

AMPED™ Post-Workout

Recover the Right Way



ISAGENIX®

Australia/New Zealand

Your AMPED Post-Workout Guide

This digital toolkit is designed to help you:

- **SHARE** features and benefits of AMPED Post-Workout confidently.
- **ACCESS** all the resources – images, FAQs, infographics and more – you need to educate yourself and others.
- **GROW** your existing business with step-by-step advice on how to share AMPED Post-Workout with your organization.

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Better, Faster Recovery

While getting the right amount of protein in your diet is key to supporting muscle recovery after exercise, research suggests there is more we can do to help support the **repair and recovery** of muscle tissue following intense exercise.

AMPED Post-Workout was formulated with **natural ingredients** including tart cherry, curcumin, astaxanthin and collagen peptides to provide greater support for recovery after training. These unique ingredients work together to support performance, recovery and relief from exercise-related joint and muscle soreness.

Benefiting weekend warriors and elite athletes alike, AMPED Post-Workout can **support your body's recovery post-workout** and reduce the nagging soreness that accompanies a good training session.

AMPED™ Post-Workout

AMPED™ Post-Workout is designed to prevent that super sore feeling after an intense or new workout, that leaves you feeling deflated and unmotivated for days.

Make the most of the crucial time after your workout with clean, natural ingredients targeted to rebuild muscle, improve recovery and support better joint health from AMPED Post-Workout.

Potent Phytonutrients and Functional Ingredients

Tart Cherry

Contains flavonoids like anthocyanins that can help athletes and exercise enthusiasts recover faster from exhaustive exercise.

Turmeric

Contains curcumin to help reduce exercise-induced muscle soreness.

Astaxanthin

Helps improve exercise efficiency, performance, and recovery due to its potent free-radical-scavenging effects in cells.

Collagen

Building blocks of cartilage, helps reduce activity-related joint soreness.

AMPED Post-Workout

- High-potency tart cherry, turmeric, astaxanthin and specialised collagen peptides.
- 35 calories.
- Collagen for joint health.
- Made with natural ingredients. No artificial colours, flavours or sweeteners.
- Delicious Tropical Punch flavour.
- Mixes easily in water.



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ISAGENIX
Australia and New Zealand



Australia

\$46.00 | BV 24

Preferred Customer Pricing

New Zealand

\$59.99 | BV 25

Preferred Customer Pricing

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
- AMPED™ Post-Workout

3 CREDITS

- Harvest Thins™
- Whey Thins™

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

CLEANSE DAY 1



CLEANSE DAY 2



CLEANSE DAY 3



CLEANSE DAY 4



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.

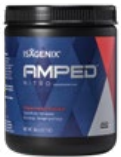


Nutrient Timing

Workouts don't start and finish in the gym or at the park.

Maximise every workout with our full range of AMPED products, designed to help prevent that super sore feeling after an intense or new workout, that leaves you feeling deflated and unmotivated for days.

PRE-WORKOUT



AMPED™ Nitro

AMPED Nitro is designed to offer athletic support by preparing your body before a workout and helping to improve performance.



AMPED™ NOx

Contains fruit and vegetable extracts designed to support nitric oxide production and support blood flow for delivery of oxygen to cells.

MID-WORKOUT



AMPED™ BCAA Plus

Reduce muscle fatigue by topping up some of the most important amino acids for supporting muscle, the branched-chain amino acids leucine, isoleucine and valine.



AMPED™ Hydrate

Supports hydration and recovery by replacing fluids and electrolytes lost during activity to help sustain performance.

POST-WORKOUT



AMPED™ Post-Workout

Make the most of the crucial time after your workout with clean, natural ingredients targeted to rebuild muscle, improve recovery and support better joint health.

Social Media

Connect, share and educate through social media about AMPED Post-Workout.

Through images, short videos, status updates and stories, you can educate your friends, family and prospective new Customers on **AMPED Post-Workout**.

Visit [Isagenix.com](https://www.isagenix.com) for all product information, videos, images and tools.

Learn more about AMPED at [ANZ.IsaFYI.com](https://www.anz.isafyi.com)

Product Education

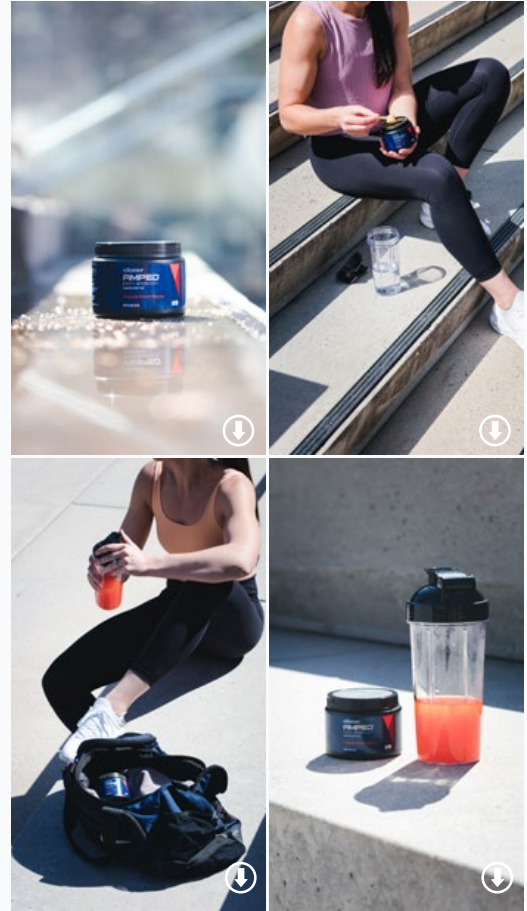
[AMPED Post-Workout:
Everything you need to know](#)

[Science Behind AMPED](#)

[AMPED Post-Workout FAQs](#)

INSTAGRAM AND FACEBOOK GRAPHICS AND VIDEOS TO SHARE

Story Feature
on Instagram



Images for Instagram and Facebook

