

ISAGENIX

**Slim Down,
Smile More:**
Your Guide to
Weight Loss





DON'T DREAM IT, **DO IT!**

A lifestyle change like this is a big step, but you're not alone. With Isagenix, you are part of a global community of like-minded individuals here to support and encourage you every step of the way. We know losing weight isn't always easy, but success happens when you:

1. Use our products.
2. Make healthy eating a priority.
3. Exercise!

Three steps to a slimmer, healthier you. Pretty simple, right?

LET'S GET STARTED!



Isagenix Products
PAGE 4



Food Choices
PAGE 12



Exercise
PAGE 18

YOUR PATH TO WEIGHT LOSS IS UNIQUE.



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 that makes you smile. Let's look at what we like to call 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 weight loss 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!

Tip

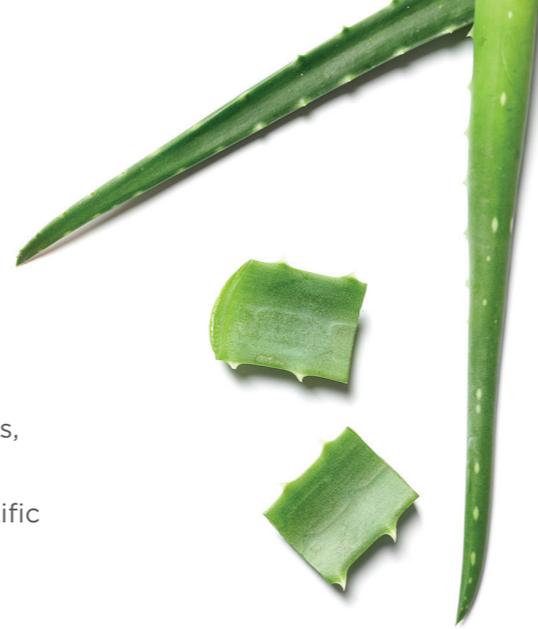
Load your cup from the bottom up. Start with liquids, add powders, and finish it off with ice if desired for maximum thickness.



Cleanse and Nourish OUR WAY

We Call It a Cleanse Day!

Intermittent fasting is the process of cycling in and out of periods of eating and not eating. We call them Cleanse Days, and they've been part of the Isagenix System long before intermittent fasting became trendy. There are proven scientific benefits to intermittent fasting that include weight loss and increased energy levels. The nutrients in Cleanse for Life® ensure your body gets what it needs even when you're fasting.



Cleanse for Life

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

Tip

Cleansing is more fun with friends! You can support, encourage, and hold each other accountable. Celebrate your success together!



ADAPTOGENS FOR *Stress Relief*

Stressed out and hungry. It's a dangerous combination when you're on a weight loss journey. 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.



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, essential nutrients for optimizing your health. Use this daily energizer at any time and say no to stress!



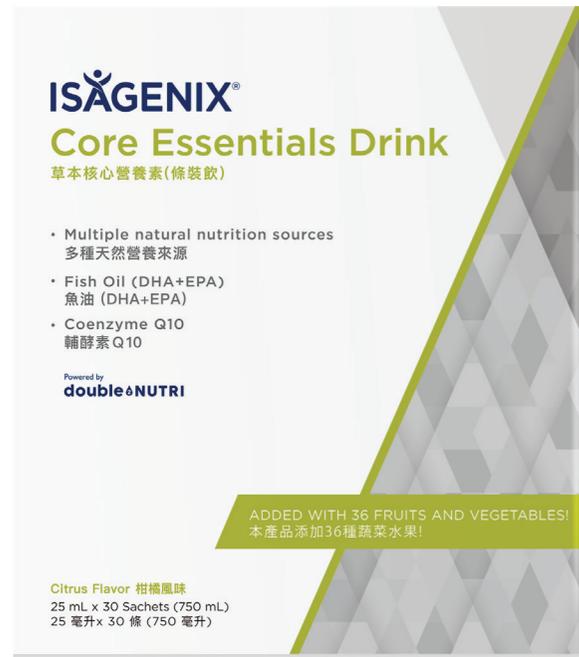
FOUNDATION FOR *Optimal Health*

We all need nutrients to maintain physiology. Nutrients contain macronutrients (carbohydrates, proteins, fats) that provide calories, as well as micronutrients (vitamins and minerals) as well as phytonutrients, dietary fiber and water.



