

Product Packs

WELCOME GUIDE



ISAGENIX®



WELCOME TO ISAGENIX!

We can't wait for you to discover why thousands of people now see our products as an essential part of their daily healthy habits. We've created a range of packs to offer you a combination of Isagenix and Zija products, which go hand in hand together as part of your wellness routine.

In this guide you'll learn more about the benefits of each of these products and how you can incorporate them into your schedule. We know when undertaking a lifestyle change, success often comes with a support system, and if that's what you're after, our community are our greatest asset and we'll be there to support you through it all. So, while you're looking through this welcome guide, think about what you want to achieve long term, not just short term – we're here to support you for both! Yes that initial spark and perhaps some weight loss or muscle gain if that's what you're after, but also beyond that. After all, who wants to feel great for just 30 days?

**Your journey to lifelong
wellness starts here!**

Get to know your products*



IONIX® SUPREME

A fortified tonic packed with botanicals to help you tackle the challenges of everyday life. This powerful elixir is designed to be used daily to promote overall health and wellbeing.

How to use:
Drink one 30ml shot every morning.



NOURISH FOR LIFE™

A blend of nourishing botanicals like aloe vera, Siberian ginseng and peppermint to support your body on Cleanse Days. A key feature that makes Cleanse Days different from ordinary fasting or simply skipping a few meals.

How to use:
On your Cleanse Days you'll have four serving of Nourish for Life. One serving is 118ml / 2 scoops mixed with 120-240ml water. If you're Daily Cleansing, you'll have one serving of 59ml / 1 scoop mixed with 60-120ml water every day.



ISALEAN™ SHAKE & ISALEAN™ SHAKE PLANT BASED

A healthy balanced meal, made with simple, wholefood ingredients that you can feel great about. Crammed full of goodness, giving you just the right amounts of everything you need to feel great – plus it's ready in seconds!

How to use:
Mix 1 sachet / 2 scoops with 240ml water (and ice if you like) either in your blender or shaker bottle.

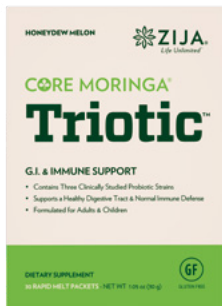


CORE MORINGA™ SUPERMIX & CORE MORINGA™ XM+

Core Moringa SuperMix is a delicious, convenient powdered drink mix made from the nutrient-dense Moringa oleifera plant, that can be added to water for a daily drink. Core Moringa XM+ combines the natural goodness of Moringa oleifera with the natural energy of green tea extract, ginseng and natural caffeine.

How to use:
Add one sachet to 240-540ml cold water and shake well.

*Products will vary depending on which pack you've chosen.



CORE MORINGA™ TRIOTIC

Core Moringa Triotic contains a blend of three bacterium strains known as probiotics – often referred to as friendly bacteria. These friendly bacteria are live microorganisms that have a unique role in supporting a healthy digestive system.

How to use:

Pour powder directly onto tongue and allow to dissolve before swallowing.



CORE MORINGA™ PREMIUM TEA

Core Moringa Premium Tea is a blend of traditional Eastern and Western herbs, used for centuries to aid in digestion and act as a natural laxative.

How to use:

Add one tea pouch to boiling water, leaving the teabag in for maximum 1-2 minutes. Consume before bed no more than once per week.



XANGO® RESERVA

XANGO Reserva contains an array of plant-based nutrients from mangosteen and a premium fruit juice blend.

How to use:

We recommend consuming 30-90ml per serving.



AMÉO ENTUNE™ FULL-SPECTRUM HEMP-DERIVED CBD SQUARES

Améo Entune Full-Spectrum Hemp-Derived CBD Squares are a self-adhesive patch to be placed on the skin. It's made using ingredients like CBD oil, CoQ10, white willow bark and more.

How to use:

Apply one square to your upper arm, inner thigh, or the spine near the base of the neck and leave on for up to 24 hours.



Shake Days

This section is all about how to plan your Shake Days. We recommend planning out how you can tweak the guide so it fits into your busy life and allows you to continue enjoying meals with family and friends. There might be some products on the schedule that you don't recognise, so make sure you check out [Isagenix.com](https://www.isagenix.com) to learn more about them to include in your next order!



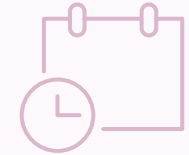
IF YOUR GOAL IS TO LOSE WEIGHT...

We recommend one well-balanced meal (between 400-600 calories) and replace the other two meals with IsaLean Shakes. Feel free to also include a couple of snacks (around 100- 150 calories each), and don't forget your other supplements too!



IF YOU WANT TO STAY HEALTHY OR MAINTAIN YOUR WEIGHT LOSS...

Shake Days are easily adapted depending on what you want to achieve. You can choose between one or two IsaLean Shakes per day depending on what's convenient, and depending on how active you are you may need to add a few extra calories to your day. You could do this by adding some other ingredients to your IsaLean Shake (e.g. fruits, oats, IsaPro) or having a few extra calories in your snacks and meals.



SHAKE DAY SCHEDULE EXAMPLE



Before breakfast

- 1 serving Ionix Supreme
- 1 Core Moringa Triotic
- 1 Core Moringa Supermix / XM+ or Xango Reserva

Breakfast

- IsaLean Shake
- 1 Thermo GX capsule

Mid-morning

- 100-150 calorie snack



Lunch

- IsaLean Shake
- 1 Thermo GX capsule

Mid-afternoon

- 100-150 calorie snack



Evening

- 400-600 calorie healthy, balanced meal

Before bed

- 1-2 IsaMove capsules



Cleanse Days

First, let's talk about why we should cleanse. Most people know that's a job for our liver, but our livers weren't designed with an industrial world in mind. We're exposed to pollutants in the air, water, food, and even in our home. Though we try hard to reduce exposure to toxins and pollutants, we can't escape them all. To help us stay healthy, Isagenix created Cleanse Days, our form of intermittent fasting (which we've been doing long before it became trendy!).

