

THE AMPED™ PERFORMANCE LINE

Solutions for an
Active Lifestyle



ISAGENIX®



THANKS FOR YOUR PURCHASE

It's time to get excited about what AMPED™ can do for you!

You're about to experience a line of products that can help you realize your body's physical potential. Thousands of people have already taken their transformational journeys with Isagenix. Now you're ready to join them.

Take a moment to feel good about yourself. Your time is now.

Remember that small healthy changes really do mean a lot. If you start to feel overwhelmed, step back and ask, "What is one thing I can do **today** to make a healthy change?" Whether it's working out with a group, improving your endurance, or meal prepping, you'll be on your way.

Here's to you and your health!



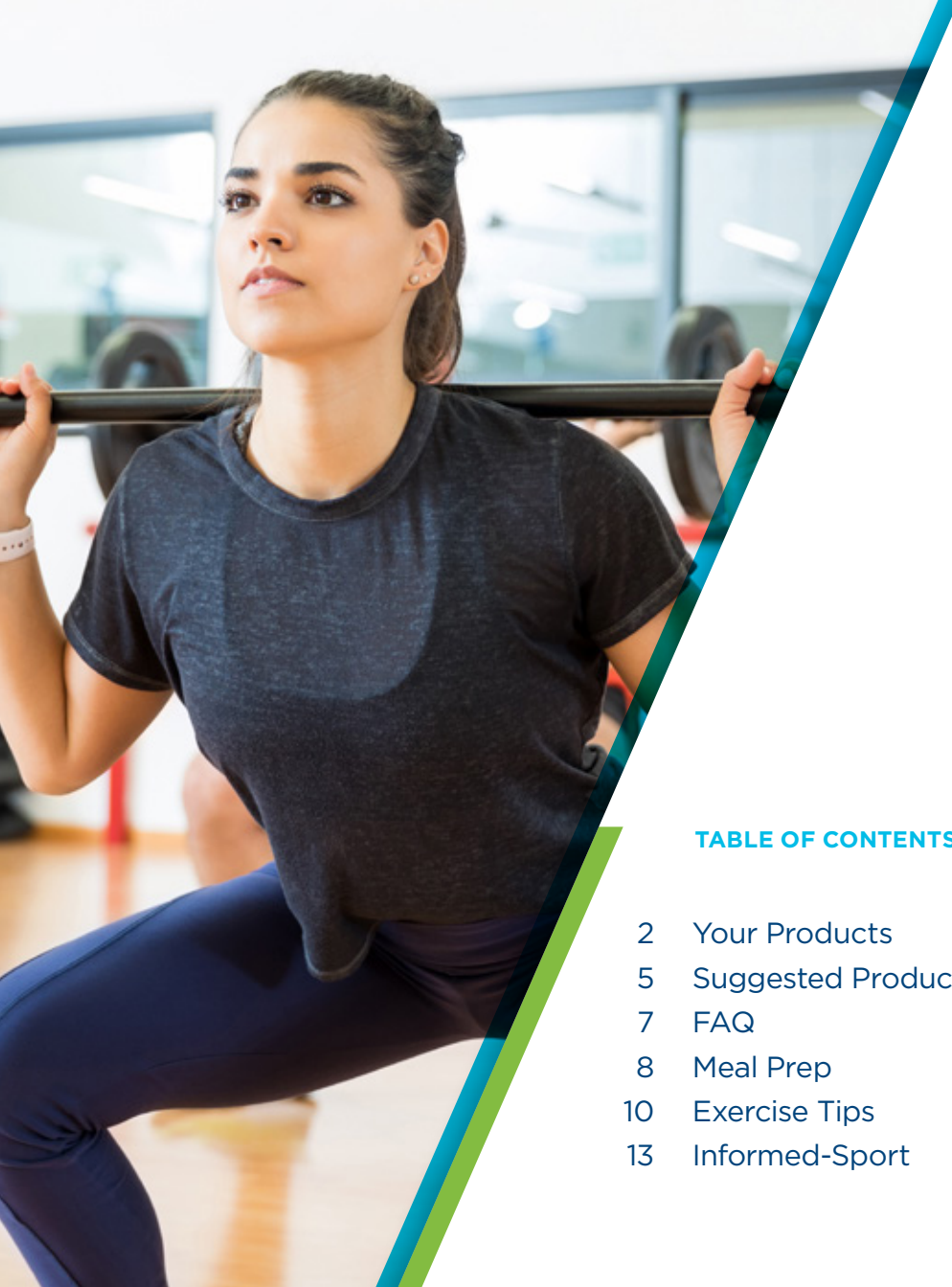


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PRODUCTS YOU'LL LIKE RESULTS YOU'LL LOVE



