



VITALITY + WELL-BEING
SYSTEM GUIDE

**HEALTHY CHANGE
BEGINS HERE**

ISAGENIX.

WELCOME TO YOUR HEALTHY CHANGE!

THESE ARE THE STEPS TO SET YOU UP FOR SUCCESS
AND MAKE YOUR WELLNESS JOURNEY WITH
ISAGENIX A HEALTHY CHANGE FOR LIFE.

SET YOUR SCHEDULE

Download the IsaLife™ app for step-by-step guidance to
customise your Isagenix plan.

SET YOUR GOALS & GROW YOUR SUPPORT TEAM

Join the IsaBody Challenge™, smash your first Challenge
with support from an amazing community, and share
your results!

TRUST THE PRODUCT & THE SCIENCE

Keep up-to-date with products, videos, tools, and
training sessions.

START NOW ... HEAD TO [ANZ.ISAGENIX.COM](https://anz.isagenix.com)

THE BETTER WAY TO NOURISH

BALANCED NUTRITION | STRESS RELIEF | CLEANSE AND NOURISH



Balanced Nutrition MADE EASY



1. ISALEAN® SHAKE

balanced meal replacement that supports healthy weight loss and muscle maintenance. Provides **24 grams of high-quality protein**, energy-fueling carbs, good fats, filling fibre, and vitamins and minerals. As part of this system, replace any two meals a day with IsaLean Shakes. Plant-based option available.

Cleanse and Nourish OUR WAY



2. CLEANSE FOR LIFE™

provides herbal and plant-based nourishment for your body. The drink can be enjoyed as part of Cleanse Days or as an everyday supplement.

ADAPTOGENS FOR *Stress Relief*



3. IONIX® SUPREME

is a daily nutrient-rich tonic that can support mental and physical performance. It features a blend of adaptogenic herbs and other ingredients to help your body resist and adapt to stress.

GET TO KNOW YOUR PRODUCTS

In addition to the Isagenix 3, we've highlighted some products to help boost your health and wellness journey. Depending on your system selection, some products may not be in your box, or you may have the products listed below plus some extra!



BEA™

B&E is not your average sparkling energising drink. B&E stands for 'botanical energy + adaptogens'. It's more than just caffeine in liquid. An artful blend of raw nutrients sourced from whole-food fruit and vegetable ingredients, B&E contains potent green tea polyphenols and 100 mg of caffeine to help boost metabolism. It's free from gluten, soy and dairy and contains less than one gram of sugar and 10 calories per serve. Swap your cup of coffee for a cool can of B&E for a source of steady, natural energy when you need it most.



ISALEAN SHAKE PLANT-BASED

This delicious shake contains 24 g per serve of high quality protein from peas and wholegrain brown rice as well as filling fibre and energy-fuelling carbohydrates. Gluten- and soy-free, IsaLean Shake Plant-Based provides a perfect alternative for people with dietary restrictions. Available in Rich Chocolate and Vanilla Chai flavours.



COMPLETE ESSENTIALS™ WITH ISAGENESIS™

Effective and complete nutritional support, uniquely designed for men and women. Complete Essentials with IsaGenesis fortifies your body with a balanced blend of high-potency vitamins, minerals, antioxidants and omega-3 fatty acids to support complete daily nutrition.



ORGANIC GREENS

A minty fresh way to supplement your daily vegetable intake. Each scoop contains two serves of vegetable with precious phytonutrients from plants. Suitable for vegan diets and Cleanse Days.



NATURAL ACCELERATOR™

A combination of traditionally used herbs including cayenne, green tea, cinnamon and ginseng that help stimulate fat and protein metabolism without synthetic ingredients. Contains antioxidants that help fight free radicals and maintain a healthy body.

ISAFUSH™

This combination of cleansing herbs and minerals helps support and maintain a healthy digestive system. Containing 210 mg of magnesium and gentle cleansing herbs, IsaFlush may help to relieve mild constipation while supporting digestion and encouraging regularity.

