A Simple Guide to a Powerful You

Performance Solutions
GETTING STARTED

- Set Your Goals
- Take the Pledge
- Mark How You Feel
- Take Your Picture

PERSONAL PLEDGE

I, ______________________________ , am fully committed to creating a breakthrough in my personal health and overall athletic performance. My goal is to

________________________________________________________________________

Research has shown that written goals are much more likely to be achieved. Sharing your goals with others will further support your success.

MY SUPPORT TEAM

My System Coach is ______________________________________

My Coach is here not only to offer support, encouragement and advice but also to answer questions and guide me through my journey to a healthier lifestyle. I will surround myself with positive people who will support me and understand how important my Isagenix System is to me.

My Support Team includes:

________________________________________________________________________

Signature: ___________________________________________ Date:____________

Coach signature: ___________________________ Date:____________

Shannon Marsters
Isagenix Customer since 2014
IsaBody Challenge Finalist 2015

If you are pregnant, breastfeeding, diabetic, on medication, have a medical condition or are beginning a weight loss program, consult your GP before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur. Information provided in Guide is for general purposes only and designed to help you make informed decisions about your health.
# TRACK YOUR PERSONAL PERFORMANCE SUCCESS

<table>
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<th>Day 1</th>
<th>Day 30</th>
<th>Day 60</th>
<th>Day 90</th>
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<td>Sit-Ups</td>
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YOUR PRODUCTS

What makes Isagenix unique and effective is our no-compromise approach to product formulation and our convenient solution systems.

Let’s take a moment to get to know the nutritious and delicious products you are about to experience.
1. **IsaLean™ PRO**
A delicious, satisfying, nutritionally-balanced meal replacement containing 36 g high-quality undenatured protein plus energy-fuelling carbohydrates, good fats, 21 vitamins and minerals and branched-chain amino acids (BCAAs). Available in Chocolate, Vanilla and Strawberry Cream flavours in convenient packets.

2. **IsaPro™**
A convenient source of high-quality undenatured whey protein that aids in post-workout recovery, muscle building and maintenance, in a delicious vanilla flavour. With 27 g protein, only 150 calories and less than 3 g carbohydrate per serve, IsaPro is perfect to add to your IsaLean™ Shake or other meals.

3. **Ionix® Supreme**
A nutrient-rich, rejuvenating drink that restores and protects the body. Specialised adaptogenic herbs help your body adapt to stress while vitamins, antioxidants, trace minerals and herbs help support mental and physical performance.

4. **Cleanse for Life™**
A complete nutritional body cleanse that aids the body’s natural ability to remove impurities, Cleanse for Life nourishes your body; it’s not a laxative or a diuretic. Ionic minerals, antioxidants, Aloe vera and gentle cleansing herbs help to support the body’s vital functions and immune system.

5. **AMPED™ Nitro**
Informed-Sport certified and free of artificial colours, flavours and sweeteners, AMPED™ Nitro is formulated with active ingredients to support the body and mind to train at a higher intensity for a longer period of time. Nitrosigine® and L-citrulline help with increased blood flow and mental focus. Creatine and betaine support increased muscle mass, power and strength. Beta-alanine, taurine, and naturally-sourced caffeine support increased energy, alertness, and stamina.

6. **AMPED™ NOx**
The perfect pre-workout shot to help prime muscles for maximum performance during high-intensity exercise. AMPED NOx contains nitrates from fruit and vegetable extracts to help improve stamina during training, boost energy, reduce fatigue and improve performance. Added polyphenols from grape, cherry, pomegranate and apple juices support overall health.

7. **AMPED™ Recover**
A post-workout drink with branched-chain amino acids to support muscle recovery and rebuilding and energy-boosting L-carnitine to reduce fatigue and enhance muscle tissue growth. Perfect to combine with IsaPro after training.

8. **AMPED™ Hydrate**
A drink powder formulated to support hydration and faster recovery, Hydrate is enriched with C and B vitamins and electrolytes to replace nutrients lost during exercise. Available in Juicy Orange and Lemon Lime flavours.

9. **e+**
A healthy energy boost that helps take your performance to the next level, e+ contains natural caffeine derived from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.

10. **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.
No Compromise. Quality Assured. Optimal Performance. Isagenix has always taken pride in its no-compromise approach to quality and efficacy when it comes to products and ingredients. Isagenix has partnered with Informed-Sport, which provides quality assurance of sports supplements for athletes and active people.

What is Informed-Sport?
Informed-Sport is a quality assurance program that tests sports supplements and ingredients in a world-class anti-doping laboratory.