All products on these two pages are gluten-free and Informed-Sport certified and contain no artificial flavours, colours, or sweeteners. (For more details on Informed-Sport, see Page 13.)



AMPED TRI-RELEASE PROTEIN

An advanced blend of three proteins to help you develop lean muscle, enhance strength, and boost recovery time.

- 25-gram protein blend to support fast, medium, and slow amino acid release over time.
- Contains patented Velositol[®] to help maximize muscle protein synthesis and improve the efficiency of branched-chain amino acids (BCAAs).

AMPED[™] NITRO

A pre-workout supplement that provides energy, strength, and focus for optimal training.

- Creatine and betaine for increased muscle power in repetitive bouts of brief, highly intense physical activity.
- Beta-alanine, taurine, and naturally sourced caffeine for increased energy and stamina.



AMPED REPAIR

A powerhouse blend of cutting-edge ingredients to alleviate soreness after workouts and promote total-body recovery after exercise.

- Includes phytonutrients and functional ingredients like tart cherry, turmeric, collagen, and astaxanthin to help reduce exercise-related soreness.
- Designed to optimize your performance, limit your recovery time, and help you experience results faster.



AMPED BCAA PLUS

An intra-workout supplement designed to help support fat burning during exercise, sustain performance and energy levels, and boost lean muscle development.

- Specialized blend of BCAAs, L-glutamine, L-carnitine, and other amino acids.
- Stimulant-free, great-tasting, and refreshing — perfect during your workout.



AMPED NOx

A stimulant-free pre-workout drink that helps increase blood flow and oxygen delivery to your working muscles.

- Nitrates sourced from a blend of fruit and vegetable extracts, including beets and celery.
- Nitric oxide boost for increased power, stamina, and energy.[†]

AMPED™ POWER

A stimulant-free pre-workout supplement designed to prepare your body for better strength and power before exercise.

- Nitrosigine[®] and citrulline help deliver nutrients and oxygen to working muscles.
- Creatine improves your performance and reduces fatigue.



OTHER GREAT PRODUCTS TO COMPLEMENT YOUR ACTIVE LIFESTYLE



ISALEAN™ PRO SHAKE

A complete meal replacement for maximum lean muscle building and boosting metabolism. A premium protein blend with a complete BCAA profile to naturally boost muscle growth and maintenance.

- 36 grams of protein to satisfy hunger.
- Low-glycemic with energy-fueling carbohydrates, good fats, and filling fiber.

IONIX® SUPREME

A nutrient-rich tonic featuring a blend of adaptogens designed to protect against the negative effects of stress.

e+™

A long-lasting, flavorful energy shot made with naturally sourced, plant-based caffeine and botanicals.

- Fuels your everyday and athletic activities.
- No artificial flavours, colours, or sweeteners.

[†]Velositol® is a registered trademark of Nutrition 21, LLC, and is patent protected.

[§]Nitrosigine® is a registered trademark of Nutrition 21, LLC, and is patent protected.

YOUR HEALTH IS OUR PRIORITY

What do we all want from the products we consume? Quality, safety, and proof of results.

Every Isagenix product is developed through extensive research, and ingredients are selected through evidence-based science to ensure results. Our team of experts is here to see that your product experience is both safe and effective. We are guided by a Scientific Advisory Board comprised of renowned and trusted professionals in health and wellness.

What does that mean for your performance?
**Results You Can't
Get Anywhere Else™.**



USING AMPED PRODUCTS: FOR EXERCISE AND BEYOND

You'll find that as you use our AMPED™ products, you'll get better results faster when you follow “timed nutrition” or eating key nutrients at the right time. The next pages demonstrate what that looks like on a workout day and a rest day while you are using products from the AMPED Next-Level Pack and the AMPED Core Bundle. You can also find AMPED products in the Performance Value Pack and Performance System.