Core Essentials Drink

One sachet contains multiple natural nutrition sources from a combination of 36 kinds of fruit and vegetable to fortify your body with a balanced blend of core daily nutrition. Formulated with cranberry juice helps support health. Maintain physical function and enhance vitality by pumpkin seeds, artichoke, pomegranate juice, red clover and goji. The addition of nicotinamide promoting nervous system health support. The liquid dosage form is compatible with precious fat-soluble nutrients, specially added CoQ10 which plays an important part in the metabolism to keep you energetic and Omega-3 fish oil containing DHA and EPA to help support your well-being. Features double Nutri technology, helps good absorption of its health-benefiting nutrients.



Collagen Bone Broth

Infused with collagen peptides and vitamin C to support collagen production that naturally declines as we age and helps keep you feeling satisfied on Cleanse Days.

Isagenix Greens

A superfood experience packed with two full servings of organic vegetables and made with ingredients such as organic kale, spinach, turmeric, chlorella, spirulina, and more.



Best and convenient nutrition source

One sachet daily, portable and ready to consume!





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



Isagenix Snacks

Want a snack with a perfect balance of nutrients to keep you fueled and focused? Of course you do! Chew a few Isagenix Snacks™ to help satisfy cravings in between meals and on Cleanse Days.

IsaFlush

Restore your body's natural rhythm with a non-fiber-based digestive supplement. IsaFlush® provides the essential mineral, magnesium, combined with bentonite clay and natural botanicals. IsaFlush isn't a laxative but rather a gentle and natural daily support for healthy digestion and regularity.



Natural Accelerator

Get daily support for metabolism with essential nutrients like niacin and chromium combined with natural ingredients. This combination in Natural Accelerator™ helps the body metabolize nutrients from food and supports the body's ability to burn calories and fat without the use of harmful stimulants.



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. Ideal to fuel your daily, your workout, or if you need an energy boost.

AMPED Hydrate

Enriched with vitamins C and B-complex, this drink keeps you naturally hydrated and replenishes nutrients and electrolytes that can be lost during 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.



Harvest Thins

These plant-based, protein-packed snacks come in convenient, 100-calorie packs and are the perfect way to satisfy cravings — even when you're on the go.



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.



LET'S PUT IT ALTOGETHER

Now that you know more about what's in your box, let's see how it all works together to help you reach your goals. It's pretty simple. Each day will either be a Shake Day or a Cleanse Day.

Shake Days

On a Shake Day, replace one to two meals with a delicious IsaLean™ Shake, then eat a well-balanced 400-600-calorie meal. You can choose which meals to replace with shakes, and you can switch it up depending on your schedule or what your body needs. Always eat two healthy snacks on your Shake Day.

Cleanse Days

On a Cleanse Day, you'll reap the benefits of intermittent fasting by abstaining from your normal diet. Instead, nourish your body with four servings of Cleanse for Life®, along with plenty of water and healthy snacks. We recommend doing no more than two Cleanse Days in a row and four Cleanse Days per month. Review the Cleanse Day Planner for snack ideas.

SINGLE CLEANSE DAY

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

BACK-TO-BACK CLEANSE DAYS

 Sunday*	 Monday*		 Thursday	 Friday	 Saturday
 Sunday*	 Monday*		 Thursday	 Friday	 Saturday

*Two to five Shake Days are recommended prior to your first Cleanse Day.

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight loss program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.



Did You Know?

Cleanse for Life isn't just for Cleanse Days. You can benefit from its ingredients every day! Even after you've reached your weight loss goals, continue to make Cleanse for Life part of your daily routine even when you aren't fasting.

NEED SOME HELP PLANNING?

Here's a guide to get you started. The serving times listed below may be adjusted to fit your routine.