How does Informed-Sport work?
First, the manufacturing process of supplements goes through a rigorous assessment which involves a questionnaire and sample testing. Once a product is certified, every manufactured batch is tested for a wide range of substances banned in sport by the World Anti-Doping Authority (WADA). All compliant batches are able to show the Informed-Sport logo on their packaging.

What are the benefits of Informed-Sport certification?
As each and every batch of certified products are screened for banned substances before being allowed to carry the Informed-Sport logo, athletes and active individuals can have confidence in using their favourite Isagenix products during both training and competition. Informed-Sport is recognised by a growing number of international organisations, including WADA, Australian Sports Anti-Doping Authority (ASADA), Australian Institute of Sport and Drug Free Sport New Zealand.
Isagenix offers two Performance packs designed for people at different stages of their Isagenix journey – the Performance Premium Pack and the 30-Day Performance System. You can also combine products of your choice using My Pack.

**Performance Premium Pack**

The Performance Premium Pack is ideal for those seeking results by complementing their training with performance nutrition. A mix of essential nutrients, high quality protein and natural caffeine help you achieve muscle growth while hastening post-workout recovery and allowing you to experience optimal performance.

**30-Day Performance System**

The 30-Day Performance System is for those who have completed their first 30 days with a Premium Pack and are looking to continue their results. Perfect for active individuals or athletes and offers a mix of nutrients, high-quality protein and energy boosters to help you improve your athletic performance, develop lean muscle and feel energetic throughout the day.

**My Pack**

Toward the end of your first month, you may find you want more of one product and less of another, or you’d like to try something new. My Pack lets you combine products as you like, with a simple and flexible ordering experience and offers a 10% discount on the product wholesale prices if your order totals 150 BV or more.
The Performance System is the perfect solution for every type of athlete and active adult. Whether you run marathons, compete in bodybuilding, play a professional sport or just go to the gym regularly, this system is designed to help you meet your goals. The following guidelines are examples of how you might use the products in your daily routine. You may find that a different routine works best for you depending on your workouts and daily activities.

**ENDURANCE**
Endurance activities include anything from rowing or a 5 km fun run to training for marathons and triathlons. Workouts and competitions can last long periods of time and anyone engaging in an endurance activity needs energy to stay fuelled and recovery products to prevent muscle breakdown.

Timing of carbohydrate intake can be key to avoiding fatigue during training. Endurance athletes should consume 30 to 60 g of carbohydrates every hour for optimal performance.

**BUILD MUSCLE MASS**
Anyone who focuses on building lean muscle mass relies on a high-protein diet for both building and recovery. Pre-workout products help kick-start and sustain weight training while post-workout products help muscles recover.

**PROTEIN TIP:**
Adults who focus on building muscle should consume 1.2-2 g of protein per kilogram of body weight per day and consume protein every three to four hours.

### ENDURANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Products</th>
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<tbody>
<tr>
<td><strong>EARLY MORNING</strong></td>
<td>Cleanse for Life</td>
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<tr>
<td><strong>BREAKFAST</strong></td>
<td>IsaLean PRO, Ionix Supreme</td>
</tr>
<tr>
<td><strong>PRE-WORKOUT</strong></td>
<td>AMPED NOx, AMPED Nitro</td>
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<tr>
<td><strong>MID-WORKOUT</strong></td>
<td>AMPED Hydrate, e+</td>
</tr>
<tr>
<td><strong>POST-WORKOUT</strong></td>
<td>AMPED Recover, IsaLean PRO</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Balanced 600-650 cal meal</td>
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<tr>
<td><strong>MID-AFTERNOON</strong></td>
<td>Isagenix Snacks or IsaPro</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Balanced 600-650 cal meal</td>
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<tr>
<td><strong>BEFORE BED</strong></td>
<td>IsaPro</td>
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### BUILD MUSCLE MASS

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<td>AMPED Hydrate</td>
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<td>AMPED Recover, IsaPro</td>
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<td>Balanced 600-650 cal meal</td>
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<tr>
<td><strong>AFTERNOON</strong></td>
<td>Isagenix Snacks, IsaPro or IsaLean PRO</td>
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<tr>
<td><strong>DINNER</strong></td>
<td>Balanced 2500-2800 kJ meal</td>
</tr>
<tr>
<td><strong>BEFORE BED</strong></td>
<td>IsaPro, AMPED Hydrate</td>
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**ADDITIONAL PRODUCTS**
- IsaOmega™*, Complete Essentials™ with IsaGenesis™*, Isagenix Greens™*, Whey Thins™*

**ADDITIONAL PRODUCTS**
- IsaOmega*, IsaLean Bar*

*Note: If you wish to complete a Deep Cleanse, view the Cleanse Day Planner in your Back Office under the Resources Tab.*
STRENGTH AND RESISTANCE TRAINING
Active adults need strength and agility and can use resistance training to develop their muscles. High-protein diets and pre-workout supplements support strength during training.

