



ISAGENIX®

Where Will
Healthy
Change
Take You?
Your Guide to
Healthy Living



HEALTHY LIVING LEADS TO HEALTHY AGING

We're all aging from the very moment we come into this world. Some experts say we peak at 20, and gradually, our health starts to decline from there. That doesn't mean we can't control some of the factors that accelerate age by following three simple steps:

Move! Move! Move!

This is the biggest gift you can give yourself, especially if you participate in things you enjoy. Whether that's an evening walk, a bike ride, gardening, or anything else that gets your body moving, research shows that the more you like what you're doing, the more likely you are to stick with it. Think about what works best for you, and be sure to talk with your doctor before trying anything new.

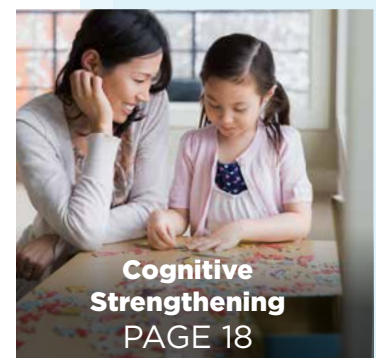
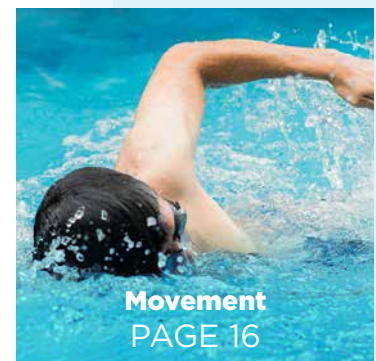
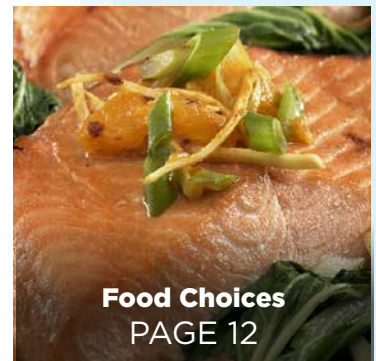
Maintain your brain.

Cognitive decline is a normal part of aging. Research suggests that actively learning new things can slow this process down. Simple things such as reading a new book, taking dance lessons, or learning a new language challenge your mind so it's always working. Never stop learning!

Watch what you eat.

Sounds simple, but when you live a busy life, it can be challenging to get the nutrients you need to stay healthy. Be sure to include a variety of fruits, vegetables, whole-grain foods, and proteins in your diet. Follow your doctor's recommendations, especially if you have dietary restrictions or health issues.

Let's look at how Isagenix can help you live a healthier life.



YOUR PATH TO WELLNESS IS UNIQUE.

The
Isagenix 3



THE FOUNDATION FOR REAL WELLNESS

Choosing Isagenix means embarking on an exciting new way of life and having the courage to reach your goals. This isn't a diet; it's a lifestyle. We make it easy to follow, flexible, and convenient so you can focus on important things like family, friends, work, and anything else that makes you smile. Introducing the Isagenix 3 — core products that can make a real difference on your journey to optimal health.

Balanced Nutrition **MADE EASY**

When we say perfectly balanced, what do we mean? It's important that we get the right balance of macronutrients. When we refer to "macros," we're talking about protein, carbohydrates, and fats. We need these nutrients in the right amounts to give our body the energy it needs.

Life can make it hard to eat a well-balanced diet. Isagenix sets you up to succeed by offering convenient options that taste great and help you accomplish your goals.



IsaLean Shake

Shake your way to a leaner you with delicious IsaLean™ Shake. Enjoy 24 grams of high-quality protein from the happiest grass-fed cows around, 8 grams of fiber, digestive enzymes, and balanced carbs and fats plus a full spectrum of vitamins and minerals with no artificial colors, flavors, or sweeteners. It's maximum nutrition in minimal calories!



