratory.



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THE RIGHT NUTRIENTS AT THE RIGHT TIME

You make time to work out — now make it count! Getting the right nutrients into your body at the right time can significantly impact the way you train and recover.

Pre-workout supplements should:

- Help improve focus and concentration
- Support blood flow and enhance nutrient delivery
- Support optimal muscle function

Whether you're just starting a fitness routine or have been training for years, Isagenix makes nutrient timing easy with options like our IsaLean™ Shakes and Bars and our AMPED™ Performance line.

Here's how to time your Isagenix products for an optimal workout:

Pre-Workout: Maximize your performance with AMPED NOx, Nitro, or both 15-30 minutes before exercising.

Mid-Workout: Drink AMPED Hydrate during your workout for a healthy way to stay hydrated.

Post-Workout: For faster muscle recovery, enjoy an IsaLean Shake after your workout.



AMPED NOx

Enhance your performance with AMPED NOx, a stimulant-free, pre-workout drink. NOx delivers a performance boost with vegetable-sourced nitrates to increase blood flow and oxygen delivery to cells so your muscles can function efficiently. Sourced from beets, celery, and red spinach, NOx supports nitric oxide production, which helps increase power, stamina, and energy.



AMPED Nitro

Get a mental and physical boost before working out. AMPED Nitro is formulated with active ingredients to support your body and mind to train at a higher intensity for a longer period of time. Sourced with creatine and betaine for increased muscle power, strength, and cell hydration, Nitro also uses naturally sourced caffeine for increased energy, alertness, and stamina.



AMPED Hydrate

Staying hydrated is just as important as fueling your workouts. During physical activity, your body loses vitamins, electrolytes, and water. Enriched with vitamins C and B-complex, AMPED Hydrate provides the hydration you need during every workout.



PACE YOURSELF WITH PROTEIN

Protein pacing is the scientifically proven combination of eating healthy, lean protein at the right time of day to maximize health and performance. By consuming 20 to 40 grams of protein spread evenly across four to six meals per day, you're stimulating muscle protein synthesis and your metabolism. Isagenix makes protein pacing easy with options like IsaLean™ Shake, IsaLean Bar, and IsaPro®, which provide high-quality protein to support your goals.



IsaLean Shake

With 24 grams of high-quality protein from the happiest grass-fed cows around, 8 grams of fiber, digestive enzymes, balanced carbs and fat, plus a full spectrum of vitamins and minerals with no artificial colors, flavors, or sweeteners, IsaLean Shake is exactly what you need after you exercise.



IsaLean Bar

Get balanced nutrition on the go! This protein-rich bar curbs hunger and tastes great. Enjoy in place of an IsaLean Shake, or try half a bar as a satisfying snack.



IsaPro

Boost your protein intake with 18 grams per serving of high-quality, undenatured whey protein to support both weight loss efforts and muscle-building. IsaPro can be added to an IsaLean Shake, used by itself after a workout, taken between meals, or enjoyed even before bed.

WAIT, THERE'S MORE

Depending on the pack or system you selected, you may find some of these products in your box plus others not shown here. Isagenix offers an extensive line of nutritious options to support your goals. For complete product descriptions and nutrition labels, visit [Isagenix.com](https://www.isagenix.com).



Ionix[®] Supreme

This delicious combination of herbal adaptogens like wolfberry, eleuthero root, rhodiola, ashwagandha, and schisandra helps you stay focused and balanced even on your busiest days. Plus, we've added zinc and B vitamins and essential nutrients for optimizing your health. Use this daily energizer at any time, and say no to stress!



e+

e+ boosts energy, fights fatigue, and can improve athletic performance. Made with naturally sourced, plant-based caffeine and adaptogens such as eleuthero root, hawthorn berry, rhodiola root, and schisandra, e+ helps you feel energized and mentally alert. Ideal to fuel your daily routine, athletic activities, or anytime you need an energy boost.





NEED HELP PLANNING?

Now that you know more about what's in your box, let's see how it all works together. Below are sample schedules to help you plan your day. You can customize them to make them work for you.



Everyday Aerobics

If you want to get in better shape and stay fit, it's important to move every day. You can benefit from a pre-workout boost, plenty of hydration, and post-workout products to help with recovery after exercise.

Early Morning

Ionix® Supreme — 1 stick (optional)

Breakfast

IsaLean Shake — 1 serving

Mid-Morning

IsaLean Bar — ½ bar or up to a 200-calorie snack (optional)

Lunch

400-to-600-calorie balanced meal

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Pre-Workout

AMPED™ Nitro — 1 serving

e+ — 1 serving

Intra-Workout

AMPED Hydrate — ½ stick

Post-Workout

IsaPro® — 1 serving

Dinner

IsaLean Shake — 1 serving



Resistance Training

Use resistance training to develop your muscles. High-protein diets and pre-workout supplements support strength during training.

