

ISAGENIX.



Wellbeing & Weight Loss

Introducing the method that's helped millions



Congratulations & welcome to the pack!

How you feel in your skin is a vital part of wellbeing.

Whether you're here for weight loss or weight "wins" like moving easier and performing better, you're not alone.

The Isagenix method has helped hundreds of thousands of people lose millions of pounds and jump-start their lives.



More than half
a million happy
Customers

7+

7+ scientific
studies

50 M

50 million
shakes sold

Follow along
digitally at
[WelcomeToIsagenix.com](https://www.WelcomeToIsagenix.com)



Weight loss that works

Healthy weight loss isn't about finding a magical new trick. It's about finding a system that works and sticking to it.

There are going to be ups and downs, but we know a thing or two about helping you through.

The Isagenix Method

The Isagenix method is an innovative form of intermittent fasting. It's incredibly simple but wonderfully successful.

It's as easy as waking up and asking yourself, "Is today a Shake Day or a Cleanse Day?"

"This is the best intermittent fasting I have found. I feel fantastic!"

— Amy P.



The testimonials and statements in this system guide are those of Isagenix employees.

Isagenix products are useful for weight loss only as part of an energy-reduced diet.

Meet your new best friends (and blends)

IsaLean™ Shake

Our famous, nutritious superfood shake.

Ionix® Supreme

Botanicals to help conquer your day.

Cleanse for Life™

The detox tonic. Nutritional support for your body's natural detox process.

IsaComfort®

Cleansing herbs and minerals to aid in digestive regularity and overall health.

Natural Accelerator™

Helps metabolize proteins, fats, and carbohydrates.



Complete Essentials™

Daily Pack •

Treat your body to
treat yourself.



AMPED™ Hydrate •

Hydrate right with
electrolytes and 0
grams of sugar.



IsaDelight™ Super-Chocolate

Super chocolates that
are sure to satisfy while
you keep cleansing.



e+™ •

The elevated energy
shot with naturally
sourced caffeine
and plant-based
botanicals.



Snack Bites: •

Upgraded satisfaction. Stay
on track with individually
packaged deliciousness.

Shake Day

The perfect method for premium health

We call them Shake Days. Choose your favourite flavour, and have two shakes per day in addition to a healthy meal. You choose the order that works best for your lifestyle. Mix in some approved snacks and premium supplements, and you've got yourself a satisfying and sustainable Shake Day. Here's an example.



EARLY MORNING

Ionix® Supreme (1 serving)

MORNING

Whole Blend IsaLean™ Shake
Natural Accelerator™ (1 capsule)

MIDMORNING

OPTIONAL snack (200 calories or fewer)



LUNCH

Whole Blend IsaLean Shake

MIDAFTERNOON

OPTIONAL snack (200 calories or fewer)
OPTIONAL Natural Accelerator (1 capsule)

LATE AFTERNOON

e+™



DINNER

400-to-600-calorie meal

BEFORE BED

IsaComfort® (1-2 capsules with
8 fluid ounces of water)

Need a
recipe idea?



Cleanse Day

Have a question?
Here are some
articles to help



Some call it intermittent fasting

We call them Cleanse Days, the better way to fast. We combine fasting with targeted nutritional support from groundbreaking products. Congrats, you've found the better way to burn fat and help your body naturally rid itself of toxins. Here's an example of a killer Cleanse Day.



EARLY MORNING

Ionix® Supreme (1 serving)

MORNING

Cleanse for Life™*

Cleanse Day-approved snack**

Natural Accelerator™ (1 capsule)

MIDMORNING

Cleanse Day-approved snack**



MIDDAY

Cleanse for Life*

Cleanse Day-approved snack**

OPTIONAL Natural Accelerator (1 capsule)

MIDAFTERNOON

Cleanse for Life*

Cleanse Day-approved snack**



EVENING

Cleanse for Life*

Cleanse Day-approved snack**

BEFORE BED

IsaComfort® (1-2 capsules with
8 fluid ounces of water)

*4 fluid ounces of liquid or 2 scoops of powder

**See Page 8 for Cleanse Day-approved snacks



Use credits for A+ Cleanse Days

Stay on track with 10 Cleanse Credits per Cleanse Day

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

Track your Cleanse Credits below.

