



**TRANSFORM YOUR BODY.
TRANSFORM YOUR LIFE.**

THE LOOK BOOK



FIRST EDITION



THE  BODY
LOOK
BOOK
FIRST EDITION

THE ISABODY *MISSION*

WE BELIEVE THAT
TRANSFORMATIONS
ARE FOR EVERYBODY.

TOGETHER
WE INSPIRE, WE SUPPORT, WE REWARD,
AND WE EXCEED OUR GOALS.

WE CHALLENGE YOU
TO EMBRACE
YOUR FULL POTENTIAL.



ISAGENIX HAS SOLUTIONS TO TRANSFORM LIVES

Take a Look.

Isagenix has Solutions to Transform Lives™ and we're proud to showcase a small sampling of individuals who are living happier, healthier lives thanks to our high-quality products. Whether you're looking to manage your weight, increase energy, improve performance, or feel years younger, Isagenix has the answer.

We are committed to providing no-compromise products that are backed by science.

Our cutting-edge products deliver real and lasting results. As you flip through the pages of this Look Book, you'll see some amazing transformations to motivate and inspire you.

To your success,
Jim, Kathy, and
Erik Coover



JIM COOVER

Isagenix Co-Founder
and President

KATHY COOVER

Isagenix Co-Founder and
Executive Vice President

ERIK COOVER

Senior Vice President of
Global Field Development





Stamina and Endurance for Life

Start every day feeling vibrant, refreshed, and full of energy! Discover the key to improving your performance in the gym, at the office, and in everyday life.

Everyone wants to live life feeling alert, awake, and focused. Isagenix has the tools to help improve and maintain your natural energy at any time of the day, so you can excel in all areas of your life.

Muhammad Fakhrudin

Malaysia 

Don't Look Back

Why Isagenix?

"Isagenix has all the products I need. The extra protein helps boost muscle gain and keeps me energetic. Isagenix has the complete package."

Favorite Products

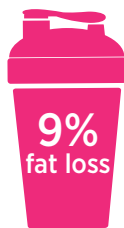
- IsaLean PRO Shake
- e+
- AMPED Hydrate
- IsaLean Bar

7 kg
muscle gain



TIPS FOR SUCCESS

“Just do it! Picture what you want, don't look back, and never give up.”



- BREAKFAST = IsaLean PRO Shake and bread
- LUNCH = Brown rice, chicken breast, grilled fish, broccoli, carrots, spinach, and salad
- MID-AFTERNOON = IsaLean Bar or Fiber Snacks
- DINNER = Apple, watermelon, and two slices of whole-grain bread
- BEFORE BED = Cleanse for Life

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate



Believe in Yourself

Hui Juan, Singapore 🇸🇬

Why Isagenix?

"I was totally inspired by Isagenix leaders and their results. I wanted the same for myself."

Favorite Products

- Ionix Supreme
- Product B IsaGenesis
- e+



TIPS FOR SUCCESS
"To build belief, try the products. Walk your talk!"

Work Hard, Get Results

Louis, Indonesia 🇮🇩

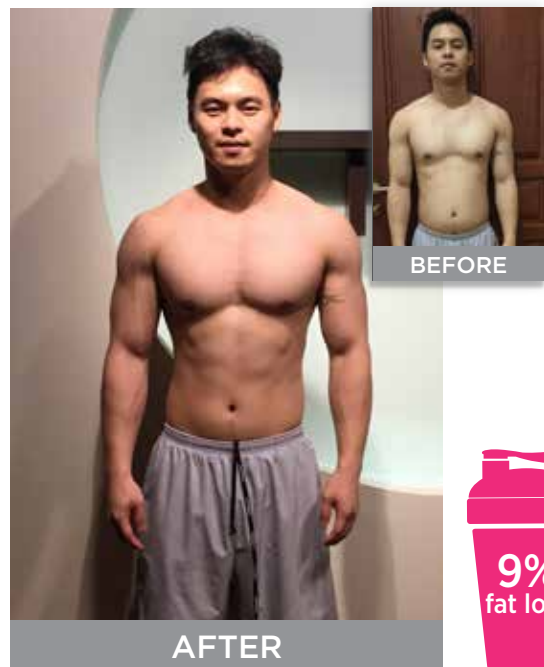
Isagenix Experience

"Since using Isagenix, I've experienced a huge improvement in my energy and stamina. Isagenix gives me the nutrition I need."



Favorite Product

- IsaShake



TIPS FOR SUCCESS

"Work hard, consume high-quality protein, love life, and never give up!"



- BREAKFAST = IsaShake
- MID-MORNING = Banana and Greek yogurt
- LUNCH = Chicken breast and rice
- DINNER = IsaShake



Dreams Come True

Wei Ting, Taiwan 🇹🇼

Why Isagenix?

"Isagenix provides a simple but complete product system, which can help me and my friends maintain a healthy lifestyle."

Favorite Product

- e+



TIPS FOR SUCCESS

“It’s easy. Follow the system and you can experience your own transformation!”

Never Give Up

Noraini, Singapore 🇸🇬

Why Isagenix?

"It's simple: The products work!"

Favorite Products

- IsaShake
- Product B IsaGenesis
- Cleanse for Life
- e+

TIPS FOR SUCCESS

“Stay disciplined and love yourself no matter what.”



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Tuna chickpea salad
- DINNER = IsaShake
- PRE-WORKOUT = e+
- SNACKS = Chocolate Isagenix Snacks



Tan Boon Hooi

Malaysia 

Bursting With Confidence



Why Isagenix?

"Isagenix has improved all areas of my health, helped me develop a better lifestyle, and improved my overall complexion."

Favorite Products

- IsaLean PRO Shake
- Cleanse for Life



TIPS FOR SUCCESS

“Be confident in yourself, and never give up on your goals no matter how long it takes for you to achieve them. Work hard and you will get better every day.”



BEFORE

- EARLY MORNING = Cleanse for Life
- BREAKFAST = IsaLean PRO Shake
- MID-MORNING = Salmon and asparagus
- LUNCH = Brown rice, asparagus, and chicken breast
- MID-AFTERNOON = Healthy snack
- DINNER = Salmon and asparagus
- BEFORE BED = Ionix Supreme, Cleanse for Life, and IsaLean PRO Shake

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake

Persistence Pays Off

Ronnie, Canada 🇨🇦

Why Isagenix?

“The research behind the products and effectiveness are the most valuable aspects of why I chose Isagenix.”

Favorite Products

- IsaShake
- t+ Chai



- BREAKFAST = Ionix Supreme and IsaLean PRO Shake
- MID-MORNING = Fiber Snacks or a hard-boiled egg
- LUNCH = IsaLean PRO Shake
- MID-AFTERNOON = Isagenix Snacks or a hard-boiled egg
- DINNER = Protein, vegetables, and carb balanced non-GMO meal
- CLEANSE DAYS - 1 Cleanse Day per week



TIPS FOR SUCCESS

“Be open-minded and persistent.”

