



PERFORMANCE **SYSTEM** GUIDE

**HEALTHY CHANGE
BEGINS HERE**

ISAGENIX[®]

WELCOME TO YOUR HEALTHY CHANGE!

THESE ARE THE STEPS TO SET YOU UP FOR SUCCESS.
COMPLETE YOUR HEALTHY CHANGE BY TAKING YOUR
TRAINING AND PERFORMANCE TO A WHOLE NEW LEVEL.

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 RIGHT NUTRIENTS AT THE RIGHT TIME

You make time to work out — now make it count! Getting the right nutrients into your body at the right time can significantly impact the way you train and recover.

Pre-workout supplements should:

- Help improve focus and concentration
- Support blood flow and enhance nutrient delivery
- Support optimal muscle function

Whether you're just starting a fitness routine or have been training for years, Isagenix makes nutrient timing easy with options like our IsaLean™ Shakes and Bars and our AMPED™ Performance line.

Here's how to time your Isagenix products for an optimal workout:

Pre-Workout: Maximise your performance with AMPED™ NOx, AMPED™ Nitro or both 15-30 minutes before exercising.

Mid-Workout: Drink AMPED™ Hydrate during your workout for a healthy way to stay hydrated.

Post-Workout: For faster muscle recovery, enjoy an AMPED™ Post-Workout after your workout.



GET TO KNOW 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.



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 canisters and convenient packets.



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.



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.



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.



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.



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.



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.



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.



PRE-WORKOUT

AMPED™ NITRO

AMPED Nitro is formulated with 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.



MID-WORKOUT

AMPED™ BCAA PLUS

BCAA Plus is loaded with amino acids to help you create lean muscle and sustain energy levels and performance so you can enjoy your active journey.



POST-WORKOUT

AMPED™ POST-WORKOUT

Boost your recovery by reducing muscle soreness so you can get back to performing at your peak. With collagen to support your joint health, phytonutrients for muscle recovery and Informed-Sport Certification for peace of mind.

NEWCASTLE KNIGHTS PARTNERSHIP

Proud nutrition partners of the Newcastle Knights NRL team



INTERMITTENT FASTING

Intermittent fasting is commonly associated with weight loss, but it's also a nutritionally supported process to help your body's natural detoxification systems. Research shows that intermittent fasting can benefit your body by supporting the body's natural detoxification process.

Properly timed Cleanse Days can be used to help reduce body fat. The combination of intermittent fasting with products like Cleanse for Life™ supports antioxidant and immune function. If you do a Cleanse Day, choose a rest day or light exercise day to avoid negatively affecting performance.

You can gain antioxidant benefits from drinking Cleanse for Life on a daily basis. In fact, a few of the ingredients in Cleanse for Life have been shown to increase energy and improve concentration levels.

Learn the science behind intermittent fasting at [ANZ.IsaFYI.com](https://www.anz.isafyi.com)

Learn more about Cleanse for Life at [Isagenix.com](https://www.isagenix.com).



NEED HELP PLANNING?

Now that you know more about what's in your box, let's see how it all works together. Below are sample schedules to help you plan your day. You can customise them to make them work for you.



Everyday Aerobics

If you want to get in better shape and stay fit, it's important to move every day. You can benefit from a pre-workout boost, plenty of hydration and post-workout products to help with recovery after exercise.

Early Morning
Ionix® Supreme

Breakfast
IsaLean™ Shake — 1 serving

Mid-Morning
IsaLean™ Bar — ½ bar or up to a 200 calorie snack (optional)

Lunch
400-600 calorie balanced meal

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Pre-Workout
AMPED™ Nitro — 1 serving
e+ — 1 serving

Mid-Workout
AMPED™ Hydrate — ½ stick

Post-Workout
IsaPro™ — 1 scoop added to IsaLean Shake
or
AMPED™ Post-Workout — 1 serving

Dinner
IsaLean Shake — 1 serving



Resistance Training

Use resistance training to develop your muscles. High-protein diets and pre-workout supplements support strength during training.

Early Morning
AMPED™ NOx — 1 bottle

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Pre-Workout
AMPED Nitro — 1 serving

Mid-Workout
AMPED Hydrate — ½ stick

Post-Workout/Breakfast
IsaLean Shake- 1½ scoop
IsaPro — 1 scoop added to IsaLean Shake
or
AMPED Post-Workout — 1 serving

Mid-Morning
Snack — up to 200 calories (optional)

Lunch
500-700 calorie balanced meal

Mid-Afternoon
IsaLean Bar — ½ bar

Dinner
IsaLean Shake — 1 serving

Before Bed
Ionix Supreme



Endurance Activity

Endurance activities can last long periods of time, so if you're engaging in an endurance activity, you need energy to stay fuelled and recovery products to prevent muscle breakdown. Timing of carbohydrate intake is key to avoiding fatigue. Endurance athletes should consume 30 to 60 grams of carbohydrates every hour for optimal performance.

