

HEALTHY AGING

Step-by-Step Guide

“ I was an overworked, overweight, and overtired parent who was not being as active in my children’s lives as I should [have been]. These products, especially IsaGenesis®, helped me take better care of my health, gave me more energy, and provided a feeling of greater youth. ”

BOB DUNCAN, AGE 51
2016 ISABODY CHALLENGE® FINALIST



TABLE OF CONTENTS

- 2 Create Your Path to Success
- 3 Plan Your Shake & Cleanse Days
- 5 Customize Your 30 Days to Fit Your Lifestyle
- 6 Find Resources for Support

HEALTHY AGING SYSTEM OVERVIEW

Congratulations on your choice to take the next step toward comprehensive wellness and longevity. Your Healthy Aging system helps you stay on track with a 30-day stock of quality products to keep your body cleansed and nourished the Isagenix® way. In addition, you get healthy aging and complete nutrition support from our revolutionary Complete Essentials™ With IsaGenesis. Aging never felt and looked so good.

YOUR HEALTHY AGING SYSTEM CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

IONIX® SUPREME: LIQUID OR POWDER

Beat stress and increase mental and physical performance naturally with this powerful adaptogen-rich tonic.

CLEANSE FOR LIFE®: LIQUID OR POWDER

Cleanse for Life nourishes your body with antioxidants and plant botanicals that support your own detoxification systems.

IsaLean™ Shake, IsaLean Shake Dairy-Free, and IsaLean PRO Shake Lose or maintain your weight, stay full, and build or maintain lean muscle with this meal replacement shake.

COMPLETE ESSENTIALS WITH ISAGENESIS (MEN OR WOMEN)

A foundational product for your best health and longevity. This daily pack provides superior healthy aging and whole-body nutritional support. Featuring IsaGenesis for greater cellular and telomere support, plus a full spectrum of vitamins, minerals, omega-3s, and antioxidants for complete nourishment.

CLEANSE SUPPORT KIT: 4-DAY SUPPLY

24 Isagenix Chewables™, 8 IsaComfort®, 8 Natural Accelerator™ capsules. The products included in the Cleanse Support Kit+ are intended to be used on your Cleanse Days. Any unused portion can be used any day. Do not deep cleanse more than two consecutive days per week.

+Cleanse Support Kit also available in dairy-free option.



YOUR PATH TO SUCCESS

FOR BEST RESULTS, FOLLOW THE STEPS BELOW

- 1. Use the Shake and Cleanse Day planner (page 3)** to remind you when to take each product, and use this tool to support your success.
- 2. Follow the Healthy Aging system monthly schedule**, or create a customized schedule using our Cleanse and Shake Day guidelines and custom calendar tool (page 5). Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.
- 3. Take your measurements and track your success** with our easy-to-use measurement tracker (page 4).
- 4. Success loves company** — so be sure to enlist an accountability partner or Isagenix Coach like your enrolling Sponsor, spouse, friend, or co-worker. Have this person join you in your transformation, or have him/her offer you daily support by providing encouragement, tracking your progress, and keeping you focused. You can also get helpful tips from the “Personal Coaching” section of IsaProduct.com.
- 5. Buy healthy foods and plan healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home, including sodas, foods with artificial sweeteners and coloring, and junk food.

Your Pak, Your Way

IsaLean Shake

- IsaLean PRO

- Any flavour combo
- Available in dairy-free flavours

Ionix Supreme

- Canister, sticks, or liquid

Cleanse for Life

- Canister, liquid, or singles

Complete Essentials with IsaGenesis

- For Men or Women

Isagenix is committed to providing you with flexibility and simplicity tailored to help you maximize results. Customize any system or pak with any flavour, packaging, or upgrade option.

Some days you feel like vanilla; some days are made for chocolate; others you just want to grab your Cleanse for Life and go. You want the best for your health and your business, and we want to provide you with the best options. Now you can . . .

Custom build your system or pak the way you like; it's your call.

Enjoy Autoship Rewards Pricing with a simple discount structure.

Now you can pick any flavour or package, and upgrade options are all up to you!

Visit IsaProduct.com for healthy recipes.

NOW YOU'RE READY TO BEGIN

SHAKE DAY PLANNER

Early Morning

- Drink 1 serving of Ionix Supreme

Morning — Breakfast

- Enjoy an IsaLean Shake
- Take 1 A.M. packet of Complete Essentials with IsaGenesis

Late Morning — Snack

- Optional: Choose one serving of a Shake Day snack

Early Afternoon — Lunch

- Eat a healthy, low-glycemic, and balanced 400- to 600-calorie meal

Midafternoon — Snack

- Optional: Choose one serving of a Shake Day snack

Evening — Dinner

- Eat a healthy, low-glycemic and balanced 400- to 600-calorie meal
- Take 1 P.M. packet of Complete Essentials with IsaGenesis

Drink enough water throughout the day to stay well hydrated.