Don't Wait, Start Now!

Angela, Hong Kong 🇭🇰



Why Isagenix?

“The company genuinely cares about its customers and is always looking for ways to improve our experience, the products, promotions, and incentives. Isagenix is truly a family company.”

Favorite Products

- IsaShake
- Ionix Supreme



TIPS FOR SUCCESS

“You'll kick yourself for not starting it sooner - it's so EASY!”



- BREAKFAST = Ionix, FiberPro, and IsaShake
- MID-MORNING = Apple and 1 tablespoon of organic peanut butter
- LUNCH = IsaShake
- MID-AFTERNOON = A hard-boiled egg and spinach salad with quinoa
- DINNER = Baked salmon on a bed of wild rice with broccoli and peas

Smashing Goals

Tan Chee Meng, Malaysia 🇲🇾

TIPS FOR SUCCESS

“Set a specific and realistic goal. Stay focused no matter what. Have a time frame set for your goal and most importantly, never give up.”



Why Isagenix?

“Isagenix has the best products on the planet. Thanks to Isagenix, I now have boundless energy and amazing health.”

Favorite Products

- IsaLean PRO Shake
- AMPED Hydrate
- e+

New Healthy Lifestyle

Glen, Singapore 🇸🇬

Why Isagenix?

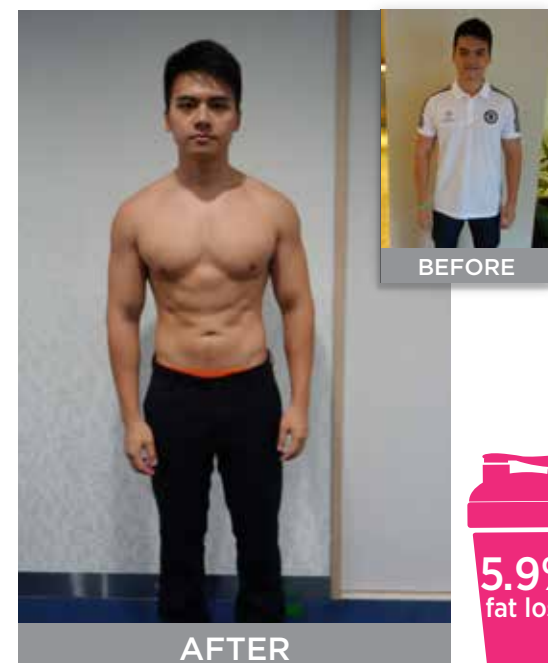
“Isagenix provides high-quality nutrition that complements my workout routine!”

Favorite Products

- IsaLean PRO Shake
- Cleanse for Life
- IsaLean Bar - Oatmeal Raisin



- BREAKFAST = Ionix Supreme and IsaLean PRO Shake
- LUNCH = Vegetables, chicken, and rice
- DINNER = Cleanse for Life and IsaLean PRO Shake
- BEFORE WORKOUT = IsaLean Bar



TIPS FOR SUCCESS

“Discipline and determination are the keys to success.”

Farizal
Singapore 🇸🇬

Positive Attitude, Positive Results

Why Isagenix?

"These superior products aid my post-workout recovery!"

Favorite Products

- IsaLean PRO Shake
- Product B IsaGenesis
- Cleanse for Life
- Ionix Supreme

3.2 kg
muscle gain



TIPS FOR SUCCESS

“Be positive! Believe in the products and what you think is best for you.”



- BREAKFAST = Ionix Supreme and IsaLean PRO Shake
- LUNCH = Pan-fried chicken with olive oil, broccoli, and rice
- DINNER = Grilled fish and rice
- BEFORE BED = Product B IsaGenesis

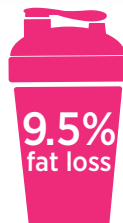


BEFORE



WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake



My Breakthrough Moment

Thai, Canada 🇨🇦

Why Isagenix?

"Isagenix is backed up by science. I feel amazing when I take the products. I have increased energy, more muscle mass, and decreased body fat. Best of all, I don't feel like I'm depriving myself."

Favorite Product

- e+
- Ionix Supreme
- IsaLean PRO Shake



WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING-WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaShake

TIPS FOR SUCCESS

“Commit to the full 16 weeks. Cleanse on a busy day when you don't have time to think about food.”



- BREAKFAST = IsaShake
- MID-MORNING = Ionix Supreme and egg whites
- LUNCH = Chicken, broccoli, and rice
- DINNER = Salad with turkey
- BEFORE BED = Product B IsaGenesis

Simple and Effective

Otto, Indonesia 🇮🇩

Why Isagenix?

"Isagenix is simple. I've experienced improved energy, better sleep, and I now feel amazing every single morning. I feel like Superman!"

Favorite Product

- Ionix Supreme

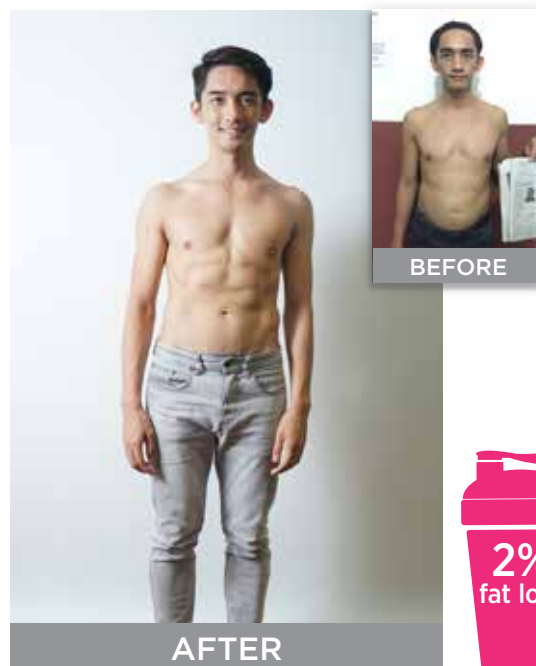


TIPS FOR SUCCESS

“This is a lifestyle. Use the system with friends for extra support.”



- BREAKFAST = IsaShake
- MID-MORNING = Vegetables and fruit
- LUNCH = Grilled fish, vegetables, and rice
- MID-AFTERNOON = e+ and a hard-boiled egg
- DINNER = A sweet potato, chicken, and vegetables



WORKOUT SUPPORT

- PRE-WORKOUT = Ionix Supreme
- POST-WORKOUT = IsaLean PRO Shake

Focused on Big Goals

Mohammad Afiq, Malaysia 🇲🇾

Why Isagenix?