Easy-To-Follow Routine

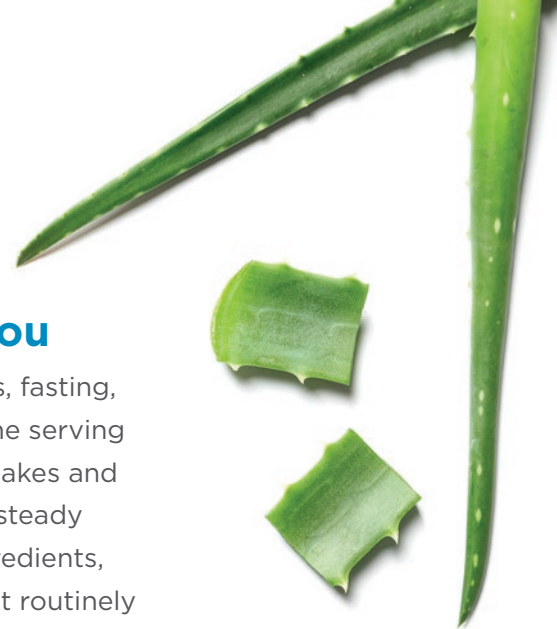
IsaLean Shakes are formulated to replace up to two traditional meals per day to help you reach your goals. Mix two scoops of your shake with 240 mL of water, then shake, stir, or blend and enjoy! It's a perfectly balanced meal in minutes!



Cleanse and Nourish OUR WAY

Everyday Cleansing for a Healthier You

Everyday cleansing at Isagenix doesn't mean skipping meals, fasting, or endless trips to the restroom. It simply means drinking one serving of delicious Cleanse for Life® each day in addition to your shakes and regular meals. Everyday cleansing provides your body with steady support from polyphenol-rich botanical extracts, herbal ingredients, and other key nutrients found in Cleanse for Life. If you don't routinely complete intermittent fasting days, everyday cleansing is an ideal way to incorporate the benefits of Cleanse for Life into your routine.



Cleanse for Life

Give your body a daily boost of important ingredients not found in most diets. This unique beverage is packed full of vital nutrients, antioxidants, and vitamins and minerals, plus botanicals such as aloe vera, ashwagandha, bilberry, turmeric, and more. Cleanse for Life is also our secret weapon on Cleanse Days to revitalize your body's natural detoxification systems. It's gentle, but powerful and ensures your body gets nutrients it needs even when you're fasting.



Tip

Cleansing is more fun with friends!

You can support, encourage, and hold each other accountable. Celebrate your success together!



ADAPTOGENS FOR *Stress Relief*

Stress affects your focus, mood, and mental clarity and can lead to bad decisions when it comes to eating. Isagenix uses adaptogens, ancient ingredients that combat modern-day stress. These herbs and roots have been used for centuries to heal and balance the body. No matter what other nutritional products or wellness strategies you might be following, Ionix® Supreme can be a game changer.



Tip

Mix with your favorite IsaLean™ Shake, or drink alone as a warm tea.



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Ionix Supreme

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



SHAKE UP YOUR SHAKES

IsaLean™ Shakes are nutritious meal replacements on their own, but blending in some of your favorite foods or other products is a great way to add variety and is an effective way to get additional nutrients you may need.

Try adding some of the following foods or products:

- ½ medium-sized banana
- 1 cup spinach
- ½ tbsp peanut butter
- ½ tbsp coconut oil

Note: If you are trying to manage your weight, be mindful of adding more calories to your shake.

Tip

Load your cup from the bottom up. Start with liquids, then add powders and sticky ingredients (such as honey), followed by optional fruits or vegetables, and finally finish it off with frozen ingredients if desired for maximum thickness.



FiberPro

Do you eat five portions of fruits and vegetables every single day? Don't worry, many people struggle to get the recommended amount of fiber needed for a healthy digestive system. FiberPro™ is a simple way to boost your daily fiber intake, combining prebiotic fiber plus probiotics to support feeling full and improve overall gut health and regularity.



Immune Shake Booster

Take care of the system that keeps you healthy! Prime, strengthen, and balance your immune system with this special blend of maitake, reishi, and poria mushrooms combined with beta-glucans from yeast. With ingredients that support improved immune function, Immune Shake Booster blends easily into any Isagenix shake without altering the flavor.



Heart Shake Booster

Cardiovascular disease is the number one cause of death around the world. Take extra care of your heart by eating a healthy diet, exercising, and adding Heart Shake Booster to your Isagenix shake. This heart-healthy combination of plant sterols, pantethine, and extracts from foods common to Mediterranean diets blends easily into any Isagenix shake.



ADDED NUTRITION FOR HEALTHY LIVING

Supplements can enhance health — especially as we get older. As we age, nutrient absorption declines, so the body may not be able to break down and absorb nutrients like it used to. Eating a healthy diet and adding vitamins and botanicals to your routine can help you stay fit and feel great.