WORKOUT TIP:
Body weight can be used for a simple and effective way to improve balance, flexibility and strength without machinery or extra equipment. Push-ups, pull-ups, burpees, mountain climbers, lunges and planks are all examples of resistance exercises using your own body weight.

EVERYDAY ACTIVE
Everyday active adults are people who want to get in better shape and stay fit. They can benefit from a pre-workout boost, plenty of hydration and post-workout products to help with recovery after exercise.

WORKOUT TIP:
Try to incorporate high-intensity interval training (HIIT) into your training regimen for more time efficient and effective workouts. Just 2.5 hours of HIIT completed over a total of two weeks has demonstrated benefits equivalent to 10.5 hours of continuous moderate exercise.
FAQs

Q: How many meals can I replace with IsaLean PRO?
A: Depending on energy needs and performance goals, IsaLean PRO can be used to replace one to two meals a day. For those who have higher kilojoule and protein needs and consume five to six meals per day, IsaLean PRO can replace up to three meals.

Q: When is the best time to take Ionix Supreme?
A: There is no wrong way to take Ionix Supreme, just take it daily. Some people prefer it in the morning when they wake up for an energising lift, or mixed with their IsaLean PRO for an adaptogen-boosted meal. Others prefer to take it before they go to bed because they feel they get a better night’s rest.

Q: Who should use the AMPED range?
A: AMPED is for every active adult and athlete. It doesn’t matter if you’re training for a marathon or just going for a light jog, AMPED products are designed to support both your performance and results.

Q: Why is it important to use a pre-workout product such as AMPED Nitro?
A: Pre-workout nutrition is just as important as post-workout. The AMPED Nitro formula contains function-enhancing ingredients such as creatine, beta-alanine, taurine and caffeine, designed to provide the necessary nutrition prior to a workout.

Q: Why is improving blood flow with AMPED NOx important for workouts?
A: Increased blood flow aids athletes by increasing nutrient delivery and oxygen levels to working muscles.

Q: How does AMPED Hydrate support optimal hydration for workouts?
A: Water and electrolytes are essential to keep the body hydrated and to help regulate body temperature. For peak performance, it is critical to replace water and electrolytes that are lost through sweat.

Q: Why is a recovery drink like AMPED Recover important after workouts?
A: Supplementation of BCAAs along with consuming around 20-40 g of whey protein post-workout supports muscle recovery and rebuilding after intense exercise.
YOUR SUPPORT
We have the perfect tools to help you succeed in reaching your goals.

IsaBody Challenge
The 16-week transformation Challenge is free to join! Simply log in to your Back Office and find ‘IsaBody Challenge’ under ‘Contests and Promotions’. Complete the Challenge to be in the running to win thousands of dollars worth of prizes!

Every person who completes the Challenge* will receive an exclusive Completion Pack containing merchandise, a certificate and a $200 Product Coupon!

Healthy Mind and Body
Isagenix has joined forces with world-renowned leader, coach and author Rod Hairston to exclusively offer Isagenix Customers an innovative, interactive program to help you in achieving your goals.

For only $49 in Australia and $55 in New Zealand, you can start the journey to developing the mindset to living every day like it’s your last. Complete the program and you’ll receive a product coupon for AU$49.50/NZ$51.75**

Start the Healthy Mind and Body Program today by logging in to your Back Office and, under ‘Resources’, select ‘Go to Healthy Mind and Body’.

*See ANZ.IsaBodyChallenge.com for full completion criteria.
**100 percent completion is determined by all activities being completed within 90 days of starting. Upon completion, your Isagenix product coupon will be available in your Back Office within ten business days.

Tristan Wright
Isagenix Customer since 2013
IsaBody Challenge Finalist 2017
ONLINE TOOLS AND RESOURCES

Isagenix has developed an extensive library of online tools with our product users in mind. We encourage you to explore our websites and engage with the many tools available to help you better understand our culture, products and philosophies about health and wellness. The following are your go-to resources to find answers and tips on getting the most from your Isagenix experience.

Isagenix.com
This is your one-stop resource for all product information and tools. It provides guides to all the Isagenix products and programs and informative videos to improve your product training. Plus, read success stories from other product users, learn about the company and our business opportunity and more.

ANZ.IsaFYI.com
Subscribe to the official Isagenix ANZ blog for regular updates, recipes, news, information and the latest science.