"I'd tried various types of health and wellness products before, but I like IsaLean PRO Shake the most. It really helps me recover well after my workout and aids fat burning."

Favorite Product

- IsaLean PRO Shake

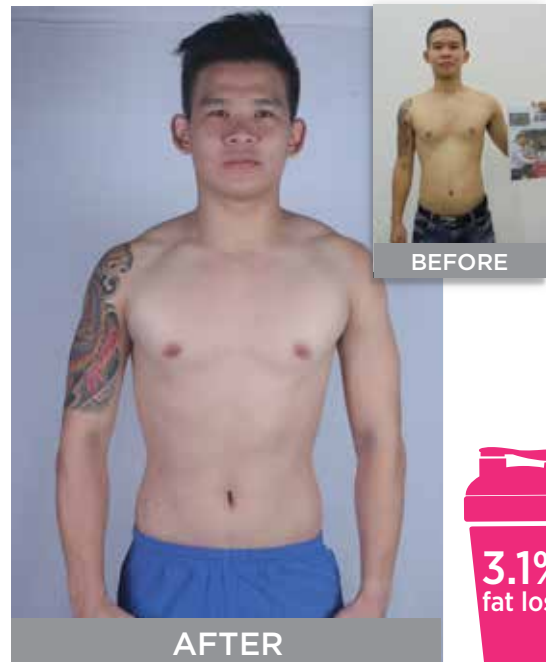


TIPS FOR SUCCESS

“Consistency and staying focused keeps me moving toward my goals.”

Isagenix Really Works

Jimmy, Indonesia 🇮🇩



Why Isagenix?

"Isagenix has the highest-quality products available because of its no-compromise commitment, which means consumers are getting the best health and wellness products available."

Favorite Products

- e+
- IsaShake

TIPS FOR SUCCESS

“If you take the systems seriously, and you are patient and consistent, you can trust that Isagenix will work for you.”



- BREAKFAST = Rice, vegetables, and chicken
- LUNCH = Rice, eggs, and chicken breast
- DINNER = IsaShake
- BEFORE BED = Ionix Supreme

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake



Ong Wooi Keong

Malaysia 



BEFORE



Feeling Better Than Ever



Isagenix Experience

"My passion and belief in the products has helped dramatically improve my fitness and nutrition. I now love helping my community transform their lives, too. Health is wealth."

Favorite Products

- e+
- Ionix Supreme
- IsaLean PRO Shake
- AMPED Hydrate
- Cleanse for Life



- EARLY MORNING = Ionix Supreme, e+, and Cleanse for Life
- BREAKFAST = IsaShake and scrambled eggs
- MID-MORNING = Chicken, sweet potatoes, vegetables, and almonds
- LUNCH = Salmon, steamed rice, and vegetables
- MID-AFTERNOON = Grilled chicken, potato wedges, vegetables, and walnuts
- DINNER = A baked potato, grilled beef, and vegetables
- EVENING = Fruit smoothie and oats
- BEFORE BED = Ionix Supreme



WORKOUT SUPPORT

- PRE-WORKOUT = IsaShake
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake



TIPS FOR SUCCESS

“Visualize your success. See yourself achieving your goals and getting through your Cleanse Days with ease. Imagine living with vibrant health and before you know it, you will look and feel energized!”





Real People, Real Results

With Isagenix, you can release unwanted kilos, cleanse away toxins, manage stress levels, and boost energy by replenishing your body with proper nutrition.

By achieving your own results, you can inspire others to start their own life-changing transformation.

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4.08 kg with an average of 0.9 kg of the loss from visceral fat after 30 days on an Isagenix system. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

Tried and True

Marian

Singapore 🇸🇬

TIPS FOR SUCCESS

“Always believe that you can do it. Don't give up!”

Why Isagenix?

“Real People, Real Results. I just had to try it to believe it myself.”

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life
- Product B IsaGenesis



- BREAKFAST = Ionix Supreme, IsaShake, IsaOmega, and Product B IsaGenesis
- LUNCH = Rice, vegetables, and pork
- DINNER = Vegetables and grilled chicken
- BEFORE BED = Cleanse for Life



BEFORE



5.7 kg
weight loss

Consistency Delivers Results

Dzul Afiezal, Malaysia 🇲🇾

Why Isagenix?

"Isagenix always delivers high-quality nutritional products. Most importantly, the products are certified Halal, which is important to me."

Favorite Products

- IsaShake
- Cleanse for Life
- e+
- Ionix Supreme
- AMPED Hydrate



TIPS FOR SUCCESS

“Stay consistent and you will see results!”



- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = Rice, vegetables, chicken breast, and Cleanse for Life
- DINNER = IsaShake and Cleanse for Life

More Energy Thanks to Isagenix

Sylvia, Indonesia 🇮🇩

Isagenix Experience

"Before starting Isagenix, I felt a lack of energy and couldn't exercise. After using the products, I have more energy and now go to the gym four times a week. Plus, I am even sleeping better at night. I love Isagenix!"

Favorite Products

- Cleanse for Life
- IsaShake



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Rice, chicken, and vegetables
- MID-AFTERNOON = e+
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life



TIPS FOR SUCCESS

“Be disciplined, consistent, and patient when working on your transformation.”



Cleansing for Life

Nhài, Vietnam 🇻🇳



TIPS FOR SUCCESS

“Be patient, assiduous, and optimistic.”



Why Isagenix?

“Cleanse for Life helps your body. The toxic buildup in your body can be the reason for many of the problems we experience.”

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life



- BREAKFAST = Cleanse for Life and IsaShake
- LUNCH = IsaShake
- DINNER = Grilled fish, rice, vegetables, and Cleanse for Life

Complete Transformation

Joana, Indonesia 🇮🇩

Why Isagenix?

“I have more energy and better focus. Isagenix has helped me to transform my life, both physically and financially.”

Favorite Products

- IsaShake
- Cleanse for Life
- e+



TIPS FOR SUCCESS

“Be disciplined and consistent. Have patience and trust the process.”



Feel the Isagenix Difference

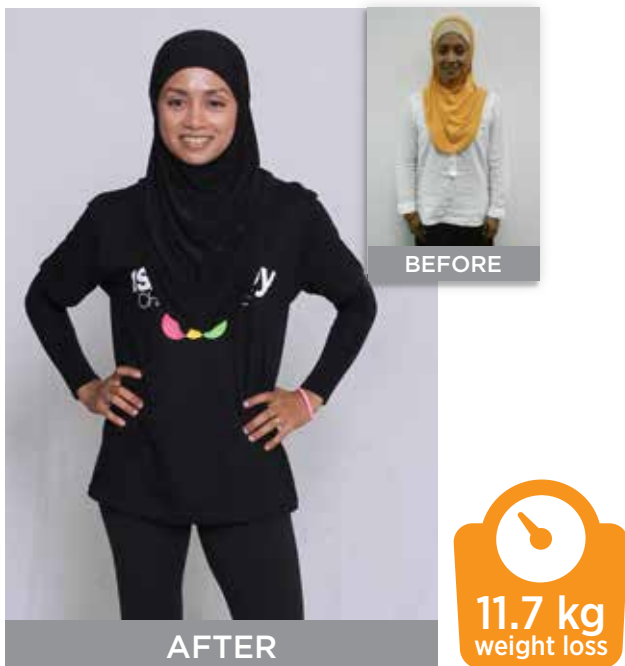
Ruhaniza, Malaysia 🇲🇾

Why Isagenix?