IsaFlush

Having a healthy digestive system plays an important part in overall wellness. This non-fiber-based daily supplement combines the essential mineral magnesium with bentonite clay and natural botanicals like peppermint and hyssop to provide gentle and natural support for healthy digestion and regularity.



IsaOmega

The omega-3 fatty acids EPA and DHA from fish are known to support heart, joint, and brain health. Eating the right fish to provide enough EPA and DHA can be challenging. Plus, eating large amounts of fish can increase exposure to heavy metals. IsaOmega™ is an easy-to-take softgel that incorporates DHA and EPA without the risk of heavy metals or other contaminants.



Joint Support

As we age, our joints and the cartilage in our joints can weaken, leading to reduced mobility and health. Joint Support™ is a daily solution formulated by experts in joint health to help keep joints strong and youthful. Combining high-potency glucosamine, chondroitin, Methyl Sulfonyl Methane (MSM), and collagen with botanicals to protect joints for long-term health.

Isagenix Fruits

In today's busy world, having a convenient way to boost your intake of nutrients from fruit is important! Even more important is not overconsuming calories and sugar. Isagenix Fruits provides antioxidants and phytonutrients from over 30 fruits, all in 25 calories and less than 1 gram of sugar per serving.



FUEL YOUR DAY

Work, family, friends, finances — you live a busy life. Isagenix makes it easy to stay fueled throughout your day. Check out some popular products that can help boost your energy level even when you're on the go.



AMPED NOx



AMPED™ NOx delivers a stimulant-free 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 you increase stamina and energy.

IsaLean Bar

Isagenix makes getting good nutrition on the go EASY! IsaLean™ Bars are a convenient way to support your health goals by providing 18 grams of high-quality whey and milk protein from grass-fed cows, combined with balanced carbohydrates, fat, and fiber in every delicious bar. IsaLean Bars taste as good as they are for you!



e+

Energize yourself naturally! e+ is a long-lasting energy shot made with responsibly sourced, plant-based caffeine and adaptogens like eleuthero root, hawthorn berry, rhodiola root, and schisandra. It's ideal for fueling your daily workout or giving you an energy boost.



Want More?

For complete product descriptions and nutrition labels, visit [Isagenix.com](https://www.isagenix.com).



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NEED HELP PLANNING?

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

Early Morning

AMPED™ NOx — 1 bottle
Ionix® Supreme — 1 stick

Mid-Morning

400-to-600-calorie meal
Cleanse for Life® — 1 serving

Early Afternoon

IsaLean™ Shake — 1 serving
Immune or Heart Shake Booster —
1-2 scoops (added to IsaLean Shake)
FiberPro™ — 1 scoop (added to
IsaLean Shake)

Late Afternoon

e+ — 1 bottle
Snack (optional)

Evening

400-to-600-calorie meal

Before Bed

IsaOmega™ — 1-2 softgels
IsaFlush® — 1-2 capsules
Joint Support — 3 tablets

↳ Snack Options

IsaLean Bar — ½ bar
Isagenix® Fruits — 1 serving
100-200-calorie snack of your choice



WHAT ABOUT OTHER FOODS?

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

PROTEINS

Protein boosts metabolism more than carbohydrates or fat 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

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



Chinese Broccoli
128 g uncooked |
33 kcal



Broccoli
64 g uncooked |
15 kcal



Cucumber
64 g | 8 kcal



Tomato
128 g | 27 kcal



Red Bell Pepper
1 medium size |
25 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 healthy fats such as olive oil, canola oil, avocados, and mixed nuts or seeds are also important for a healthy diet.

SAMPLE RECIPES



Steamed Tofu With Minced Pork SERVES 2

INGREDIENTS

- 200 g silken tofu
- 250 g bok choy, rinsed
- 2 tsp olive oil
- 2 cloves minced garlic

Sauce

- 1 tbsp low-sodium light soy sauce
- 1 tsp sesame oil

DIRECTIONS

1. Pour olive oil into wok. Add the garlic, and turn the heat to medium-high.
2. Add the bok choy. Toss very well to coat each leaf with the garlicky oil for 15 seconds.
3. Add water, immediately cover, and cook for 1 minute. Set aside.
4. Mix minced pork with marinade.

Marinade

- 1 tbsp water
- 1 tsp corn flour
- 2 tsp oyster sauce
- 1 clove minced garlic
- 2 chopped shiitake mushrooms
- 50 g minced lean meat

5. Divide minced pork into 6 portions and put on top of tofu.
6. Steam on high heat for 10 minutes or until done.
7. Pour away excess liquid.
8. Pour over the sauce mix and garnish with diced spring onion and chili peppers. Serve with stir-fry bok choy.