Early Morning

AMPED NOx — 1 bottle

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Pre-Workout

AMPED Nitro — 1 serving

Intra-Workout

AMPED Hydrate — ½ stick

Post-Workout/Breakfast

IsaLean Shake — 1½ scoop

IsaPro — 1 scoop added to IsaLean Shake

Mid-Morning

Snack — up to 200 calories (optional)

Lunch

500-to-700-calorie balanced meal

Mid-Afternoon

IsaLean Bar — ½ bar

Dinner

IsaLean Shake — 1 serving

Before Bed

Ionix Supreme — 1 stick



Endurance Activity

Endurance activities can last long periods of time, so if you're engaging in an endurance activity, you need energy to stay fueled and recovery products to prevent muscle breakdown. Timing of carbohydrate intake is key to avoiding fatigue. Endurance athletes should consume 30 to 60 grams of carbohydrates every hour for optimal performance.

Early Morning

AMPED™ NOx — 1 bottle

Breakfast

IsaLean™ Shake + add-in* — 1 serving

Ionix® Supreme — 1 stick (optional)

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Pre-Workout

AMPED Nitro — 1 serving

Intra-Workout

AMPED Hydrate — ½ stick

e+ — 1 serving

Post-Workout

IsaLean Shake + add-in* —
1 serving

Lunch

500-to-700-calorie balanced meal

Mid-Afternoon

IsaLean Bar — ½ bar

Dinner

500-to-700-calorie balanced meal

Before Bed

Ionix Supreme — 1 stick



Building Muscle Mass

If you're focusing on building lean muscle mass, rely on a high-protein diet for both muscle building and recovery. Pre-workout products can kick-start and sustain weight training, while post-workout products can help your muscles recover.

Early Morning

AMPED NOx - 1 bottle

IsaLean Shake — 1 serving

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Pre-Workout

AMPED Nitro — 1 serving

e+ — 1 serving

AMPED Hydrate — ½ stick

Intra-Workout

AMPED Hydrate — ½ stick

Post-Workout

IsaPro — 1 serving

Breakfast

600-to-800-calorie balanced meal

Mid-Morning

IsaLean Shake + add-in* — 1 serving

Lunch

600-to-800-calorie balanced meal

Afternoon

IsaLean Shake — 1 serving

Snack — up to 200 calories (optional)

Dinner

600-to-800-calorie balanced meal

Before Bed

Ionix Supreme — 1 stick

AMPED Hydrate — ½ stick

IsaLean Bar — 1 bar (optional)

*Additional carbohydrates such as a banana or oats can be added for increased energy.

Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

IT'S TIME TO EAT!

Meals should be healthy, full of flavors you love, and delicious! Portion size is important, so make sure you are getting enough protein, carbohydrates, and fat for your fitness level.

PROTEINS

Protein boosts metabolism more than carbohydrates or fats and helps reduce hunger while providing the body what it needs to build and repair tissues.



Chicken Breast
100 g | 165 kcal |
31 g protein

- Other lean meat options (pork tenderloin or beef tenderloin)



Grouper
114 g | 134 kcal |
28 g protein

- Other white fish options (halibut, cod, barramundi)



Shrimp
85 g | 76 kcal |
15 g protein



Tofu
85 g | 80 kcal |
9 g protein



Eggs
1 egg | 90 kcal |
8 g protein



Snap Peas
128 g | 60 kcal |
3 g protein

- Other lentil, pea, or bean options (chickpeas, edamame)

COMPLEX CARBOHYDRATES

Complex carbohydrates are slowly digested and provide sustained energy, help you feel full for longer, and aid in mental focus.



Brown Rice
64 g | 108 kcal |
22 g carbohydrates



Quinoa
64 g | 111 kcal |
20 g carbohydrates



Oatmeal
64 g | 180 kcal |
33 g carbohydrates



Whole-Wheat Bread
1 slice | 100 kcal |
20 g carbohydrates



Sweet Potato
1 medium size |
112 kcal |
26 g carbohydrates



VEGETABLES

Vegetables are an important part of a healthy diet and help provide many nutrients, including potassium, fiber, folate, and vitamins A, E, and C.



Chinese Broccoli
128 g uncooked |
33 kcal



Tomato
128 g | 27 kcal



Broccoli
64 g uncooked |
15 kcal



Red Bell Pepper
1 medium size |
25 kcal



Cucumber
64 g | 8 kcal

FRUITS

Fruits are naturally low in fat, sodium, and calories while being rich in potassium, vitamin C, and other nutrients.