"I love Isagenix products! I could feel the difference and see progress right away. It's delicious and easy to use. Most importantly, Isagenix products provide the nutrition my body needs. Thanks to Isagenix, I now have a fit body, I've regained my energy and confidence, and am living a healthy lifestyle."

Favorite Products

- IsaLean PRO Shake
- Cleanse for Life



TIPS FOR SUCCESS

“Maintain your diet, exercise, stay positive, and focus on the results you want.”



- BREAKFAST = Ionix Supreme and IsaShake
- MID-MORNING = Fiber Snacks
- LUNCH = Potatoes, salmon, fruit, and vegetables
- MID-AFTERNOON = Fiber Snacks
- DINNER = Brown rice, chicken, and vegetables
- BEFORE BED = Cleanse for Life

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake

Revive, Rejuvenate, & Restart

Joyce, Singapore 🇸🇬



- BREAKFAST = IsaShake and Product B IsaGenesis
- LUNCH = IsaShake
- DINNER = Rice, vegetables, and grilled fish
- BEFORE BED = Cleanse for Life



Favorite Products

- Cleanse for Life
- Product B IsaGenesis
- IsaShake



TIPS FOR SUCCESS
“Deep cleanse once a week.”

Perfect Timing

Fred, Hong Kong 🇭🇰

Isagenix Experience

"I had a desire to make a change in my life. Then I met my sponsor who introduced me to Isagenix at the perfect time."

Favorite Products

- IsaShake
- Ionix Supreme



TIPS FOR SUCCESS

“Drink an IsaShake every morning and evening. Drink more water and exercise!”



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Grilled pork or chicken, rice, and mixed vegetables
- DINNER = IsaShake

Easy Maintenance With Isagenix

Kuo Song, Taiwan 🇹🇼



Why Isagenix?

"Isagenix helps me reach my goals by providing products for weight management and cleansing. Plus, I can rely on the IsaShake for an extra boost of energy to help myself get through the day."

Favorite Product

- IsaShake



TIPS FOR SUCCESS

“Stick to the Isagenix System, exercise, and stay disciplined!”



Perseverance Pays Off

Imran

Malaysia 🇲🇾



TIPS FOR SUCCESS

“ You must have discipline and perseverance. ”

Isagenix Experience

“Isagenix helps me stay healthy and energetic.”

Favorite Products

- IsaLean PRO Shake
- Cleanse for Life



- EARLY MORNING = Cleanse for Life
- BREAKFAST = IsaShake
- LUNCH = Vegetables and chicken breast
- MID-AFTERNOON = IsaLean Bar
- DINNER = IsaLean PRO Shake
- BEFORE BED = Cleanse for Life



BEFORE



Transformation Leads to Opportunity

Po-Hung

Taiwan 🇹🇼

Why Isagenix?

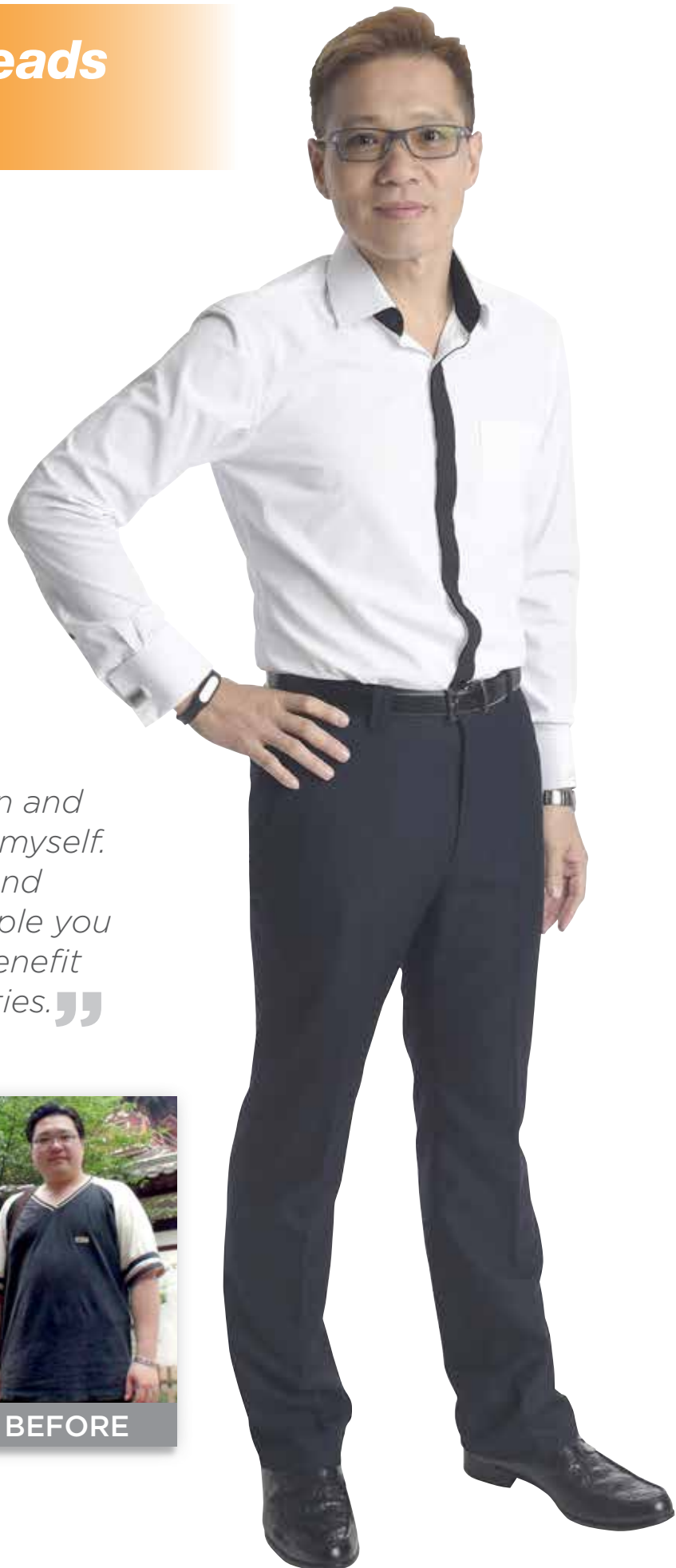
“Isagenix not only has great products that work, but they also provide an opportunity to make extra money with their generous compensation plan.”