NUTRITION PER SERVING

375 Calories; 13.9g Fat; 25g Carbs; 6g Fiber; 5.6g Sugar; 38g Protein

Steamed Salmon With Bok Choy SERVES 2

INGREDIENTS

- 300 g salmon fillets
- 1 tbsp low-sodium light soy sauce
- 1 tsp sesame oil
- 1 spring onion, cut into thin matchsticks

- 4 cm piece ginger, cut into thin matchsticks
- 1 cup rinsed bok choy
- 100 g buckwheat noodles

DIRECTIONS

1. Combine soy sauce and sesame oil, and brush over salmon.
2. Sprinkle half the spring onion and ginger over salmon. Place bok choy and salmon in a steamer. Bake for 15 minutes or until salmon is cooked.
3. Cook the noodles. Drain and set aside.
4. Divide noodles into bowls and top with salmon and bok choy. Top with remaining spring onion and ginger.

NUTRITION PER SERVING

514 Calories; 25 g Fat; 33.5 g Carbs; 3 g Fiber; 0.7 g Sugar; 37 g Protein



DINING-OUT TIPS

Good nutrition is an important part of healthy living. Your diet can help you reach and maintain a healthy weight and promote your overall health. Here are some smart things to think about when you eat out:



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

You're eating right; now it's time to get moving! 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



Start slowly, then gradually increase your frequency. Start exercising two to three times a week, and gradually increase the intensity and frequency of your workouts.

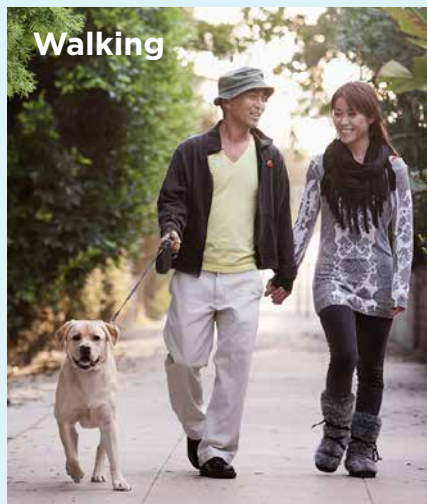
3



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!

Exercise at Every Age

Whether you're 18 or 80, live your best, most active life.



Walking



Yoga



Badminton

4



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

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



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

Golf



Swimming



Biking





TRAIN YOUR BRAIN

You exercise your body, now exercise your MIND! The brain's plasticity allows it to change even as we get older. By performing certain activities, you can create and strengthen neural networks and pathways that ultimately make your brain stronger. Research shows people who engage in healthy behaviors like exercise and good nutrition are less likely to experience cognitive decline associated with the aging process. Here are a few of our favorite brain games:

- **Try drawing a map of your town from memory.** Include landmarks, street names, etc.
- **Learn something new!** Start playing an instrument, take up knitting, learn to cook — keep expanding your skills.
- **Use your nondominant hand.** That's right! Using the opposite hand to write and do daily tasks forces your brain to work harder.





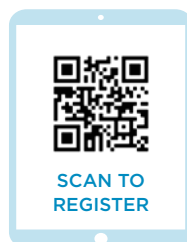
ARE YOU READY FOR THE CHALLENGE?