0 Cleanse Credits

- Black coffee
- Black, green, or herbal tea
- Still or sparkling water

1 Cleanse Credit

- BĒA™ Sparkling Energy Drink
- AMPED™ Hydrate
- Xango® or Xango Reserve

2 Cleanse Credits

- Isagenix Chewables™ (2 wafers)
- Greens
- e+™
- Collagen Bone Broth
- IsaDelight™ Super-Chocolate
- Isagenix Fruits
- SuperMix™
- AMPED NOx**
- AMPED Nitro**
- AMPED Power**
- AMPED BCAA Plus**
- AMPED Repair**

3 Cleanse Credits

- Harvest Thins™
- Whey Thins™
- Snack Bites
- Nature Oat Bakes™

“It’s easier to dismiss random cravings when I’m tracking my nutrition.”

— Ashley L.



***You should consult your physician or other healthcare professional before engaging in exercise on a Cleanse Day. Do not engage in strenuous exercise on a Cleanse Day 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.*

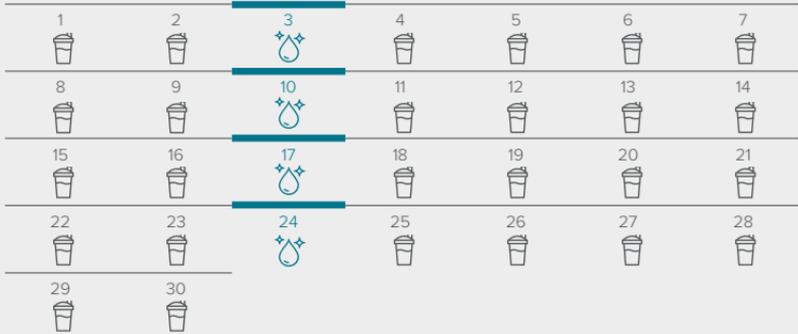
Is today a Shake Day or a Cleanse Day?

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

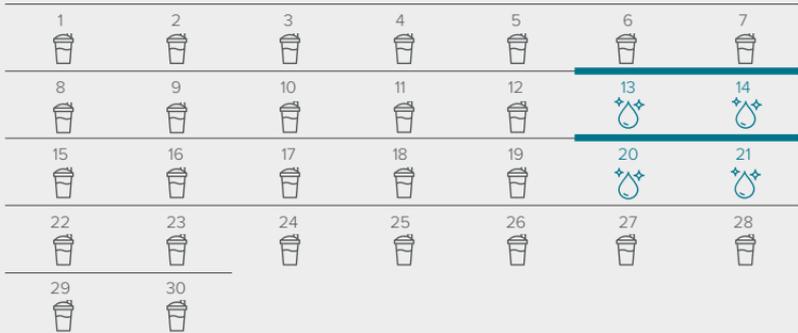
 SHAKE DAY

 CLEANSE DAY

1 Cleanse Day Per Week



2 Cleanse Days Per Week



Stories of success

Whatever your weight wellbeing, Isagenix makes it easy



“It’s been easier than I thought because I feel so supported. By the products, and especially by the people.”

— Shayla C.



“Each day begins with Ionix[®] Supreme. When I choose to put my health and wellbeing first, I know I can handle anything.”

— Trista S.



“This is what I needed to feel in control again. And it has flowed over into so many areas of my life.”

— Juan P.

Wellbeing working together

Small successes in other areas of wellbeing can often drive us to big-time weight wins. See what's possible with the Art of Wellbeing™.



Feel Better

Have it all: whole-body health and total peace of mind



Eat Better

Before and afters that last with simple methods and proven products.



Move Better

From walkers to runners and dancers to powerlifters, a stronger tomorrow starts today.



Look Better

Self-care that revitalizes for confidence that shines.

We've got your back

It's looking good already



français