Favorite Products

- Ionix Supreme
- Cleanse for Life
- e+
- IsaShake

TIPS FOR SUCCESS

“ I followed the simple plan and completely transformed myself. Believe in the products and share them with the people you know so everyone can benefit from Isagenix opportunities.”



Inspired to Make a Change

Yoyo Hong Kong 🇭🇰

Why Isagenix?

"I saw my friend have amazing results with Isagenix, and I wanted the same for myself."

Favorite Products

- Ionix Supreme
- AMPED Hydrate
- Isagenix Fruits



TIPS FOR SUCCESS

“Cut down unhealthy foods, use the products, and exercise more.”



- BREAKFAST = IsaShake
- LUNCH = Steamed broccoli and rice
- DINNER = Spinach and rice noodles

Dreams Coming True

Chendra, Indonesia 🇮🇩



- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = Rice, fish, and vegetables
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life



Why Isagenix?

"The products are so unique and give me more energy and more focus when I'm doing activities. I dream to help people achieve their financial and time freedom so Isagenix is the perfect match for me."

Favorite Products

- Ionix Supreme
- Cleanse for Life



TIPS FOR SUCCESS

“Never stop learning about the company and the amazing products.”

It Worked for Me, It Can Work for You, Too

Tshun Hau, Singapore 🇸🇬

TIPS FOR SUCCESS

“Stick to the system, it's as easy as 1, 2, 3!”



Why Isagenix?

“Isagenix has no-compromise products that absolutely work for me!”

Favorite Products

- IsaShake
- Cleanse for Life



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Brown rice, vegetables, fish, and sweet potatoes
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life

Complete, Simple and Easy

Raja Adella, Malaysia 🇲🇾

Why Isagenix?

“Isagenix provides a complete, simple, and easy-to-follow system. The products are convenient, taste great, and help produce amazing results.”

Favorite Products

- Ionix Supreme
- e+
- Cleanse for Life
- IsaShake



19.3 kg
weight loss

TIPS FOR SUCCESS

“Have fun and enjoy every moment along the journey to success.”



- EARLY MORNING = e+ and Ionix Supreme
- BREAKFAST = IsaShake
- LUNCH = Rice, grilled fish, and vegetables
- MID-AFTERNOON = Fruit and vegetables
- DINNER = IsaShake

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- POST-WORKOUT = IsaShake

Focused on Results

Zulkepli Malaysia

Isagenix Experience

"Isagenix has helped me both physically and financially."

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life
- e+
- AMPED Hydrate

TIPS FOR SUCCESS

“Focus, follow the system, and you will see results.”



- EARLY MORNING = Ionix Supreme
- BREAKFAST = IsaShake
- LUNCH = Rice, vegetables, and grilled fish
- DINNER = IsaShake

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate



Affordable and Effective

Gilda, Indonesia 🇮🇩

Why Isagenix?

"Isagenix products are affordable and have natural ingredients with great flavors. I really enjoy the products and how simple they are to use. I feel more energetic and find it easier to do my activities. I have more confidence, too."

Favorite Products

- Cleanse for Life
- IsaShake

TIPS FOR SUCCESS

“Just try the products, because they taste great and produce real results!”



- BREAKFAST = Cleanse for Life and IsaShake
- LUNCH = Vegetables, fish, and fresh fruit
- MID-AFTERNOON = IsaShake and Ionix Supreme
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life

Improved Health and Well-Being

Jamallaile, Singapore 🇸🇬



- BREAKFAST = Ionix Supreme, IsaShake, IsaOmega, and Product B IsaGenesis
- LUNCH = Brown rice, grilled chicken, and vegetables
- DINNER = Brown rice, steak, and vegetables
- BEFORE BED = Cleanse for Life



Why Isagenix?

"Isagenix has excellent products that have helped improve my overall health and well-being."

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life



TIPS FOR SUCCESS

“To stay on track, continue to use the products on a regular basis and you'll see the results.”

Renewed Confidence

Rini, Indonesia 🇮🇩

TIPS FOR SUCCESS

“To reach your target, you must be committed and think positively. That alone will make you happier.”



Isagenix Experience

“After following the Isagenix System, I’ve created better eating habits. I’m more confident, happier, and healthier. My goal is to invite all people to experience the same results so they can have a better health.”

Favorite Products

- IsaShake
- Cleanse for Life



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Rice, chicken, and vegetables
- DINNER = Salad with grilled fish
- BEFORE BED = Cleanse for Life

WORKOUT SUPPORT

- PRE-WORKOUT = e+
- POST-WORKOUT = IsaShake

Newfound Freedom

Chien, Vietnam 🇻🇳

Isagenix Experience

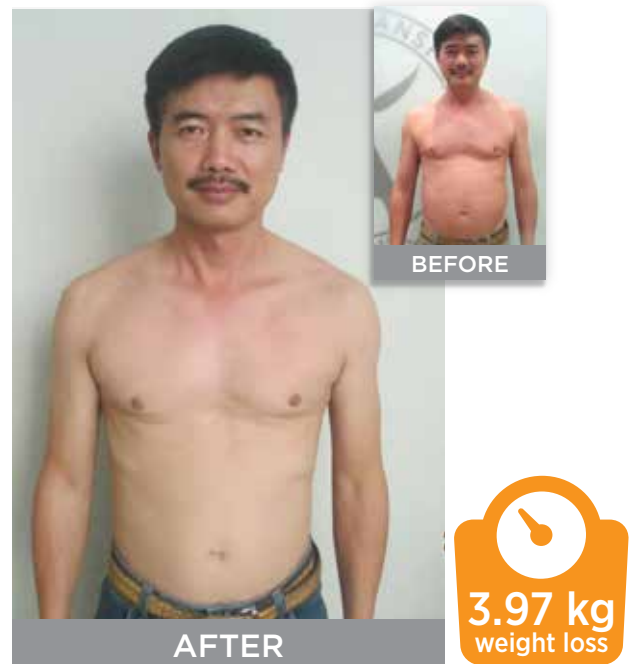
“Isagenix has helped me experience a new kind of freedom. Thanks Isagenix!”

Favorite Products

- Cleanse for Life
- e+
- IsaShake

TIPS FOR SUCCESS

“Experience the products for yourself.”



- BREAKFAST = e+ and noodle soup
- LUNCH = IsaShake
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life

Life-Changing Results

Gunavathi

Malaysia 🇲🇾

Isagenix Experience

“Isagenix has helped me make changes to my health. I am very proud of and happy with the life-changing choice that I have made and am loving every moment of it. I enjoy doing my workouts thanks to my newfound energy.”