ISAGENIX SNACKS™

At only 30 calories per serve, these chocolate-flavoured protein wafers help reduce cravings and keep you satisfied. Snacks contain high-quality undenatured whey protein and a high amino acid profile and are perfect for providing a quick energy boost on Cleanse Days. Also available in Plant-Based Natural Wild Berry.

SHAKE AND CLEANSE DAY GUIDE

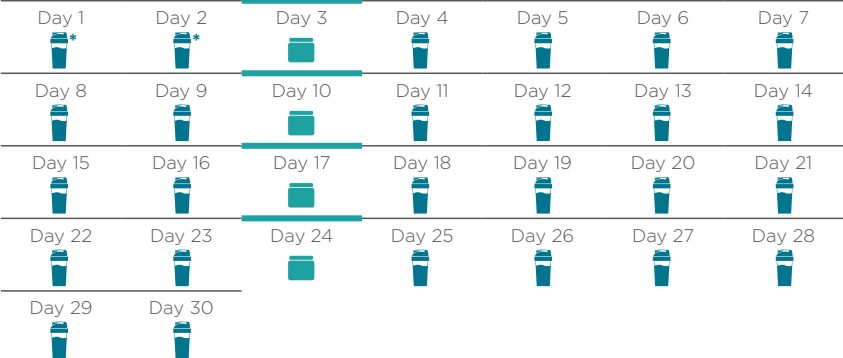
Below are some tips to help you maximise your results with your healthy weight loss system:

SHAKE DAY Replace two meals per day with an IsaLean® Shake, and enjoy up to two healthy, balanced snacks and one 400-to-600-calorie meal. For example, you could have a shake for breakfast, a shake for lunch, and a healthy meal for dinner.

CLEANSE DAY On a Cleanse Day, you will reap the benefits of intermittent fasting by abstaining from normal meals and foods and instead supply your body with four deep cleanse servings of Cleanse for Life along with Cleanse Day approved snack options. (See Page 1: Cleanse Day Tracker.)

Your monthly system may look something like the sample schedule below:

1 CLEANSE DAY PER WEEK



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

BACK-TO-BACK CLEANSE DAYS



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

2 WAYS TO CLEANSE

1. Everyday cleansing involves drinking one serving of Cleanse for Life as a daily supplement. Take one serving daily in the morning, at night, or between meals on Shake Days.
2. Cleanse Days Involve drinking Cleanse for Life during a day of intermittent fasting. Take up to four servings throughout the day. Completing one or two Cleanse Days per week is an excellent way to support weight loss.

Download the **IsaLife** app to customise your Shake and Cleanse days at your fingertips.

SHAKE DAY



Image is an example only - Shake Days are customisable based on your preferences and goals.



BEFORE BREAKFAST

IONIX® SUPREME

1 serving

BREAKFAST

ISALEAN® SHAKE

NATURAL ACCELERATOR™

1 capsule

MIDMORNING

OPTIONAL SNACK

(200 calories or less)



LUNCH

ISALEAN SHAKE OR

400-TO-600-CALORIE MEAL

NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON

OPTIONAL SNACK

(200 calories or less)



DINNER

ISALEAN SHAKE OR

400-TO-600-CALORIE MEAL

BEFORE BED

ISAFLUSH®

1-2 capsules

PRO TIPS: If you're exercising regularly or work in a labour-intensive job, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro® to your favorite IsaLean Shake. Extra protein can help keep you satisfied for longer. There are many ways to customise Shake Days and Cleanse Days. Remember, these are just guidelines!

CLEANSE DAY



Image is an example only - Cleanse Days are customisable based on your preferences and goals.