TIP: Stay accountable by writing out your own schedule on a weekly basis. No one else's plan will look exactly the same!

Some easy guidelines:

- Eat 4-6 protein-based meals every three hours spaced evenly throughout the day.
- Consume 20-40 grams of protein at each meal.
- Eat your first meal within one hour of waking up in the morning.
- Eat your last meal within two hours of going to sleep in the evening.

EVERYDAY NUTRITION

BREAKFAST IsaLean™ PRO Shake, e+™, and Complete Essentials™ Daily Pack

MIDMORNING SNACK AMPED Tri-Release Protein **OR** IsaPro™ and Isagenix Fruits

LUNCH IsaLean PRO Shake and fresh veggies, nuts, and seeds

MIDAFTERNOON SNACK AMPED Tri-Release Protein **OR** IsaPro and Isagenix Fruits **OR** Greek yogurt, oats, and fresh fruit

DINNER Lean protein, fresh veggies, nuts, berries, and tea or water

EVENING SNACK AMPED Tri-Release Protein **OR** IsaPro, Organic Greens, Ionix® Supreme, and the Complete Essentials Daily Pack

EXERCISE DAYS

PRE-WORKOUT AMPED Nitro **AND/OR** AMPED NOx within 30 minutes of working out

DURING WORKOUT AMPED BCAA Plus

ANYTIME AMPED Tri-Release Protein post-workout or anytime you need a high-protein snack

THE BIG QUESTION: “SHOULD I EAT BEFORE I EXERCISE?”



This is one of the most frequently asked questions.
The answer depends on a few things:

1. Is the goal of your exercise session to facilitate weight loss or drive performance?

Light-to-moderate-intensity training can usually be performed on an empty stomach. If you're planning on a more intense workout, eating before exercise may be the way to go.

2. What type of exercises are you doing?

If you're training at a lower intensity, your body has more time to use oxygen, which means that a higher percentage of calories burned will come from fat and some carbohydrates. If you're performing at a higher intensity or for a longer period of time, then you'll most likely feel better training after eating carbohydrates. Unlike fat stores, carbohydrate stores in the body are more limited.

3. What time of day are you working out?

For some people who train first thing in the morning, it can be a challenge to eat so early. Because the body makes some physiological adaptations when it is training in a fasted state (e.g., muscle cells get better at burning fat), eating carbs the night before or taking AMPED™ BCAA Plus during exercise can be helpful when you can't stomach breakfast.

4. What do you prefer?

If having a shake before exercise helps fuel you so you can work out harder, go for it. Remember: More calories spent in a workout equals more calories burned overall. However, if you train early in the morning or feel better working out on an empty stomach, you'll still have your AMPED Repair and/or AMPED Tri-Release Protein for post-exercise recovery.

HOW TO LOVE MEAL PREP



You've seen the pictures on Facebook and Instagram — a kitchen counter lined with dozens of food containers with the same meal, almost always chicken, broccoli, and rice. Preparing meals in bulk is a great way to keep your nutrition organized, but you should also love what you eat every day.

These are some foods that you can mix and match to keep your meal prep interesting.

PROTEIN

- Grilled or shredded chicken.
- Roast turkey breast or ground turkey.
- Grilled, roasted, or stir-fried lean beef.
- Bison burgers or steak.
- Grilled or steamed fish.
- Beans, peas, or lentils.

