

A woman with long brown hair, wearing a large straw hat and a red sleeveless top, is smiling and looking off to the side. She is holding a glass of pink smoothie with a strawberry on top and a clear straw. The background is a blurred green foliage.

30-DAY RESET

ISAGENIX.

Reset for weight loss
Reset for confidence
Reset for lean muscle
Reset for health
Reset for routine
Reset for nutrition
Reset for balance
Reset for results



A woman with voluminous, curly brown hair is smiling warmly at the camera. She is holding a clear glass filled with orange juice and ice cubes. She is wearing a dark brown, ribbed t-shirt. The background is a bright, out-of-focus window with white frames, suggesting a sunny day. The overall mood is positive and healthy.

Welcome to your guide for the next 30 days!

When you make good nutrition and healthy habits your focus, results follow.

This simple, sustainable system helps you lose weight (and keep it off!), fight cravings, increase lean muscle mass, improve nutrition, stress less, sleep better, and so much more. No matter what your health goal is for the next 30 days, this system can help you get there!

Results backed by science

Helping hundreds of thousands of people around the world, this Isagenix System is validated through multiple research studies conducted by independent and respected universities. The collective results reinforce what the before and after images show—this system works!

With multiple peer-reviewed publications in leading nutrition and health journals, this system is shown to be safe and effective for:

- Weight loss
- Overall and visceral body fat reduction
- Long-term weight management
- Better adherence to a monthly routine
- Lean muscle mass retention
- Improvements to cardiovascular health markers
- Favorable effects on the gut microbiome
- Increased toxin release from fat cells



Clarkson SKIDMORE



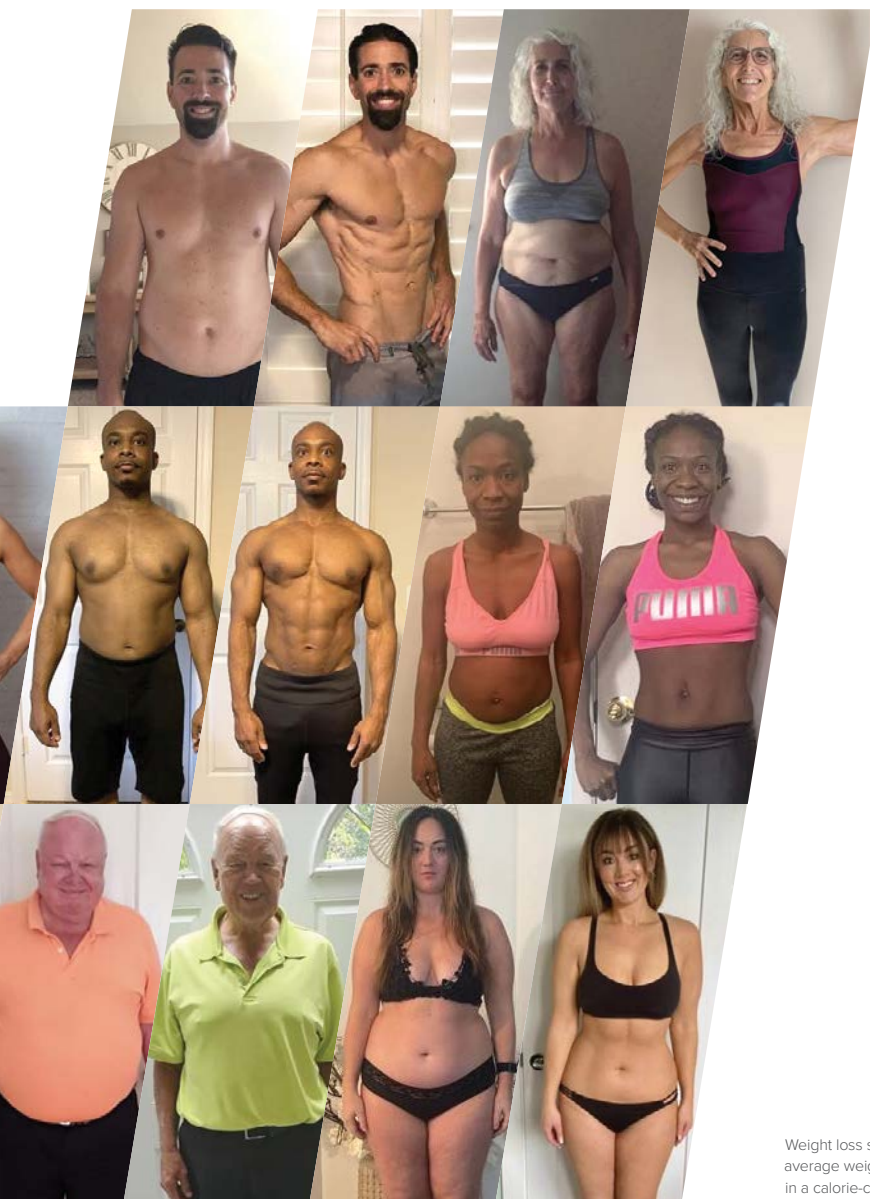
University of
Pittsburgh



Donni Smythe
IsaBody Finalist
Age: 43



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Key findings after 8 weeks of following the Isagenix System compared to a heart-healthy diet:

64%

more weight loss



**Better improvements
in cardiovascular
health markers**

71%

more fat loss

2×

**as much visceral
(abdominal) fat loss**

Skidmore College found that individuals using the Isagenix System for a year:



Continued to lose body fat
and abdominal fat



Maintained improved
cardiovascular health markers



Continued to increase lean
body mass percentage



Maintained weight loss

Weight loss should not be considered typical. A study showed an average weight loss of 24 pounds after 12 weeks. Participants took part in a calorie-controlled regimen of Shake Days and one Cleanse Day per week. For more information on the study, see IsagenixHealth.net.



**WANT TO
KNOW MORE?**

See clinical research
studies here.

In the box

The 30-Day Reset contains products to keep you on track and get results.

Sustainable success is possible with nutrient-dense shakes to help build lean muscle, cleansing botanicals to support intermittent fasting, balancing adaptogens, and targeted daily supplements. A lifestyle change to help make your goals a reality.

Intermittent fasting

Gently support your detoxification systems with the superplant botanicals in **Cleanse for Life®†**

Nutrient-dense meals

Support lean muscle growth and healthy weight management with **IsaLean® Protein Shake**, offering 24g of protein (whey or plant-based), or **IsaLean Performance Protein**, packed with 36g of whey-based protein.



If you ordered a Premium, Value, or Ultimate Pack, you have additional products not pictured here. Visit isagenix.com to learn more.

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Gently support digestive regularity with the balancing minerals and soothing magnesium in **IsaFlush®**†



Help enhance the fat-burning process with the clinically studied citrus extracts in **Natural Accelerator™**†



Indulge and satisfy your cravings while snacking smarter with **Snack Bites** or **Energy Bites**.



Balancing adaptogens

Support your body's ability to adapt to stress with **Adaptogen Elixir™** or **Ionix® Supreme**.†



Looking for a savory Cleanse Day-approved snack? Try **Protein Crackers** or **Collagen Bone Broth**.

Shake Days

Shake Days provide a framework for healthy eating and balanced nutrition. Taking control of your health and reshaping your habits is easier with delicious, protein-packed IsaLean® Protein Shakes. They are a complete meal replacement you can take anywhere. Add the balancing effects of adaptogens and targeted supplements and your Shake Days have it all.

Your Shake Day Routine

MORNING



IsaLean
Shake

+



Natural Accelerator™
(2 Capsules)

LATE MORNING



Adaptogen Elixir™ or
Ionix® Supreme

+



Optional 100-200
calorie snack

AFTERNOON



IsaLean
Shake

EVENING



400-600
Calorie Meal

+



IsaFlush®
(1-2 Capsules)

BEFORE BED

WALK THROUGH
A SHAKE DAY





Third meal 101

Portion control

Choose the correct portion size for your evening meal—calories can be adjusted based on the outcome you're trying to achieve.

Pick a lean protein

Providing your body with a quality source of protein at each meal will help you feel satisfied longer while supporting muscle growth and metabolism. Pick 4-6 ounces of your preferred lean protein like fish, chicken, eggs, beef, or your favorite plant-based protein. This should fill about a quarter of your plate.

Fill up on the good stuff

Fill up on leafy greens (kale, spinach), complex carbs (brown rice, sweet potatoes, and fiber-filled veggies like broccoli, carrots, and onions), and heart-healthy fats (avocados, olive oil).

Meal prep for success

It's easier to stick to a routine when your meals are planned out. Make your weekly shopping list to ensure you have the ingredients you need on hand. Planning meals in advance takes the stress out of trying to decide what's for dinner every night and will end the temptation for takeout when you're feeling tired at the end of a long day.

Follow the Shake Day routine

Don't skip any meals, shakes, supplements, or snacks. Proper nutrition is key to achieving your goals.

Shake Day tips for success

1. Upgrade your shakes

Shake things up! Try adding different fruits or nut butters to your IsaLean Shakes for a delicious, nutrient-dense treat.

2. Let your body adapt

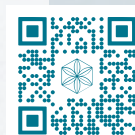
Your daily dose of stress-soothing adaptogens is essential!† Try taking your Adaptogen Elixir or Ionix Supreme at different times of the day to see what works best for you.