SHAKE DAY SNACK OPTIONS (products sold separately)

- 2 Isagenix Chewables
- 1 Fibre Snacks™
- 1 Slim Cakes*
- 1-2 IsaDelight*
- 1-2 servings of AMPED™ Hydrate
- Whey Thins™

CLEANSE DAY PLANNER

Early Morning — Cleanse 1

- Enjoy 1 Deep Cleansing serving* (4 oz) of Cleanse for Life
- Take 1 Natural Accelerator capsule
- Take 1 A.M. packet of Complete Essentials with IsaGenesis

Midmorning — Snack

- Drink 1 serving of Ionix Supreme
- Enjoy up to 2 IsaDelight chocolates
- Take 2 Isagenix Chewables

Late Morning — Cleanse 2

- Enjoy 1 Deep Cleansing serving* (4 oz) of Cleanse for Life

Early Afternoon — Snack

- Take 2 Isagenix Chewables
- Take 1 Natural Accelerator capsule

Midafternoon — Cleanse 3

- Enjoy 1 Deep Cleansing serving* (4 oz) of Cleanse for Life

Early Evening — Snack

- Take 2 Isagenix Chewables

Evening — Cleanse 4

- Enjoy 1 Deep Cleanse serving* (4 oz) of Cleanse for Life
- Take 1 P.M. packet of Complete Essentials with IsaGenesis

Late Evening — Bedtime

- Take 1-2 IsaComfort capsules with 8 oz of purified water

Drink enough water throughout the day to stay well hydrated.

*Follow “Deep Cleansing Directions” on the Cleanse for Life label to ensure proper serving size.

CLEANSE SUPPORT OPTIONS (product sold separately)

- Eat ¼ apple or pear
- 1-2 IsaDelight chocolates
- 1-2 servings of AMPED Hydrate (if you are exercising)
- 2 Isagenix Chewables
- Enjoy Isagenix Coffee throughout the day or 1-2 servings of e+ for added energy if needed.
- 1 bag of Whey Thins (limit one bag throughout the day)

PRODUCT USAGE CALENDAR AND GUIDELINES

HEALTHY AGING SYSTEM CALENDAR (START ON ANY DAY OF THE WEEK)

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

*To ensure product delivery for next month, make sure to order no later than day 20 or enrol in the Autoship Rewards program.

S = Shake Days
C = Cleanse Days

SHAKE DAY GUIDELINES

- Enjoying an IsaLean Shake for breakfast is recommended.
- It is okay to add Isagenix products such as Isagenix Greens™, IsaPro®, and Isagenix Fruits™ to your IsaLean Shake.
- For meal ideas, go to ChooseMyPlate.gov or IsaProduct.com.
- Engage in an exercise program with both aerobic and resistance training. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink enough water throughout the day to stay well hydrated.

TRACK YOUR PROGRESS

MEASUREMENT TRACKER

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Day 1															
Day 11															
Day 30															
Total Lost															
Goals															

CLEANSE DAY GUIDELINES

- The products included in the Cleanse Support Kit are intended to be used on your Cleanse Days. Any unused portion can be used any day. Do not deep cleanse more than two consecutive days per week.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Drink enough water throughout the day to stay well hydrated.

Additional tools can be found online in your Associate Back Office in the “Resources” section and by visiting IsaProduct.com.

CUSTOMIZE YOUR HEALTHY AGING SYSTEM

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The Healthy Aging system you have chosen is a flexible 30-day program that can easily be customized to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 Cleanse Days** during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Day(s), and follow the Shake and Cleanse Day guidelines (on page 4). If you schedule more than two Cleanse Days, you will need to purchase additional Cleanse for Life.

Use the calendar below to create your custom 30-day experience.

26 x S = Shake Days **4 x C** = Cleanse Days

To be sure that you don't run out of product by next month, order no later than day 20 or enrol in the Autoship Rewards program.

Please note: When customizing your Healthy Aging system experience, the Shake and Cleanse Day Guidelines must still be followed (page 4).



MARINA BAKKER, AGE 55
2011 ISABODY CHALLENGE FINALIST

YOUR SUCCESS IS OUR SUCCESS!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

EDUCATION: ISAPRODUCT.COM

This easy-to-navigate site contains everything you need to know about the products in your system. You'll also have access to coaching calls, product information sheets, videos, fast facts, FAQ, success stories to keep you motivated, worksheets to track your health goals, and much more!

INSPIRATION: ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix transforms lives.

NEWS: ISAFYI.COM

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business, and much more are in one place online!

SCIENCE: ISAGENIXHEALTH.NET

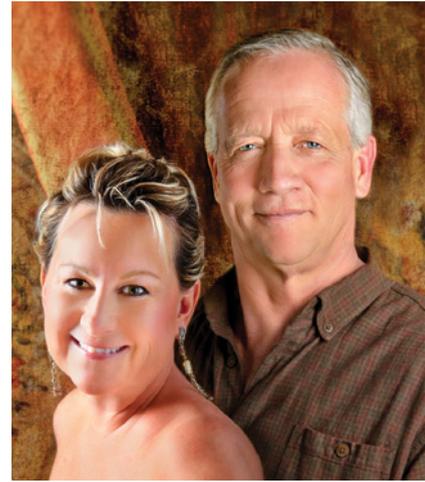
Learn more about the science behind our products, FAQ, and more!

TRAINING: ISAGENIXPODCAST.COM

Download our weekly training calls straight to your iPod; send your prospects a simple link to the audio; or even listen in to the recorded calls from one place.

COMMUNITY: SOCIAL MEDIA

At Isagenix, we've long recognized social networking — or what we like to call “social entrepreneurship” — as a revolutionary way of doing business. Our Facebook.com/Isagenix, Twitter.com/Isagenix and YouTube.com/Isagenix have something for everyone, including cleanse community support and support for creating a business model and leveraging social networks.



“We have been taking Isagenix routinely for a while now because of our hectic lifestyles. Isagenix has given us more energy to enjoy life. We are encouraged by how great we feel and excited about our future.”

— John and Lori L.

SHARE YOUR EXPERIENCE WITH OTHERS

One of the best ways to ensure that you maintain your new lifestyle is to learn more about how to get paid for sharing Isagenix products with others.

Go to IsagenixBusiness.com to learn how you can sustain your new lifestyle by sharing Isagenix with your family, friends, and neighbours.