Favorite Products

- Ionix Supreme
- Cleanse for Life
- e+
- IsaShake
- IsaLean PRO Shake
- AMPED Hydrate

TIPS FOR SUCCESS

“Feed your body with the right nutrition and stay active!”

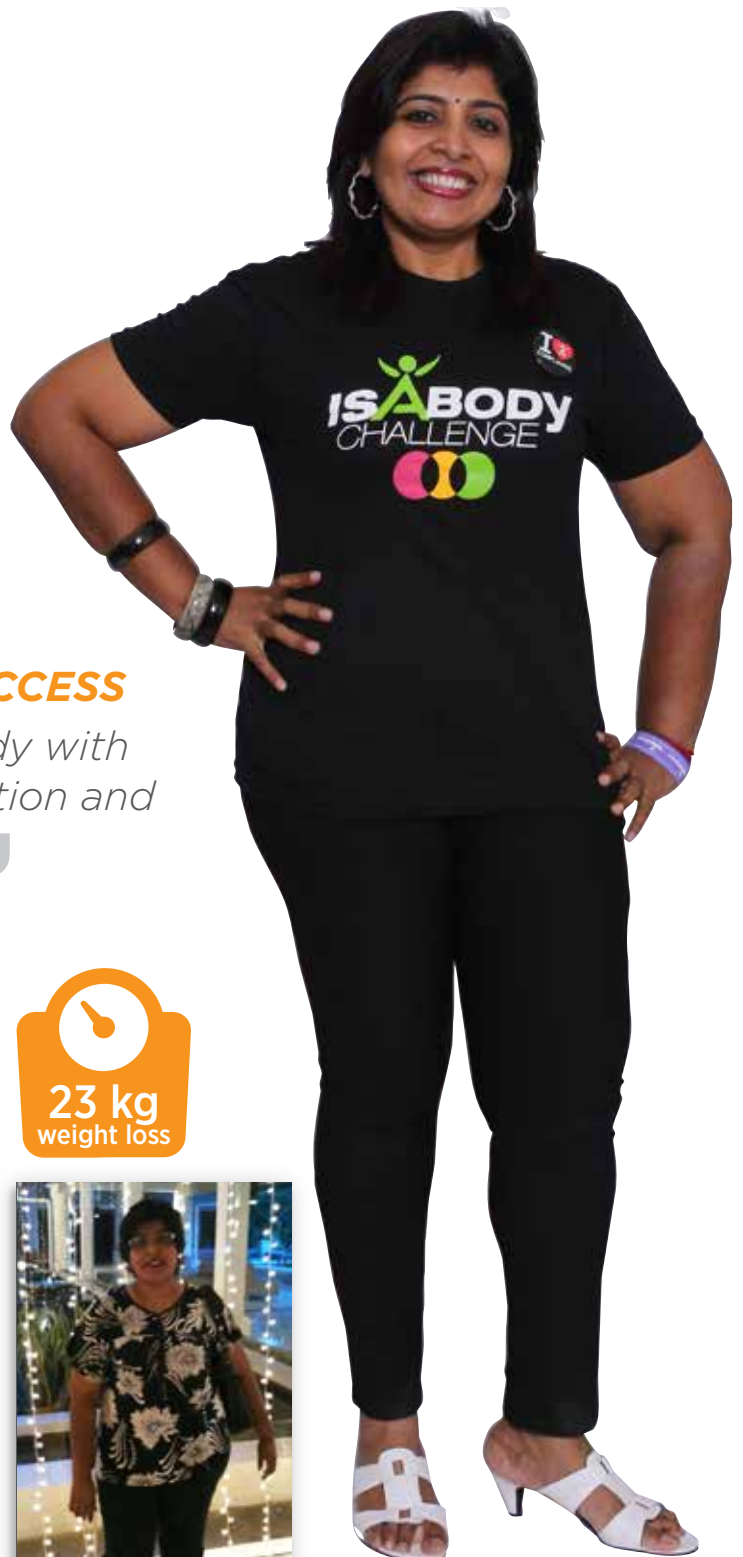


- EARLY MORNING = Cleanse for Life
- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = Brown rice, grilled fish, and vegetables
- DINNER = IsaLean PRO Shake and Ionix Supreme
- BEFORE BED = Cleanse for Life

WORKOUT SUPPORT



- PRE-WORKOUT = e+
- POST-WORKOUT = AMPED Hydrate



BEFORE

Proven Results

Ronald, Indonesia 🇮🇩

Why Isagenix?

"I always saw the positive reviews for Isagenix from people from all over the world. Everyone looks healthier and lost weight. I wanted to try it for myself, and I am glad I did!"

Favorite Products

- IsaShake
- Cleanse for Life



TIPS FOR SUCCESS

“Follow the systems Isagenix provides, and you will get results.”



High-Quality Nutrition for Life

Sonia, United States 🇺🇸

Why Isagenix?

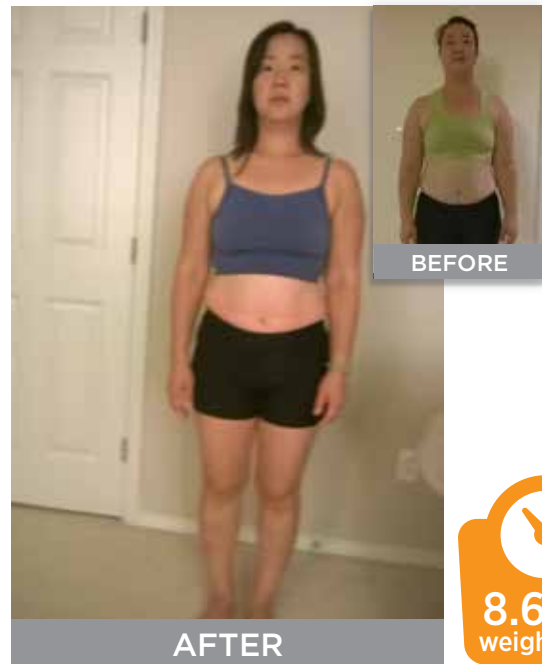
"Isagenix products work together harmoniously, fueling my body with high-quality nutrition throughout the day! I love the simplicity and convenience, which allow me to maintain a healthy lifestyle."

Favorite Products

- Ionix Supreme
- Cleanse for Life

TIPS FOR SUCCESS

“Be open to change. Be inspired by other transformations and be an inspiration to other people. Don't do it alone!”