Shake Days

Early Morning

Ionix® Supreme — 1 stick (optional)

Mid-Morning

IsaLean™ Shake* — 1 serving

Natural Accelerator™ — 1 capsule

Isagenix Snacks™ — 1-2 tablets (optional)

Early Afternoon

IsaLean Shake* — 1 serving

Immune Shake Booster — 1-2 scoops added to IsaLean Shake (optional)

Core Essentials Drink — 1 sachet

Late Afternoon

Snack (optional)

Evening

400-600-calorie meal

Before Bed

Ionix Supreme — 1 stick (optional)

IsaFlush® — 1-2 capsules

➔ Snack Options

e+ — 1 serving

IsaLean Bar — ½ bar

AMPED™ Hydrate — ½ stick

Harvest Thins™ — 1 bag

IsaFruits — 1 stick

Isagenix Greens — 1 stick

Collagen Bone Broth — 1 bag

100-200-calorie snack of your choice

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

Cleanse Days

Early Morning

Ionix Supreme — 1 stick (optional)

Mid-Morning

Cleanse for Life — 2 scoops

Natural Accelerator — 1 capsule

Isagenix Snacks™ — 1-2 wafers

Early Afternoon

Cleanse for Life — 2 scoops

Isagenix Snacks — 1-2 wafers

Core Essentials Drink — 1 sachet

Natural Accelerator — 1 capsule (optional)

Late Afternoon

Cleanse for Life — 2 scoops

Cleanse Day Snack

Evening

Cleanse for Life — 2 scoops

Isagenix Snacks — 1-2 wafers

Before Bed

Ionix Supreme — 1 stick (optional)

IsaFlush — 1-2 capsules

➔ Snack Options

e+ — 1 serving

AMPED Hydrate — ½ stick

Harvest Thins — 1 bag throughout day

IsaFruits — 1 stick

Isagenix Greens — 1 stick

Collagen Bone Broth — 1 bag

Apple or pear — 1-4 slices

Customize It

This is just one example of how to plan your Shake and Cleanse Days. You can mix it up any way that works for you. One of the best parts about Isagenix is that it's flexible, so make it your own!



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 fats and helps reduce hunger while providing the body what it needs to build and repair tissues.

- | | |
|--|---|
|  <p>Chicken Breast
100 g 165 kcal 31 g protein</p> <ul style="list-style-type: none"> • Other lean meat options (pork tenderloin or beef tenderloin) |  <p>Tofu
85 g 80 kcal 9 g protein</p> |
|  <p>Grouper
114 g 134 kcal 28 g protein</p> <ul style="list-style-type: none"> • Other white fish options (halibut, cod, barramundi) |  <p>Eggs
1 egg 90 kcal 8 g protein</p> |
|  <p>Shrimp
85 g 76 kcal 15 g protein</p> |  <p>Snap Peas
128 g 60 kcal 3 g protein</p> <ul style="list-style-type: none"> • 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.

- | | |
|--|--|
|  <p>Brown Rice
64 g 108 kcal 22 g carbohydrates</p> |  <p>Whole-Wheat Bread
1 slice 100 kcal 20 g carbohydrates</p> |
|  <p>Quinoa
64 g 111 kcal 20 g carbohydrates</p> |  <p>Sweet Potato
1 medium size 112 kcal 26 g carbohydrates</p> |
|  <p>Oatmeal
64 g 180 kcal 33 g carbohydrates</p> | |