EARLY MORNING IONIX® SUPREME

1 serving

MORNING CLEANSE FOR LIFE®

120mL liquid or 2 scoops powder

CLEANSE DAY APPROVED SNACK

(See Cleanse Credits on Page 9)

NATURAL ACCELERATOR

1 capsule

MIDMORNING

CLEANSE DAY APPROVED SNACK

(See Cleanse Credits on Page 9)



MIDDAY CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY APPROVED SNACK

(See Cleanse Credits on Page 9)

NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON

CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY APPROVED SNACK

(See Cleanse Credits on Page 9)



EVENING CLEANSE FOR LIFE

120mL liquid or 2 scoops powder

CLEANSE DAY APPROVED SNACK

(See Cleanse Credits on Page 9)

BEFORE BED

ISAFLUSH®

1-2 capsules

CLEANSE DAY TRACKER

10 Cleanse Credits Per Cleanse Day

With nutritional support from **Cleanse for Life™**, **Ionix® Supreme**, and 10 credits to spend during a Cleanse Day, you can choose between these amazing products to curb cravings, nourish your body, and support a better overall experience.

Track your Cleanse Credits progress in the graph below!

0 CREDITS

- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

1 CREDIT

- BĒA™ Sparkling Energising Drink
- AMPED™ Hydrate

2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Organic Greens
- e+™
- Collagen Bone Broth
- Collagen Elixir
- IsaDelight™ Chocolates
- AMPED™ NOx
- AMPED™ Nitro
- AMPED™ BCAA Plus

3 CREDITS

- Harvest Thins™
- Whey Thins™



Monthly Cleanse Day Tracker

Check one box for each credit consumed during a Cleanse Day.

CLEANSE DAY 1

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

CLEANSE DAY 3

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

CLEANSE DAY 2

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

CLEANSE DAY 4

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.



ISABODY
CHALLENGE*



Janelle Eulund

Isagenix Customer since 2016
Australia 2020 IsaBody Challenge
Grand Prize Winner

Take a 'before' photo

to see the progress you've made when you reach your goal. 'Before' and 'after' photos are a great way to see just how far you've come. This picture can also serve as your 'before' picture for the IsaBody Challenge.

YOUR PATH TO SUCCESS

A balanced lifestyle, nutritious food and accountability are the keys to living a healthier life. Check out these six steps to long-term, health and wellness success.

- 1** Weight loss is important, but *centimetres lost* is also an important measurement. Focus on how you feel and how your clothes fit rather than only focusing on the scale.
- 2** Share your goals with your Support Team members you identified on the previous page and invite them to join you in your transformation. Ask your Sponsor how you can earn money to pay for your products by simply inviting others to join you.
- 3** Follow the monthly schedule and Shake and Cleanse Day planner to remind you when to take each product.
- 4** Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soft drinks, foods with artificial colours and sweeteners and other junk foods.
- 5** Read your Personal Pledge daily.
- 6** Join the IsaBody Challenge® to help you achieve your transformation and earn a AU/ NZ \$200 Product Coupon upon completion. Learn more at ANZ.IsaBodyChallenge.com and sign up for the challenge on the IsaLife App!

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

YOUR SUPPORT

Your new lifestyle is an important commitment and we're keen to give you all the help and support you'll need to reach your goals. We have the perfect tools to help you succeed.

PLAN AHEAD. For many people, starting an Isagenix system is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before you start, we recommend consulting your GP to ensure the system is right for you and also to make them aware of the changes you're making.

SET REALISTIC EXPECTATIONS. Most people don't put weight on in just a few days, so remember that it will take more than a few days to release it. It's not a race; it's about developing a healthy lifestyle.

SCHEDULE CLEANSE DAYS when you can to ensure success. Cleansing on busy days keeps your mind off snacking.

DRINK PLENTY OF WATER. The National Health and Medical Research Council of Australia recommends 2.1 L per day for women and 2.6 L per day for men. This will need to be increased during exercise and during warmer weather.

BALANCED NUTRITION reduces food cravings. Use all of your Isagenix products as recommended and consume a diet of fresh, nutritious foods to ensure your body is getting the right nutrition every day.