Isagenix created an easier way to fast. You'll drink Nourish for Life four times during the day to maintain energy and focus. Then choose from several tasty snack options to help you out. And remember to always drink plenty of water. Did someone say chocolate? That's right! You can even satisfy your sweet tooth on a Cleanse Day... as long as it's an IsaDelight™!

There are lots of different ways to incorporate Cleanse Days into your schedule! ...

3 WAYS TO CLEANSE

1

Single Cleanse Day

You'll fast for the whole day, with 4 servings of Nourish for Life and your chosen snacks. We recommend up to 4 of these per month.

2

Double Cleanse Day

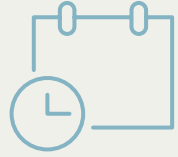
You'll do two back-to-back Cleanse Days, repeating the exact same schedule for a single Cleanse Day... only twice! We recommend up to 2 of these per month.

3

Daily Cleansing

Instead of fasting for the whole day, drink one serving of Nourish for Life (59ml / 1 scoop mixed with 60-120ml water) daily – either first thing in the morning or before bed. This is the perfect solution if you're not ready for your first Cleanse Day or if Cleanse Days aren't for you.





CLEANSE DAY SCHEDULE EXAMPLE



Before breakfast

1 serving Ionix Supreme

Breakfast

1 serving Nourish for Life
(118ml / 2 scoops mixed with
120-240ml water)
1 Thermo GX capsule



Lunch

1 serving Nourish for Life
(118ml / 2 scoops mixed with
120-240ml water)

Mid-afternoon

1 serving Nourish for Life
(118ml / 2 scoops mixed with
120-240ml water)



Evening

1 serving Nourish for Life
(118ml / 2 scoops mixed with
120-240ml water)
1-2 IsaMove capsules

In addition to this, spend up to 10 Cleanse Credits using the tracker to help curb cravings and have a great Cleanse Day experience!



CLEANSE DAY TRACKER

Cleanse & stay on track with 10 credits per Cleanse Day

In addition to enjoying Nourish for Life™ and Ionix® Supreme on a Cleanse Day, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

One serving of Nourish for Life is either

- 118ml of Natural Rich Berry flavour (liquid). You can have this on its own, or mixed with cold or warm water.
- 2 scoops of Peach Mango flavour mixed with 120-240ml water.

4

We recommend having four servings of Nourish for Life throughout the day.

Track your Cleanse Credits below. Check one box for each Cleanse Credit consumed during a Cleanse Day.

0 Credits

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

1 Credit

- Xango Reserva

2 Credits

- Isagenix Snacks™ (2 wafers)
- Isagenix Greens
- e-Shot™
- IsaDelight™
- SuperMix™
- AMPED™ Nitro*
- AMPED™ Hydrate
- AMPED™ Post-Workout*
- XM+

3 Credits

- Harvest Thins™
- Whey Thins™

MONTHLY CLEANSE DAY TRACKER

CLEANSE DAY 1

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 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 3

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

CLEANSE DAY 4

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

*Vigorous or intense exercise is not recommended on Cleanse Days. 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.

IsaBody Challenge

You've already got the tools to lose weight, the IsaBody Challenge is here to help you achieve it! For 16 weeks you'll use the Isagenix and Zija products to reach your goals whilst being supported by an amazing community, and you'll even get a £150/€165 product coupon and a t-shirt just for completing it!

Are you ready for the Challenge? Sign up in your Back Office.



"I had an incredible transformation with Isagenix and the IsaBody Challenge®! It's the best thing that I've tried in my life - I'm in the best shape ever and I can maintain it!

My stamina is much better, I feel great and I love that I can easily adapt the plan depending on my goals – at first I used it to get leaner, and then just adapted how I was using the products to help build muscle. I'm so happy I found these products because Isagenix allows me to have balance and maintain my fitness whilst being happy and nourished."

GIL VERSTRAETEN



"I'd seen some friends in Australia have great results with Isagenix and I was so inspired by them that I decided to give it a go. Within 30 days of my own IsaBody Challenge, I felt more energetic and I lost 5.5kg*! I'm not the kind of person to do home workouts so I love that I can rely on my great nutrition.

I always think you need a combination of a happy mind, body and soul, and Isagenix has helped me get to that point and learn so much about myself – I don't know any other company that does that. I now can maintain my weight healthily and easily, and I've met a real community where everybody supports each other. I'm healthier and happier and I think that's very special."

KASIA DEN DIJKER



"I feel amazing, my dream really came true! Last year I was sitting in the audience during my first event watching the 2019 IsaBody Finalists, and their stories showed me that even if you're at your lowest, it's possible to turn everything around and become the best version of yourself! I was so inspired and in that moment I decided I would be on stage next year to inspire other people with my story and become the next IsaBody winner. I still can't believe it, but one year later I did it!

The most important thing to me is that I became the fittest and happiest person I ever been. I've gained more confidence, energy, Isagenix friends, a body I'm proud of and I've become the person I want to be!"

WILLEM LANGE





ISAGENIX®

THE ART OF WELLBEING™

 [Europelsagenix](#)

 [Isagenix_Europe](#)