3. Focus on how you feel

Instead of staring at the scale, focus on how you look and feel. Do your clothes fit differently? Are you sleeping better? Are you feeling less bloated? Have grace with yourself as you build new habits.

4. Don't go hungry

Just because you're doing a reset doesn't mean you should stop listening to your body. Small servings of sliced water-based fruits or vegetables like cucumber or celery, or some extra protein like a handful of almonds can go a long way.



**HOW TO BUILD
A BALANCED
EVENING MEAL**

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Cleanse Days

Cleanse Days are Isagenix's clinically supported method of intermittent fasting. You'll nourish your body with botanicals, adaptogens, and just enough targeted calories to burn fat, fight cravings, and more.



Your Cleanse Day Routine

MORNING



Cleanse
for Life®

+



Natural Accelerator™
(2 Capsules)

LATE MORNING



Cleanse
for Life

+



Adaptogen Elixir™ or
Ionix® Supreme

AFTERNOON



Cleanse
for Life

+



Cleanse Day
Approved Snack

EVENING



Cleanse
for Life

+



Cleanse Day
Approved Snack

+



IsaFlush®
(1-2 Capsules)

BEFORE BED



COACH ME
THROUGH A
CLEANSE DAY



Cleanse your body on a cellular level



About **12 hours** after your last meal, your body will begin to rely on stored nutrients. This means you'll start burning stored fat for energy.



At around **18 hours**, your body will start to increase its ability to stimulate lean muscle growth and release toxins that have long been trapped within your fat cells.



At about **24 hours**, your body will begin to experience increased autophagy. This natural process replaces old components of cells with new, regenerated ones. This helps your body feel renewed, energized, and reset.

Customize your reset

Choose between one Cleanse Day per week or two consecutive Cleanse Days for two weeks out of the month, for a total of four Cleanse Days per month. Listen to your body to decide which one is right for you.

One Cleanse Day Per Week

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Two Cleanse Days Per Week

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Cleanse Day tips for success

1. Use reminders

When creating a different lifestyle, it can be hard to incorporate every small, new detail. Using alarms or reminders throughout the day can help the system better fit into your day and keep you on track.

2. Keep moving

Modify your workout based on your energy level. Consider starting with light yoga, walking, or gentle stretching.

3. Stay hydrated

A reset flushes toxins out of your body. Water is the vehicle that helps get them out. Drinking a healthy amount of water, especially on a Cleanse Day, is essential.

4. Keep your energy up

If you need an extra boost, plain coffee or tea is perfectly fine to have during your reset.



**PLAN YOUR
PERFECT
CLEANSE DAY**
with this helpful tracker!

IsaBody[®] Kickstart 90

Want to take your 30-Day Reset lifestyle change to the next level?

IsaBody[®] Kickstart 90 is a transformational program designed to provide the community and accountability you need to drive your healthy change. Whether your goal is to look better, feel better, eat better, or move better, this is your opportunity to change your life for the better, whatever your goals may be.

LEARN MORE*

Are you up for
the challenge?

*Terms and conditions apply.
Scan the code for full details.



Don't go at it alone

Connecting with like-minded people on your path to wellbeing can create a greater sense of community and accountability. With the IsaBody Kickstart 90 comes an online support system of more than 40,000 people strong—sharing struggles, motivating stories, and celebrating wins.



Norris Bailey

Age: 55



Morgan Bishop

Age: 38



Weight loss and muscle gain reflect exceptional individual experiences and should not be construed as typical. Participants in a 2016 study showed weight loss of 24 pounds after 12 weeks of the Isagenix cleansing and fat-burning system.



GET INSPIRED

The power of holistic health

Isagenix® is so much more than a weight-loss company. We provide simple, natural, clinically-validated products that optimize what the body does naturally.

Don't stop now. Maintain your results (or keep striving to reach them) with another 30-Day Reset. Switch up your routine by adding one or more of these holistic health products:



Collagen Elixir™

Cellular skin support from the inside out.*



BEA™

Delicious sparkling energy drink with adaptogens.



Greens™

A premium blend of superfoods with 2 servings of vegetables per scoop.



E+™

Plant-based energy shot with naturally sourced caffeine.



Recharge NAD™

Health and aging support on a cellular level.*



PuraPlant 21™

Upgrade your health with 21 vitamins and minerals from organic fruits and vegetables.

If you have one or more of these products in your system already, that means you upgraded to the Premium, Value, or Ultimate Pack.

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Whether you're looking to continue your weight loss goals, improve your energy and focus, enhance your natural beauty, or even explore the possibility of improving your financial health, Isagenix has you covered.



WHAT'S NEXT?
Try the Everyday Health Pack

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or on a weight control program, consult your physician before using Isagenix products or making any other dietary changes, beginning any fitness plan, or attempting to lose weight.

ISAGENIX®



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