INCREASE YOUR DAILY ACTIVITY to maximise your weight-loss results. You don't have to start training for a marathon, just move more throughout the day and make a conscious effort to raise your heart rate regularly in striving to achieve the best possible results.



Suzanne Skillen & Paul McAneny
Isagenix Customers since 2013

WHAT ABOUT **OTHER FOODS?**

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



Portion Size:
Thumb

GOOD FATS



Coconut oil



Olive oil



Avocado



Portion Size:
Palm of Hand

PROTEIN



Chicken



Eggs



Beef



Tofu



Lamb



Chickpeas



Fish



Edamame





Portion Size:
Size of 2 Fists

FRUIT & VEG



Tomato



Cucumber



Broccoli



Carrot



Blueberries



Grapes



Orange



Kiwi



Portion Size:
Size of Fist

COMPLEX CARBS



Brown Rice



Quinoa



Oatmeal



Whole-Wheat Bread



Sweet Potato



Noodles

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!



Dawn Schoonmaker
Isagenix Customers since 2010

FAQ

Q: Why do I need to cleanse?

A: Cleansing helps kick-start your metabolism and supports healthy digestion. Cleanse For Life is specially formulated to provide your body with the nourishment it needs while it rids itself of harmful impurities.

Q: What should I expect during the first few days of my journey?

A: The system will help you prepare for efficient, sustainable weight loss. If you follow your system as outlined, you should begin to experience results and feel the difference.

Q: Should I still cleanse if I'm exercising?

A: Yes, you should follow the recommended cleanse schedule for your system. On Cleanse Days, we recommend you minimise your physical activity. If you choose to be active, do so in moderation and support your body throughout the day with AMPED Hydrate, IsaDelight and Isagenix Snacks.

Q: If I'm not hungry can I skip a meal or Shake?

A: We recommend you not skip a meal or IsaLean Shake. Even though you may not feel hungry, your body needs ongoing nourishment. Always ensure you consume two IsaLean Shakes and one meal on every Shake Day.

Q: Can I add fruit to my IsaLean Shake?

A: You can customise your Isagenix System to meet your needs. Keep in mind that adding ingredients to your IsaLean Shake increases your calorie intake.

Q: If I feel tired or have a headache, should I discontinue my system?

A: It is not uncommon when cleansing or changing your normal eating habits to experience side effects. These may include headache, fatigue or constipation. Depending on your side effect, you may try drinking more water or eating a snack. Fatigue and headache may be signs you may be experiencing low blood sugar. Avoid overhydrating as this may cause nausea and dizziness. Consult your GP should you have concerns.

Q: Should I cleanse for 1 or 2 Days?

A: Following our Healthy Ageing Premium Pack, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximise your weight-loss results.

Q: Can I deep cleanse more than two consecutive days?

A: Cleansing two consecutive days can help you maximise your weight-loss results but you should never cleanse more than two days in a row.

Q: I'm a very active person and I have been progressively increasing my workouts during my system. Should I eat more if I'm hungry?

A: There are several things you can do. We recommend you switch out one or both of your IsaLean Shakes with IsaLean PRO or add a scoop of IsaPro to your IsaLean Shake. This will increase your protein and calorie intake safely.



IsagenixAustraliaNewZealand



IsagenixANZ



Download the IsaLife App

RECIPES



Serves 4.
Per serve:
Calories / 509;
Protein / 31 g;
Carbs / 62 g;
Fat / 14 g

Pumpkin and spinach cannelloni

- 500 g butternut pumpkin, peeled, roughly chopped and steamed until soft
- ½ packet (125 g) frozen spinach, thawed and chopped
- 200 g reduced-fat ricotta
- 1 clove garlic, crushed
- 400 g can diced tomatoes
- 375 g fresh lasagne sheets
- Handful fresh basil, chopped
- 1 cup reduced-fat mozzarella or cheddar, grated