THE ISABODY CHALLENGE

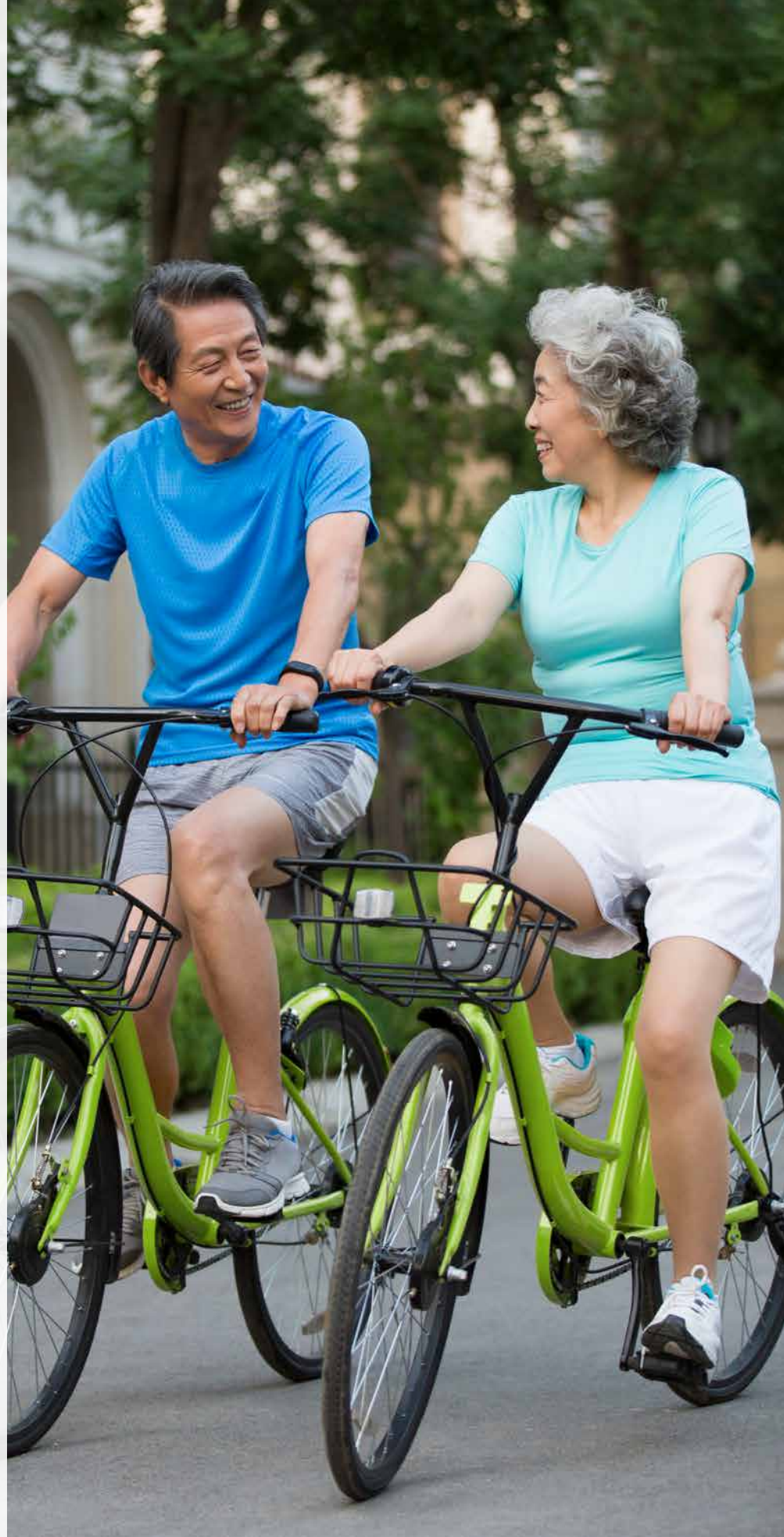
Whether you want to look better, sleep better, have more energy, gain lean muscle, or you're ready for a radical physical change, the IsaBody Challenge® is for you! No matter where you are in your fitness journey, you can join Isagenix Members around the world who are there to support, motivate, and 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 goals. Feeling good and living a healthier life is what matters — so stick with it!





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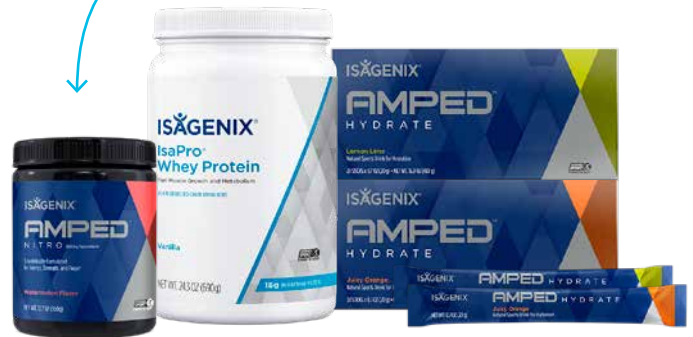
THERE'S MORE!

There's something for everyone at Isagenix! Looking to lose weight? Have more energy? Gain muscle? No matter what your health goals are, we have you covered. Visit [Isagenix.com](https://www.isagenix.com) to see how our Weight Loss and Energy & Performance systems can benefit you!

Support Weight Loss



Fuel Your Workout



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.