VEGETABLES

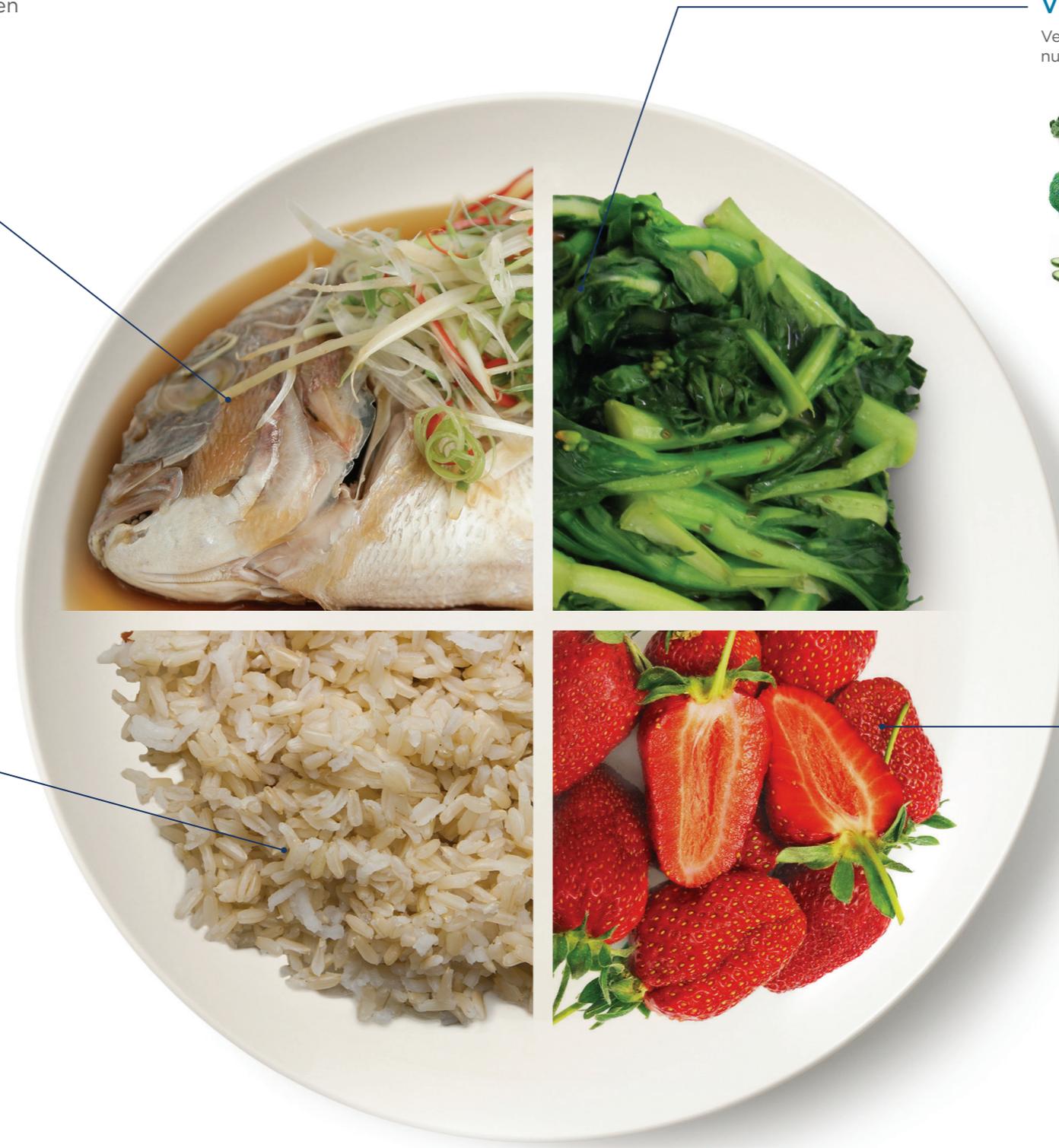
Vegetables are an important part of a healthy diet and help provide many nutrients, including potassium, fiber, folate, and vitamins A, E, and C.

- | | |
|---|---|
|  <p>Chinese Broccoli
128 g uncooked 33 kcal</p> |  <p>Tomato
128 g 27 kcal</p> |
|  <p>Broccoli
64 g uncooked 15 kcal</p> |  <p>Red Bell Pepper
1 medium size 25 kcal</p> |
|  <p>Cucumber
64 g 8 kcal</p> | |

FRUITS

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

- | |
|--|
|  <p>Blueberries
128 g 84 kcal</p> |
|  <p>Grapes
128 g 104 kcal</p> |
|  <p>Orange
1 fruit 62 kcal</p> |
|  <p>Kiwi
2 fruits 90 kcal</p> |