CARBOHYDRATES

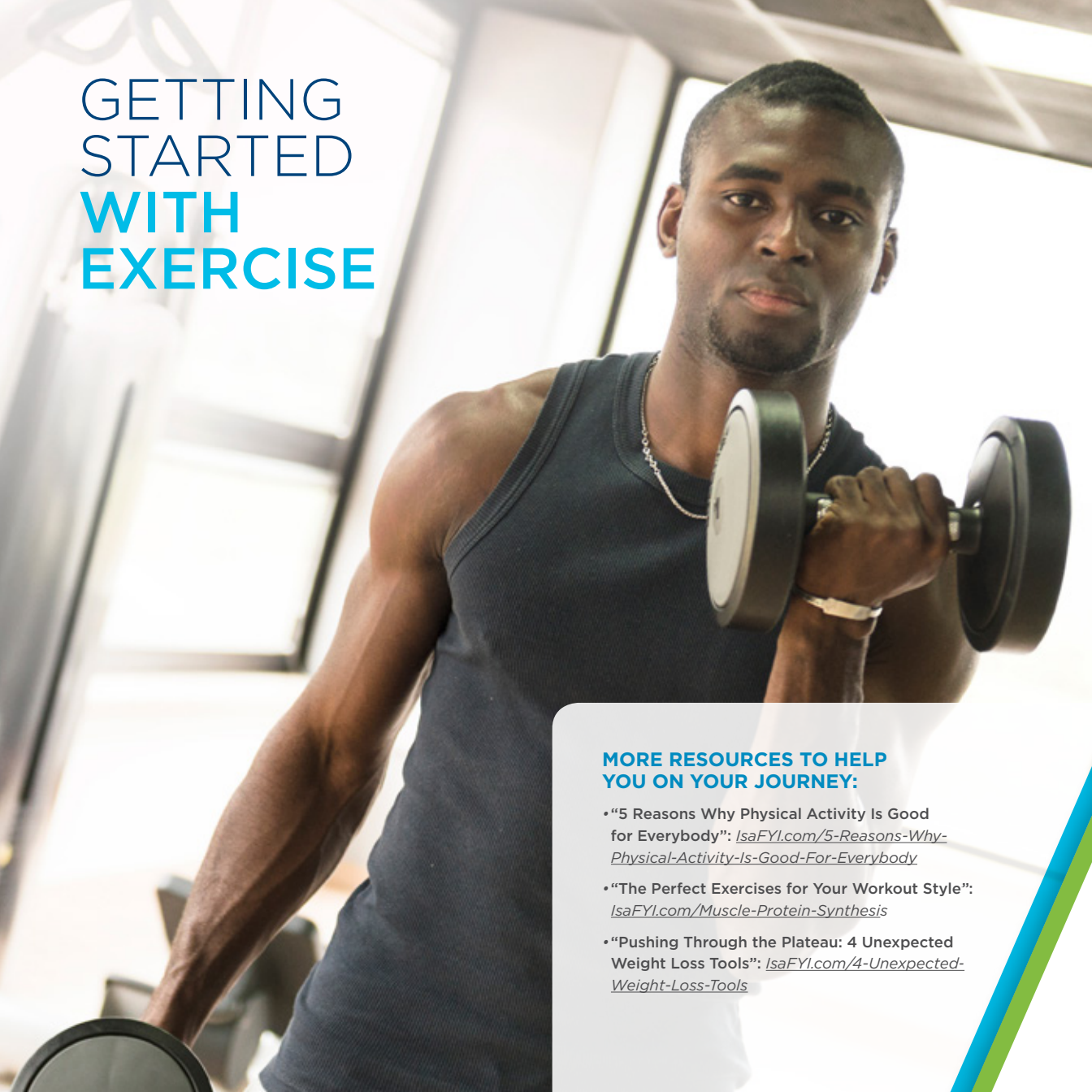
- Rice.
- Quinoa.
- Sweet potato or white potato.
- Whole-grain pasta or bread.
- Polenta.
- Fresh or dried fruit.

VEGETABLES

- Any green vegetable that is fresh, steamed, or sauteed: broccoli, Brussels sprouts, spinach, bok choy, kale, and cabbage.
- Stir-fried vegetables: bamboo shoots, water chestnuts, mushrooms, and bean sprouts.
- Roasted vegetables: beets, carrots, fennel, and onions.
- Grilled vegetables: eggplant, zucchini, and red bell peppers.