- BREAKFAST = IsaLean PRO Shake, Ionix Supreme, and Isagenix Greens
- LUNCH = Salad with chicken and quinoa
- DINNER = IsaLean PRO Shake
- BEFORE BED = Cleanse for Life

WORKOUT SUPPORT



- PRE-WORKOUT = e+
- POST-WORKOUT = AMPED Hydrate

Gained Health

Niki

Malaysia 

Why Isagenix?

"The products have been proven scientifically, and it shows! Isagenix products have helped me gain back both my health and body shape."

Favorite Products

- IsaShake
- IsaLean PRO Shake
- Cleanse for Life
- e+

TIPS FOR SUCCESS

“If you follow the system, you will see results.”



- BREAKFAST = IsaLean PRO Shake and e+
- MID-MORNING = Hard-boiled eggs and black coffee
- LUNCH = Brown rice, steamed vegetables, and grilled chicken
- DINNER = IsaShake
- BEFORE BED = Oats with skim milk



WORKOUT SUPPORT

- PRE-WORKOUT = e+
- DURING WORKOUT = AMPED Hydrate
- POST-WORKOUT = IsaLean PRO Shake



Happy and Healthy

Chi-Chiao, Taiwan 🇹🇼

Isagenix Experience

"I was deeply depressed before Isagenix. I'm now a happy, healthy mom. I found the Isagenix Systems easy to follow and maintain."

Favorite Product

- Ionix Supreme



TIPS FOR SUCCESS

Eat it, love it, share it.



Spreading the Excitement

Anky, Hong Kong 🇭🇰

Isagenix Experience

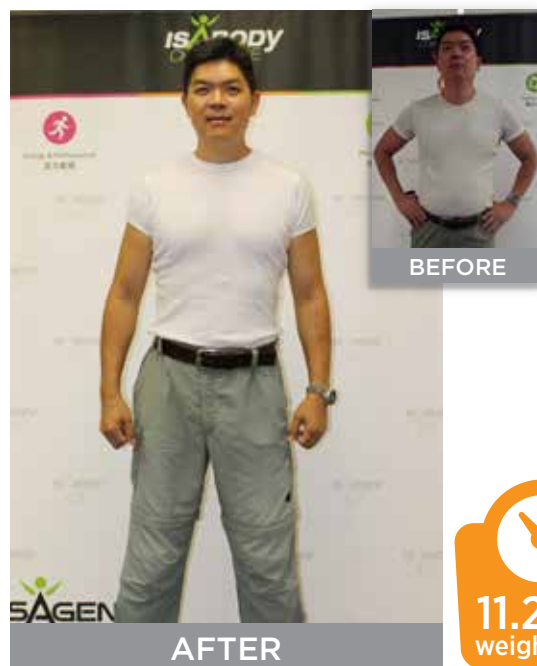
"I became so healthy I wanted to share my experience and Isagenix products with all of my friends and family!"

Favorite Products

- IsaShake
- Ionix Supreme
- Isagenix Fruits
- IsaOmega

TIPS FOR SUCCESS

Stick to the system, eat less, and exercise more.



- BREAKFAST = Ionix Supreme and IsaShake
- LUNCH = Braised potatoes and rice
- DINNER = IsaShake





Getting Older Never Looked So Good

Age is just a number, so defy it! Combine regular exercise with the latest advances in nutritional cleansing, nourishing meal replacements, and youthful-aging support to take on aging with grace and vigor.

Isagenix can help you transform your inner and outer self. Prepare to be amazed.

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4.08 kg with an average of 0.9 kg of the loss from visceral fat after 30 days on an Isagenix system. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

Trusted Products Deliver Results

Rui Zhen, Taiwan 🇹🇼

Why Isagenix?

“The products are extensively researched and tested. So, I was confident that it was a trustworthy company when I decided to give it a chance.”

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life

age
56



10 kg
weight loss

TIPS FOR SUCCESS

“Believe in the products and use them consistently. Do that and you’ll find it easy to maintain your results.”

Isagenix Is for Everyone

Hà, Vietnam 🇻🇳

age
53

TIPS FOR SUCCESS

“Always remember that age is just a number.”



6 kg
weight loss

Why Isagenix?

“Isagenix is different, helping to transform lives all over the world.”

Favorite Products

- Cleanse for Life
- Ionix Supreme
- IsaShake
- e+



- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = IsaShake
- MID-AFTERNOON = e+
- DINNER = Salad
- BEFORE BED = Cleanse for Life

Real Life Results at Any Age



Nancy

Singapore 

Why Isagenix?

"Isagenix is a company with proven results. I couldn't have had a transformation like this without Isagenix."

Favorite Products

- Cleanse for Life
- Product B IsaGenesis
- IsaShake
- e+

TIPS FOR SUCCESS

“Follow and stick to the plan for amazing results.”



- BREAKFAST = IsaShake and Product B IsaGenesis
- LUNCH = IsaShake
- DINNER = Brown rice, grilled chicken, and vegetables
- BEFORE BED = Cleanse for Life and Product B IsaGenesis



BEFORE

Feeling Younger Than Ever

Wan Man

Taiwan 🇹🇼

Isagenix Experience

"I feel younger than before, and losing weight has made me feel more positive about myself. I'm 50, and my friends think I look 40!"

Favorite Products

- Cleanse for Life
- Ionix Supreme
- IsaOmega Supreme



TIPS FOR SUCCESS

“You can attain your goals if you stay focused on the system.”



Change Starts Now

Lai Man, Hong Kong 🇭🻜

Isagenix Experience

“My friend had great results with the Isagenix Systems, and I couldn’t wait to try it myself. I am so glad I did.”

Favorite Products

- IsaShake

age
61



SAMPLE
MEAL
PLAN

- BREAKFAST = IsaShake
- LUNCH = Salmon steak with mixed vegetables
- DINNER = Grilled chicken, rice, and vegetables



BEFORE

AFTER

5.4 kg
weight loss

TIPS FOR SUCCESS

“Eat the right food and use Isagenix products according to the system.”

Tried & True Research

Jen, United States 🇺🇸



BEFORE

AFTER

4.1 kg
weight loss

Why Isagenix?

“I carefully researched several programs and concluded that the Isagenix product line could offer the results I want.”

Favorite Products

- IsaShake
- Cleanse for Life

TIPS FOR SUCCESS

“Embrace the change and don't be afraid of failing. Follow the system in baby steps, track your progress, share your story, and believe that you can do it.”