Preheat oven to 180°C (160°C fan-forced). Grease a rectangle oven-proof dish with olive oil spray. Squeeze excess liquid from spinach and place in a large mixing bowl with garlic and ricotta. Drain and mash pumpkin, add to bowl and stir to combine. Season to taste. Spread 1/3 cup tinned tomatoes over the base of the baking dish. Spoon about 1/3 cup of the mixture along the shorter length of a lasagne sheet. Roll up and seal using a little water. Repeat with remaining mixture and lasagne sheets and lay cannelloni in a single layer, sealed edge down, in the baking dish. Sprinkle with basil, top with remaining tomatoes and top with mozzarella. Cover with foil and bake for 15 min, then remove foil and bake for a further 15 min or until cheese is browned.



Serves 2.
Per serve:
Calories / 414;
Protein / 45 g;
Carbs / 26 g;
Fat / 13 g

Spiced prawn and zucchini salad

- 1 clove garlic, peeled and crushed
- 2 zucchini, cut into matchsticks
- 1 carrot, cut into matchsticks
- 1 bunch Chinese broccoli, thinly sliced
- 2 Tbsp sweet chilli sauce
- 2 tsp fish sauce
- 500 g prawns, shelled and de-veined
- 2 spring onions, thinly sliced
- Handful mint leaves, roughly torn
- 2 Tbsp lime juice
- ¼ cup sesame seeds

Spray a non-stick skillet with olive oil and heat to medium-high. Add garlic, zucchini, carrot and broccoli and stir-fry for 2 min. Add sweet chilli sauce and fish sauce and stir-fry for 5 min. Add prawns and cook until just opaque. Remove from heat and stir through lime juice, mint leaves and spring onions. Serve topped with sesame seeds.



Serves 2.
Per serve:
Calories / 227 Cal;
Protein / 25 g;
Carbs / 22.7 g;
Fat / 12 g

Lemon Chicken

- 2 free-range 150 g chicken breast fillets
- 1 Tbsp fresh rosemary, chopped
- Juice and finely grated rind of 1 lemon
- 2 cloves garlic, crushed
- ½ cup polenta
- 2 cups mixed lettuce
- 1 tomato, cut into wedges
- 1 Tbsp balsamic vinegar

Preheat oven to 180°C. Lightly grease a shallow baking dish and place chicken breasts in it. Pour lemon juice around fillets. In a small bowl, combine garlic, rosemary, lemon rind and polenta and spread evenly on top of the fillets. Bake for 25 minutes or until cooked through. Meanwhile, toss lettuce, tomato and balsamic vinegar. Remove chicken from oven and rest for 5 minutes.

Serve with salad.



Serves 2.
Per serve:
Calories / 165 Cal;
Protein / 14 g;
Carbs / 74 g;
Fat / 10 g
Fibre / 16.4 g

Veggie sticks with edamame dip

- 300 g frozen edamame
- ½ cup Greek yoghurt
- 1 red chilli, finely chopped
- Juice of 1 lime
- 1 clove garlic, crushed
- ½ red onion, finely diced
- ¼ cup coriander, chopped
- 1 large carrot, unpeeled, cut into sticks
- 2 celery, cut into sticks
- 1 Lebanese cucumber, cut into sticks
- 1 broccoli, cut into florets

Bring a saucepan of water with 1 tsp salt to the boil. Add edamame and boil for 5 minutes. Drain and rinse under cold water. When cool enough, remove beans from shells and discard shells.

Combine beans, yoghurt, chilli, lime juice and garlic in a food processor and blitz until smooth.

Serve with vegetable pieces.

For more healthy meal ideas, purchase *Better Living* from IsaSalesTools.com.au



ISAGENIX®

Learn more at **ANZ.Isagenix.com**



101101522

2134_ANZ_en_Vitality&WellBeing_SystemGuide_01.09.20
© 2019 Isagenix All Rights Reserved