Blueberries
128 g | 84 kcal



Grapes
128 g | 104 kcal



Orange
1 fruit | 62 kcal



Kiwi
2 fruits | 90 kcal



Did You Know?

Small amounts of good fats such as olive oil, canola oil, avocados, and mixed nuts or seeds are also important for a healthy diet.

SAMPLE RECIPES



Pork Tenderloin With Rainbow Veggies Salad SERVES 2

INGREDIENTS

- 200 g pork tenderloin
- 2 tsp ground cumin
- ¼ tsp white pepper
- 1 tbsp olive oil
- 50 g green peas
- ½ cup sliced cucumber
- ¼ cup yellow bell pepper, deseeded, thinly sliced

- ½ cup sliced carrot
- 1½ cup cooked, whole-grain brown rice

Dressing

- 2 tbsp olive oil
- 2 tbsp lime juice
- 1 tbsp honey
- 1 tbsp finely chopped coriander

DIRECTIONS

1. Preheat oven to 250 degrees Celsius. Place pork on a baking sheet. Rub with oil; season with cumin and pepper. Roast on upper rack for 35-40 minutes or if the meat thermometer placed into the thickest part of the meat registers 145 degrees. Remove from oven, and cover loosely with aluminum foil. Let rest for 10 minutes before serving.
2. To make the honey-herb dressing, place the oil, lime juice, honey, and coriander in a screw-top jar. Shake until well combined.
3. Place brown rice into serving bowls, and top with pork and vegetables. Drizzle with dressing and enjoy.

NUTRITIONALS PER SERVING

512 Calories; 17.7 g Fat; 61 g Carbs; 6 g Fiber; 16 g Sugar; 27 g Protein

Chicken Stir Fry with Rice Noodles SERVES 2

INGREDIENTS

- 200 g chicken breast, cut into thin strips
- 1 tsp cornstarch
- 1 tsp olive oil
- 80 g dried rice noodles
- 1 tbsp oil
- 1 clove finely chopped garlic
- 1 small sliced onion
- ½ sliced red bell pepper
- ½ cup snow peas, halved diagonally
- ½ cup baby corn
- 1 cup broccoli florets

Sauce

- 2 tbsp oyster sauce
- 1 tbsp dark soy sauce
- ½ tsp each sesame oil
- 1 ½ tbsp Shaoxing cooking wine
- ¼ tsp white pepper
- 3 tbsp water

Garnish

- Sesame seeds and finely sliced spring onion

DIRECTIONS

1. Mix chicken, cornstarch and oil in a bowl. In another bowl, mix sauce ingredients and set aside.
2. Just before cooking, soak noodles in hot water per packet directions, then drain.
3. Heat oil in a wok over high heat. Add garlic and onion, cook for 30 seconds.
4. Add chicken, and cook until it changes color from pink to white.
5. Add all the vegetables. Cook for 2 minutes.
6. Add noodles and sauce. Toss for 1 minute until sauce has evaporated.
7. Garnish with sesame seeds and spring onion, then serve immediately.



NUTRITIONALS PER SERVING

508 Calories; 11.2 g Fat; 68.6 g Carbs; 8.6 g Fiber; 11 g Sugar; 33 g Protein

DINING-OUT TIPS

When you're trying to live a healthy lifestyle, eating out can be tricky. Here are some ways to prevent dining out from setting you back.



Drink Wisely

Opt for water, Chinese tea, or clear soup as your drink.



Watch Your Portions

The best way to avoid overeating is to never order too much food.



Be Selective

Order dishes with low-fat ingredients like lean meat, skinless poultry, or nonfried soybean products.



Want To Share

Dividing up a large meal can help avoid overeating. Split a main entree between family and friends.



Cut the Fat

Dishes that are steamed or boiled in soup, grilled, or stir-fried with very little oil are better for you.



Take It Slow

Allow at least 20 minutes to finish your meal to help aid your digestion and remind yourself when to stop.



Load Up on Veggies

Choose dishes that use vegetables as the main ingredients.



Quit the "Clean Your Plate" Club

Try eating half your food and taking the rest home.



On the Side

Ask restaurants to serve sauces and sugar separately to avoid excess calories.



Pass on the Buffet

Avoid all-you-can-eat buffets. Instead, order an individual entree from the menu.

EMBRACE EXERCISE

Whether you're just getting started or want to enhance your workouts, here are six ways to keep fitness fun.