Early Morning

AMPED NOx — 1 bottle

Breakfast

IsaLean Shake + add-in* — 1 serving **Ionix Supreme**

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Pre-Workout

AMPED Nitro — 1 serving

Mid-Workout

AMPED Hydrate — ½ stick
e+ — 1 serving

Post-Workout

IsaLean Shake + add-in* — 1 serving
or
AMPED Post-Workout — 1 serving

Lunch

500-700 calorie balanced meal

Mid-Afternoon

IsaLean Bar — ½ bar

Dinner

500-700 calorie balanced meal

Before Bed

Ionix Supreme



Building Muscle Mass

If you're focusing on building lean muscle mass, rely on a high-protein diet for both muscle building and recovery. Pre-workout products can kick-start and sustain weight training, while post-workout products can help your muscles recover.

Early Morning

AMPED NOx — 1 bottle
IsaLean Shake — 1 serving

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Pre-Workout

AMPED Nitro — 1 serving
e+ — 1 serving

Mid-Workout

AMPED Hydrate — ½ stick

Post-Workout/Breakfast

IsaPro — 1 serving
or
AMPED Post-Workout — 1 serving

Breakfast

600-to-800-calorie balanced meal

Mid-Morning

IsaLean Shake + add-in* — 1 serving

Lunch

600-800 calorie balanced meal

Afternoon

IsaLean Shake — 1 serving
Snack — up to 200 calories (optional)

Dinner

600-800 calorie balanced meal

Before Bed

Ionix Supreme
AMPED Hydrate — ½ stick
IsaLean Bar — 1 bar (optional)

*Additional carbohydrates such as a banana or oats can be added for increased energy. Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

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



Blueberries



Cucumber



Grapes



Broccoli



Orange



Carrot



Kiwi



Portion Size:
Size of Fist

COMPLEX CARBS



Brown Rice



Quinoa



Oatmeal



Whole-Wheat Bread



Sweet Potato



Noodles

YOUR SUPPORT

We have the perfect tools to help you succeed in reaching your goals.

ISABODY CHALLENGE*

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!

* 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.



ISABODY CHALLENGE*

Gina McNeely

Isagenix Customer since 2015
2019 New Zealand IsaBody Challenge Finalist

MORE THAN JUST PERFORMANCE

Healthy change comes in phases - as your goals evolve, so does your nutritional needs. Whatever your next healthy change is, we've got you covered.



WEIGHT LOSS



SUPPORT YOUR GOALS



FORTIFY YOUR ISALEAN SHAKE

HEAD TO [ANZ.ISAGENIX.COM](https://www.anz.isagenix.com) TO LEARN MORE ABOUT OUR WEIGHT LOSS AND VITALITY AND WELL-BEING PRODUCTS.

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 extremely convenient, Customers who participate in Autoship also save an additional 5 percent on all Packs and systems compared to Wholesale orders.



RECIPES



Serves 2.
Per serve
(without condiments):
Calories / 589 cal;
Protein / 44 g;
Carbs / 39.1 g;
Fibre / 12 g

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
- ½ red capsicum, thinly sliced
- ½ red onion, thinly sliced
- 1 cup baby spinach
- 1 tomato, sliced
- 1 small (180 g) avocado

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.
Calories / 530 cal;
Protein / 34 g;
Carbs / 49 g;
Fat / 20.5 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 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



FAQ

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: Can AMPED BCAA Plus also be used as a post-workout supplement?

A: Yes, the supplementation of BCAAs along with consuming around 20-40 g of whey protein post-workout supports muscle recovery and rebuilding after intense exercise.

Q: Do I need AMPED Post-Workout if I'm already taking AMPED BCAA Plus?

A: AMPED Post-Workout and AMPED BCAA Plus have different ingredients and support different benefits. AMPED BCAA Plus is designed to be used during your workout to provide muscle fuel for maximum strength and endurance with branched-chain amino acids, L-carnitine, and other supporting amino acids. AMPED Post-Workout is a post-workout supplement formulated with tart cherry, curcumin, astaxanthin, and collagen peptides to promote recovery from strenuous exercise.



IsagenixAustraliaNewZealand



IsagenixANZ



Download the IsaLife App

ISAGENIX[®]

Learn more at ANZ.Isagenix.com



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Cover Image:
Stephen Barnard
Isagenix Customer since 2013
2019 Australia IsaBody
Challenge Finalist