GETTING STARTED WITH EXERCISE



MORE RESOURCES TO HELP YOU ON YOUR JOURNEY:

- “5 Reasons Why Physical Activity Is Good for Everybody”: IsaFYI.com/5-Reasons-Why-Physical-Activity-Is-Good-For-Everybody
- “The Perfect Exercises for Your Workout Style”: IsaFYI.com/Muscle-Protein-Synthesis
- “Pushing Through the Plateau: 4 Unexpected Weight Loss Tools”: IsaFYI.com/4-Unexpected-Weight-Loss-Tools

The longer you sit around wondering what exercises you are going to do, what it will feel like to walk into a gym for the first time in a long time, or how tough working out will be, the more time you are wasting.

Here are three steps to help you begin today:

1. COMMIT TO THE LONG-TERM PROCESS OF CHANGING YOUR BODY IN A POSITIVE WAY

Strength, endurance, and flexibility. These are the three essential components of fitness. You may choose to emphasize one over another depending upon your goals — for example, spending more time on weights than cardio. But, know this: You'll get the best results when you include all three in your workout routine.

A good plan involves a minimum of 20 minutes of physical activity on most days with 2–3 days of strength training per week.

Aim to make your workouts as efficient as possible. For example, you can make a circuit out of your training so you're not resting for long periods of time between sets.

This method can give you a great workout in less time if you consistently move from one exercise to the next. HIIT, or high-intensity interval training, is another way to get maximum benefit from your workouts in minimum time.

2. EXPLORE GROUP FITNESS CLASSES OR A GYM

Many people find accountability and motivation from joining a gym or going to group fitness classes. Quick tip: Make a wish list of all the amenities that you want and need in a gym. Do you want to swim? Is a Pilates class a must? Whatever it is that will keep you excited to actually go to the gym — shoot for that.

3. TAKE A MOMENT TO VISIT [ISAWORKOUTS.COM](https://www.isaworkouts.com)

If you're not sure where to start, check out these simple workout sheets that are easy to follow at home. As you get more comfortable, add more time and movements.*

*You should consult your physician or other healthcare professional before starting this or any other fitness program to determine if it is right for you. Do not start this fitness program 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 ISABODY CHALLENGE

The IsaBody Challenge® is a 16-week total body transformation challenge for Isagenix Customers. It's a great way to jump right in, start your transformation, and win prizes while you're at it. Everyone who completes the Challenge receives a coupon code for up to US\$200 to spend on Isagenix products. In addition, you also have the chance to win a share of over **US\$1 million in money, prizes, and trips!**

Check out the Challenge today at IsaBodyChallenge.com.

After

Before

Weight loss, muscle gain, lifestyle, and other results depicted here reflect exceptional individual experiences of Isagenix Customers and should not be construed as typical or average. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup.

AMPED AND INFORMED-SPORT CERTIFICATION

For competitive athletes, we know how important it is that you take products that are free from banned substances. The Informed-Sport certification is a recognized and trusted program around the world. Rest assured, AMPED™ Tri-Release Protein, AMPED Repair, AMPED Nitro, and AMPED BCAA Plus have all undergone rigorous testing to provide the highest level of assurance for athletes and are indeed Informed-Sport certified.

Tests search for a wide range of banned substances on the World Anti-Doping Agency list, including anabolic agents, stimulants, drugs of abuse, and beta-2-agonists.

To check if a product is Informed-Sport certified, visit [Informed-Sport.com](https://www.informed-sport.com), and type in your product batch (lot) number into the Certified Product Search box. Numbers are typically found on the label or the bottom of the product.



INTERMITTENT FASTING

Intermittent fasting is commonly associated with weight loss, but it's also a nutritionally supported process to help your body's natural detoxification systems. Research shows that intermittent fasting can benefit your body and brain function, making it a critical component to improved performance.

Properly timed Cleanse Days can be used to help reduce body fat. The combination of intermittent fasting with products like Cleanse for Life™ supports antioxidant and immune defenses.† If you do a Cleanse Day, choose a rest day or light exercise day to avoid negatively affecting performance.

You can gain antioxidant benefits from drinking Cleanse for Life on a daily basis. In fact, a few of the ingredients in Cleanse for Life have been shown to offer support to athletic performance and recovery when used daily.

Learn the science behind intermittent fasting at IsagenixHealth.net/Intermittent-Fasting-101.

Learn more about Cleanse for Life at Isagenix.com.





Peak performance
begins at **Isagenix.com.**



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