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



Ginger Shrimp With Quinoa Salad SERVES 2

INGREDIENTS

- 250 g peeled and deveined shrimp
- 1 tbsp olive oil
- ½ tsp chili powder
- ½ tsp garlic powder
- ½ cup finely chopped coriander
- 1 peeled sliced orange
- 2 soft-boiled eggs
- ½ sliced cucumber
- ½ cup shredded green cabbage
- ½ tsp sesame seeds
- 1½ cup cooked quinoa

Dressing

- 2 tbsp lemon juice
- 1 tbsp tahini
- 1 clove garlic
- 1-inch peeled ginger

DIRECTIONS

1. Rinse the shrimp, and pat dry with paper towels. Mix the seasonings in a bowl, then add the shrimp. Toss to coat, then set aside.
2. Place oil in a skillet and heat until simmering. Add the seasoned shrimp and cook, stirring occasionally until cooked, about 4-5 minutes.
3. Add ginger dressing ingredients to a blender. Blend until smooth.
4. Add dressing and desired toppings to the shrimp and enjoy your salad!

NUTRITIONALS PER SERVING

522 Calories; 18.6 g Fat; 55.2 g Carbs; 6 g Fiber; 10.3 g Sugar; 33 g Protein

Stir Fry Chicken and Cashew SERVES 2

INGREDIENTS

- ½ cup quinoa
- ½ cup brown rice
- 2 cups water
- 250 g diced chicken breast
- 2 tsp olive oil
- 2 gloves minced garlic
- 25 g roasted cashew
- ½ diced green bell pepper
- ½ diced red bell pepper
- 2 tbsp water

Marinade

- 1 tsp sesame oil
- ¼ tsp white pepper
- 2 tsp low sodium light soy sauce

DIRECTIONS

1. Bring water to a boil in a medium saucepan. Stir in rice and quinoa.
2. Reduce heat, cover and simmer for 20 minutes, until mixed rice is tender and all water is absorbed.
3. Remove from heat. Keep covered and let stand, for 10 minutes.
4. Allow chicken to marinate for 5 minutes.
5. Sauté chicken in olive oil and garlic until nearly cooked. Add green bell pepper, red bell pepper and water. Sauté well until the chicken is completely cooked.
6. Add cashew and mix well. Serve with brown rice quinoa.

NUTRITIONALS PER SERVING

379 Calories; 12 g Fat; 32.5 g Carbs; 2.4 g Fiber; 1.5 g Sugar; 34 g Protein



DINING-OUT TIPS

When you're trying to lose weight, 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.



Be Selective

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



Cut the Fat

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



Load Up on Veggies

Choose dishes that use vegetables as the main ingredients.



On the Side

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



Watch Your Portions

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



Want To Share

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



Take It Slow

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



Quit the "Clean Your Plate" Club

Try eating half your food and taking the rest home.



Pass on the Buffet

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

ALMOST THERE ...

There's one more thing that will help you achieve your ideal weight, but first, let's review how calories are burned. There are several components that make up your total daily energy expenditure, or the number of calories you burn each day.



60-75%

BASAL METABOLIC RATE (BMR)

The calories you burn to keep your body functioning at rest.

15-30%

ACTIVITY

- Nonexercise activity thermogenesis
- Active exercise

10%

THERMIC EFFECT OF FOOD

The calories you burn to chew, digest, and store food.

TOTAL DAILY ENERGY EXPENDITURE



Fun Fact

Total daily energy expenditure could also be referred to as your maintenance calories. If you eat this amount of calories, you will maintain your weight. To lose weight, you must maintain a calorie deficit.



NONEXERCISE ACTIVITY THERMOGENESIS

The calories you burn doing daily activities like washing dishes, typing on your computer, or walking around your office.



ACTIVE EXERCISE

The calories you burn during your workouts. This is dependent on the intensity and duration of each session.

METABOLISM — FRIEND OR FOE?

You may have heard people blame weight gain on a slow metabolism, but is metabolism really to blame? And if it is, is there anything you can do about it?

What Is Metabolism?

Metabolism is a highly complex biochemical process where calories in food and drinks are combined with oxygen to release the energy your body needs to function. Your age, gender, size, and body composition determine your individual basal metabolism.