SAMPLE
MEAL
PLAN

age
51

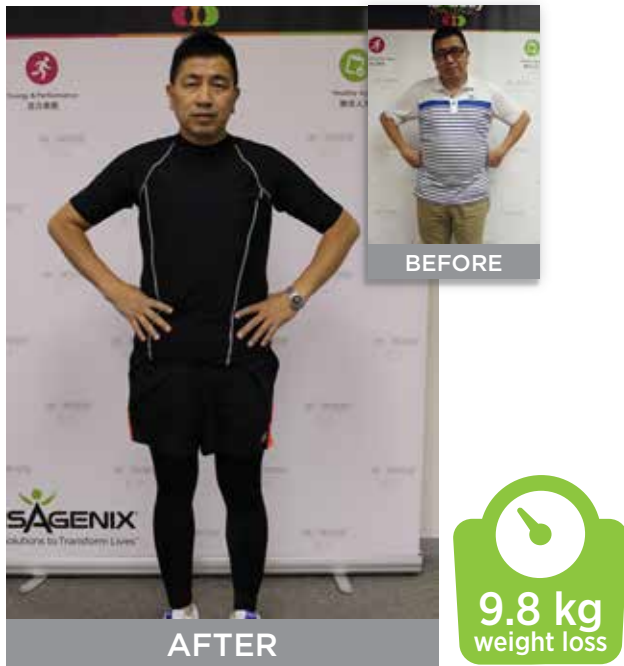
- BREAKFAST = IsaShake and Product B IsaGenesis
- LUNCH = Salad with roasted vegetables
- MID-AFTERNOON = Almonds or raw vegetables
- DINNER = Baked salmon, roasted vegetables, and Product B IsaGenesis
- BEFORE BED = Cleanse for Life

Stay Focused and Believe

Thomas, Hong Kong 🇭🇰

TIPS FOR SUCCESS

“Stay focused, believe in yourself, and follow the plan. It’s that easy.”



Why Isagenix?

“I witnessed my wife experience great results. I think that Isagenix products not only improved my health but also my life. Isagenix helped me find my inner athlete that I had lost for 15 years!”

Favorite Products

- IsaShake
- Ionix Supreme

age
52



- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = Steak with mixed vegetables and boiled potatoes
- DINNER = IsaShake, Ionix Supreme, and IsaOmega

Sights Set on Success

Mei Lan, Taiwan 🇹🇼

TIPS FOR SUCCESS

“Trust Isagenix and believe in the products. Stay on the program and don’t lose sight of your goal.”



Isagenix Experience

“I feel so much happier. I do a Cleanse Day once a week to help maintain my results. For a nutritious meal while traveling, IsaShakes are so convenient for a balanced meal while traveling.”

Favorite Products

- Cleanse for Life
- IsaShake



Building a Support System



age
54

Ade

Indonesia 

Why Isagenix?

"Isagenix produces proven results! Since using Isagenix products, I feel more energetic and better than ever."

Favorite Products

- IsaShake
- Ionix Supreme

TIPS FOR SUCCESS

“Use the products consistently and regularly. Encourage other people to do the same thing so everyone can support each other.”


6 kg
weight loss



BEFORE



- EARLY MORNING = Ionix Supreme
- BREAKFAST = IsaShake
- MID-MORNING = e+
- LUNCH = Salmon and vegetables
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life

IsaBody Success at 54

Why Isagenix?

"I choose Isagenix because I feel it provides high-quality nutrition for my body."

Favorite Products

- IsaShake
- Cleanse for Life
- Ionix Supreme

age
54

TIPS FOR SUCCESS

“Be disciplined and say no to things that are unhealthy, and focus on what’s good for you.”



- EARLY MORNING = Ionix Supreme
- BREAKFAST = IsaShake and e+
- LUNCH = Grilled chicken and vegetables
- MID-AFTERNOON = Ionix Supreme
- DINNER = IsaShake
- BEFORE BED = Cleanse for Life


3.5 kg
weight loss



Building Belief Through Success

Candy Hong Kong 🇭🇰



- BREAKFAST = IsaShake
- MID-MORNING = Fruits and nuts
- LUNCH = IsaShake
- DINNER = Salad with chicken breast
- BEFORE BED = Cleanse for Life



Isagenix Experience

"I tried different, similar products before, but the effects weren't long lasting. I witnessed a lot of Isagenix success stories and believed if they could succeed, I could succeed!"

Favorite Products

- Cleanse for Life
- Ionix Supreme



TIPS FOR SUCCESS
 "Set an achievable goal and work toward it with persistence and commitment."

Stop Dreaming, Start Doing

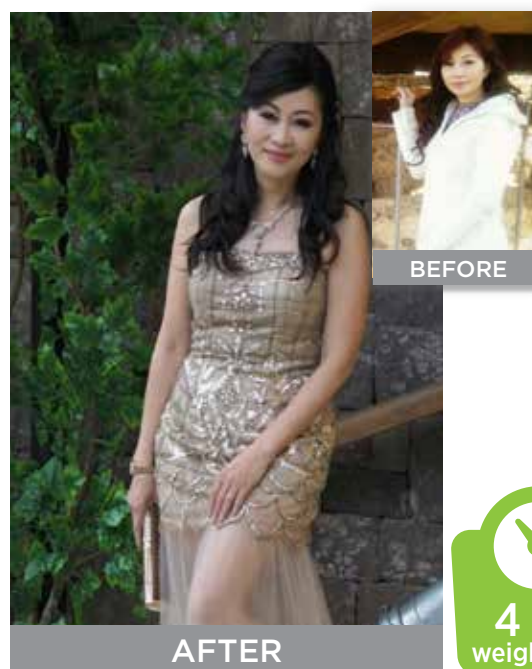
Evi, Indonesia 🇮🇩

Favorite Products

- IsaShake
- Ionix Supreme
- Cleanse for Life
- e+



- BREAKFAST = IsaShake and Ionix Supreme
- LUNCH = Fish, rice, and salad
- DINNER = Chicken, rice, and salad



WORKOUT SUPPORT



- PRE-WORKOUT = e+
- POST-WORKOUT = AMPED Hydrate

TIPS FOR SUCCESS

"Keep focused on your plan and believe in what you're doing. Success is not always easy. Stop dreaming, and start doing."



BEFORE

Complete ~~START~~ THE CHALLENGE



1

“Before” Photos

The final look at the old you

Snap four full-body photos of you standing up (one with proof of start date). Upload within two weeks of your start date.



2

“After” Photos

Show off the new you

Snap four full-body photos of you standing up (one with proof of end date). Upload within two weeks of your end date.



3

Inspirational Essay

Tell us your story

Write a 250-500 word essay sharing your IsaBody Challenge journey. Submit your essay with your “after” photos.



4

500 BV

Use the Products

You must purchase and use a minimum of 500 BV of Isagenix products throughout your 16-week Challenge period.



5

Maintenance

Photos and Weigh-Ins

If you complete three weeks or more prior to your Challenge judging period deadline, you must submit four final full-body maintenance photos (one with proof of date).



ISABODYCHALLENGE.COM

*For official rules visit IsaBodyChallenge.com/Rules



IsaBodyChallenge.com

REGISTER IN YOUR BACK OFFICE TODAY!



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