ANZ.IsaBodyChallenge.com
Begin your ultimate lifestyle transformation journey. Find out all you need to know about the 16-Week Challenge, where you can not only transform your body and life, you can also win exciting prizes.

HealthyMindAndBody.com
Discover an interactive 60-day program to transform your mind while you transform your body. Once you’ve researched the program, sign up through your Back Office.

ANZ.TeamIsagenix.com
Home to some of our most elite professional athletes, Olympians and personal trainers who use Isagenix products to fuel their performance, ANZ.TeamIsagenix.com hosts an array of athlete profiles and product information.

STARTYourLife.com
See how a growing team of young people aged 18-35 are striving to lead extraordinary lives and helping others do the same.
YOUR SUPPORT

Use the tools provided at Isagenix.com to achieve success with your system.

**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 starting the system, 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 to your diet.

**Set realistic expectations.** Most people don’t release weight or gain lean muscle in just a few days, so remember that it will take consistent effort for you to achieve your health goals. It’s not a race; it’s about developing healthy habits and creating a lifestyle that you can continue to enjoy for years to come.

**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.

**Find your own pace.** Whether you engage a personal trainer, join a bootcamp, start a workout group with other Isagenix Customers or simply utilise a fitness app, train in a way that works for you, physically and mentally.

**Increase your daily activity** to maximise your results. Balanced nutrition goes hand-in-hand with exercise. Whatever your goal, ensure you monitor your calorie intake as well as your output.
HEALTHY BURGERS

- 250 g good-quality lean beef mince
- 1 small carrot, unpeeled, grated
- 1 egg
- olive oil spray
- 2 wholemeal, mixed grain bread rolls

Mix the mince, egg and carrot in a bowl. Divide into two, roll into balls and flatten to about 3 cm thick. Cover with plastic wrap and refrigerate for 30 min.

Meanwhile, heat a skillet or barbeque hotplate and spray lightly with olive oil. Cook the capsicum and onion together for 10 min until soft and charred. Remove from heat and set aside.

Use the same hotplate or skillet to cook the patties 5 min each side or until lightly charred. When patties are cooked to your liking, remove from heat and rest for 5 min.

Cut the rolls in half and toast lightly on the barbeque rack or under a grill. Place a burger on each roll, top with capsicum and onion mix, spinach, tomato, avocado and your choice of condiments.

Serves 2.
Per serve
(Without condiments):
Calories / 589 cal;
Protein / 44 g;
Carbs / 391 g;
Fibre / 12 g

CHICKEN AND QUINOA WRAPS

- 2 cups salt reduced chicken stock
- 1 chicken breast fillet
- 2 wholegrain wraps
- ½ cup black beans, rinsed and warmed
- ½ cup quinoa, cooked as per packet instructions
- ½ cup grated low fat tasty cheese
- ½ cup red and green capsicum, diced
- 1/3 cup Greek yoghurt
- ½ avocado, sliced
- ½ cup corn kernels, cooked
- 1 clove garlic, crushed

Add chicken stock and two cups water to a saucepan and bring to the boil. Add chicken, turn heat to low, cover and simmer for 15 min or until chicken is just cooked through. Remove from heat and stand chicken in liquid for 5 min. Remove chicken and shred.

Warm wraps in microwave or oven on low.

Mix garlic with yoghurt and season to taste.

Top each of the warmed wraps with half of the chicken, beans, quinoa, avocado, yoghurt, capsicum and cheese.

Roll up and serve immediately.

For more healthy meal ideas, purchase Better Living from IsaSalesTools.com.au
Your NEW LIFESTYLE

When you begin to feel the effects of your new, improved lifestyle, you’ll find it much easier to stay motivated to achieve your goals. Once you achieve your health goals you may ask yourself, “What’s next?”

The answer is simple, continue to enjoy the Isagenix lifestyle as a lifelong solution not only for you, but for your family and perhaps even your friends.

NEVER BE WITHOUT YOUR FAVOURITE PRODUCTS

Autoship allows you to set up your account so that your order is automatically sent to you approximately every 30 days, with the transaction amount debited directly from your account. You can choose from a selection of Packs and systems, customise your order with ‘My Pack’ or order individual products. Autoship is flexible and can be changed each month to suit your needs. As well as being convenient, Autoship saves participating Customers an additional 5 percent on all Packs and Systems compared to Wholesale orders.

Fernanda Gasperoni
Isagenix Customer since 2015
IsaBody Challenge Finalist 2017

Adam Nesbitt
Isagenix Customer since 2014
IsaBody Challenge Finalist 2016