You're in Control

Diets high in protein have been shown to increase metabolism for hours after eating. Protein-rich foods require your body to use more energy to digest them, which is known as the thermic effect of food. You can control how many calories you burn through physical activity. That leads us to the final ingredient in your recipe for weight loss success. You've got to MOVE! MOVE! MOVE!



Did You Know?

Weight isn't always the most accurate measure of success. As you begin building muscle, you may experience weight gain because you're increasing muscle mass.



MAKE EXERCISE A PRIORITY!

This should come as no surprise — physical activity is key to your weight loss success! You must get up and move, no excuses. Here are six ways to incorporate more exercise into your daily life.

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



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

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.

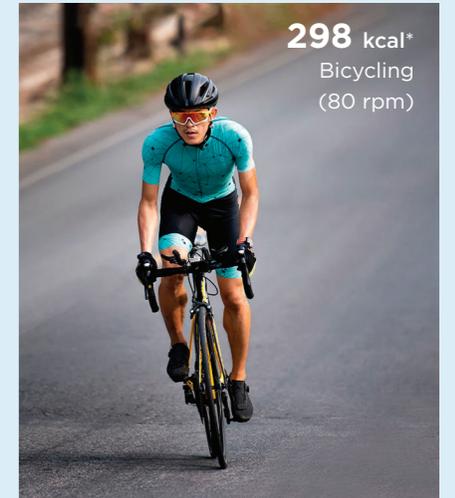
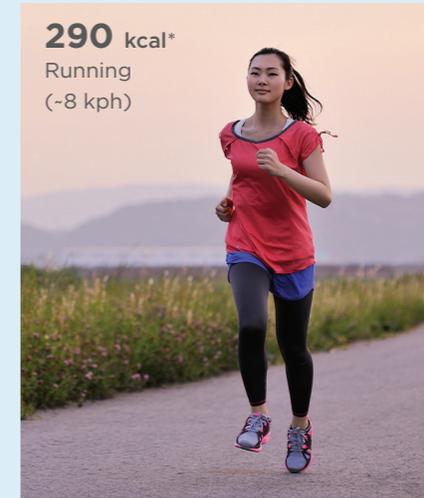
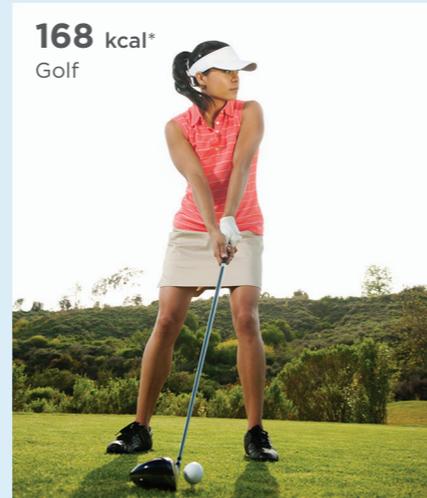
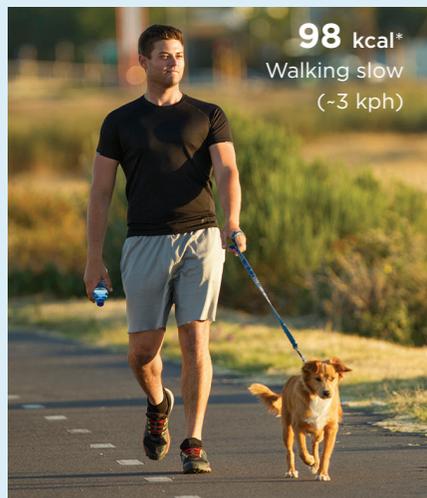
6



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!

Burn Those Calories

Here are some exercises you could do and their potential calorie burn.





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, NOT A DIET.

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



WANT MORE?

Isagenix is much more than weight loss. Be sure to visit [Isagenix.com](https://www.isagenix.com) to see how our Energy & Performance and Healthy Living products can benefit you!



Fortify Your IsaLean™ Shake



Improve Performance



Support Your Goals

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.