1



Make it fun. You won't stick with an exercise program you hate, so keep trying new things until you find something you truly enjoy.

2



Increase flexibility for stability. Flexibility is key for good balance and can help reduce injuries.

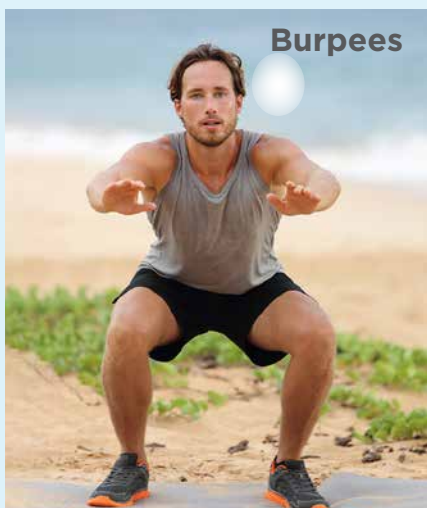
3



Take it outside! There are plenty of outdoor workout spaces — just be creative. Outdoor workouts are a realistic and money-saving option.

Mold Your Muscles

Here are some exercises you can do to increase lean muscle mass.



4



Set a routine, and stick with it.

To make exercise a positive, beneficial habit you have to dedicate time each day to make it a priority. Remember, no excuses!

5

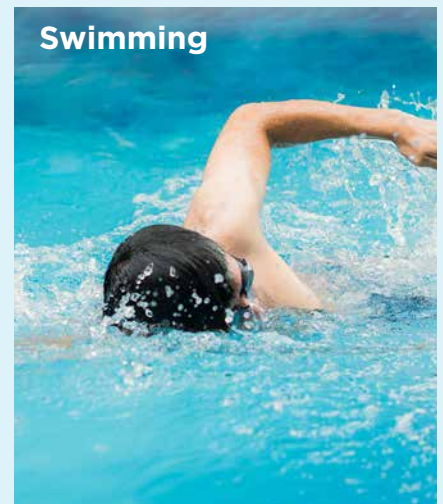
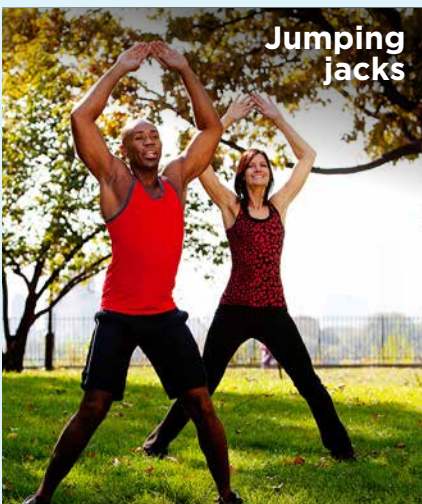


Mix it up. Walk, jog, swim, or try yoga or dance — anything to keep it fun. There are all kinds of exercise videos online, so trying new things is always at your fingertips.

6



Don't do it alone. Exercising with a friend or family member is a motivating way to maintain a healthy body — and you get the added benefit of building a relationship!





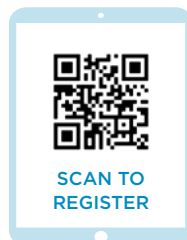
ARE YOU READY FOR THE CHALLENGE?



THE ISABODY CHALLENGE

Whether you want to look better, sleep better, have more energy, gain lean muscle, or you're ready for a radical physical change, the IsaBody Challenge® is for you! No matter where you are in your fitness journey, you can join Isagenix Members around the world who are there to support, motivate, and encourage you any time you need it. To celebrate your success, we reward everyone who successfully completes the Challenge with a generous product coupon. Some will even qualify to win cash, prizes, or trips!

Could you be the next IsaBody Challenge Grand Prize Winner?



ISAGENIX IS A LIFESTYLE.

Isagenix is designed to be long term. It's flexible, natural, and easy to maintain even after you've met your performance goals. Feeling good and living a healthier life is what matters — so stick with it!





WANT MORE?

Isagenix offers many products to support a healthy lifestyle. Be sure to visit Isagenix.com to see how our Weight Loss and Healthy Living products can benefit you!

Enjoy Convenient Snack Options



Fortify Your IsaLean™ Shake



Support Your Healthy Lifestyle



GET PAID FOR SHARING ISAGENIX PRODUCTS

One of the things we're most proud of at Isagenix is that we offer a complete circle of wellness to our Customers — and this includes financial wellness. It's simple. Experience the products, see the results, share your story, and change your financial future. To learn more about how to start earning a residual income, talk to the person who shared Isagenix with you.



