

A man and a woman are hiking on a gravel path in a forest. The woman is on the left, wearing a light-colored t-shirt, blue jeans, and black sneakers with white laces. She has blonde hair tied in a ponytail and is carrying a black backpack. The man is on the right, wearing a blue t-shirt, grey pants, and white sneakers. He is also carrying a black backpack and is adjusting it. They are both smiling and looking at each other. The background is a lush green forest with trees and ferns.

# ISAGENIX®



## Weight Loss Solutions

A Simple Guide to  
a Healthier You

# Hello, and welcome to the IsaLife™!

This guide is designed to empower you to become the best version of yourself.

You're now a part of a growing community of like-minded individuals with similar health and wellness goals. You'll find support and encouragement here because we're all in this together!

You now have the tools to achieve your weight loss goals with our convenient system that allows you to incorporate delicious and nutritious Isagenix products and healthy eating habits into your life and take control of your health and wellness.

If you have any questions, contact your local Isagenix Customer Service team, or visit [Isagenix.com](https://www.isagenix.com).







# LET'S **GET STARTED!**

## **COMMIT TO A START DATE AND SET YOUR SCHEDULE!**

Download the IsaLife™ app for step-by-step assistance to customise your Isagenix plan.

## **SET YOUR GOALS AND GROW YOUR SUPPORT TEAM!**

Join thousands of others across the world doing the IsaBody Challenge® to smash your goals. Share results, connect and receive support from our amazing community on the IsaBody journey!

## **START NOW... HEAD TO WELCOMETOISAGENIX.COM**

Once you've visited the website, unpack your box and say hello to healthy change! We're here for you every step of the way.

**Let's do this!**

# GET TO KNOW **YOUR PRODUCTS**

Here is a selection of our products that will help you on your health and wellness journey. Depending on your selections, some products may not be in your box, or you may have the products listed below, plus some extra! Let's take a moment to get to know the delicious products you're about to experience!



## **IsaLean™ Shake & IsaLean™ Shake Plant Based**

A healthy balanced meal, made with simple, wholefood ingredients that you can feel great about. Crammed full of goodness, giving you just the right amounts of everything you need to feel great – plus it's ready in seconds!

## **Ionix® Supreme**

A fortified tonic packed with botanicals to help you tackle the challenges of everyday life. This powerful elixir is designed to be used daily to promote overall health and wellbeing.



## **Nourish for Life™**

A blend of nourishing botanicals like aloe vera, Siberian ginseng and peppermint to support your body on Cleanse Days. A key feature that makes Cleanse Days different from ordinary fasting or simply skipping a few meals.



### Thermo GX™

A daily supplement of carefully selected ingredients like niacin, chromium, green tea extract and apple cider vinegar, to help your body use the energy in the foods you eat<sup>1</sup>.



### IsaMove™

A daily supplement of magnesium, psyllium and peppermint to be taken before bed to support the body's processes while you sleep<sup>2</sup>.



### Isagenix Snacks™ & Isagenix Snacks™ Plant Based

At only 15 calories per wafer, these nutritious bite-sized snacks help reduce cravings and keep you satisfied.



1 Contains niacin and chromium. Niacin contributes to normal energy-yielding metabolism. Chromium contributes to normal macronutrient metabolism.

2 Contains magnesium, which contributes to normal energy-yielding metabolism, functioning of the nervous system, muscle function and normal protein synthesis

The images shown are for marketing purposes only.



# NEED A SNACK?

Snacking might have been given a bad name, but really, it's an important part of a healthy balanced diet! So, we've created a range of snack options that fit perfectly into your weight loss programme and are convenient, calorie controlled, and satisfy your cravings!



## IsaDelight™

Guilt-free chocolates with feel good ingredients – the perfect way to manage your sweet tooth. They're just 60 calories per square, rich in cocoa, and packed with feel-good ingredients like green tea, amino acids and B vitamins.



## Whey Thins™ and Harvest Thins™

At only 100 calories per serving, Whey Thins and plant-based Harvest Thins are the perfect savoury, protein-packed snacks.

## Isagenix Greens™

A simple way to get more of the organic, whole foods based nutrition your body needs in a simple powdered drink mix. Adding more organic veggies to your day just got a lot easier!





### e-Shot™

A novel combination of energy-boosting caffeine and powerful botanicals – this isn't your typical energy drink. The blend of natural ingredients makes it a healthy and safe alternative to high-calorie, excessively caffeinated, artificially sweetened energy drinks and shots.



### IsaLean™ Bar

IsaLean Bar is the ideal go-to snack. Made from wholesome ingredients with enough protein and fibre to keep you going until your next meal. You can help yourself to either half a bar or a whole bar when hunger strikes.

### AMPED™ Hydrate

The perfect sports drink to stay hydrated and refreshed during your workout. Every serving provides carbohydrates for fueling your body, and vitamin C, B-complex and electrolytes to replace nutrients lost during exercise.



*Did you know...*

When it comes to losing weight, good nutrition and being more active go hand in hand. For more information on our products that could maximise your results when exercising, head to [Isagenix.com](http://Isagenix.com).



# ARE YOU READY TO GET STARTED?

It's pretty simple. Each day will either be a Shake Day or a Cleanse Day.

## Shake Day








Replace two meals per day with an IsaLean Shake and enjoy up to two healthy, balanced snacks and one 400-600 calorie meal. It's completely your choice whether you want to replace lunch or dinner with your shake to fit around your lifestyle, how great is this! For example, you could have a shake for breakfast, enjoy a healthy meal for lunch, and end your day with a shake for dinner.

## Cleanse Day

On a Cleanse Day, you'll reap the benefits of intermittent fasting by drinking four deep cleanse servings of Nourish for Life. We have great news: you can snack on Cleanse Days too! We'll get into details on the next page.

Your monthly system might look like one of these...

### SINGLE CLEANSE DAY

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

















= Shake Day



= Cleanse Day

### BACK-TO-BACK CLEANSE DAYS

WEEK 1						
 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday
WEEK 3						
 Monday	 Tuesday	 Wednesday	 Thursday	 Friday	 Saturday	 Sunday

*Tips For Success*

- Stick to a schedule!
- Do at least 2 Shake Days before your first Cleanse Day.
- Enrol in Autoship to make sure you have product to continue next month.
- When you've reached your goal weight, take a look at our other packs for continual nourishment.



## Shake Days

### Before Breakfast

Ionix Supreme —  
30ml serving

### Breakfast

IsaLean Shake  
Thermo GX — 1 capsule

### Mid-Morning

See Snack Options

### Lunch

IsaLean Shake  
Thermo GX — 1 capsule

### Mid-Afternoon

See Snack Options

### Dinner

400-600 Calorie Meal

### Before Bed

IsaMove — 1 capsule



### Snack Options

- 1 bag of Whey Thins or Harvest Thins
- ½ IsaLean Bar
- 1 e-Shot
- 1 AMPED Hydrate
- 4-6 Isagenix Snacks
- 1 piece of fruit



## Cleanse Days

### Before Breakfast

Ionix Supreme —  
30ml Serving

### Breakfast

Nourish For Life — 118ml Serving  
Thermo GX — 1 Capsule

### Lunch

Nourish For Life — 118ml Serving

### Mid-Afternoon

Nourish For Life — 118ml Serving

### Evening

Nourish For Life — 118ml Serving  
IsaMove — 1-2 Capsules



### Snack Options

**ENJOY** 4-6 Isagenix Snacks  
throughout the day

**CHOOSE** Up to 2 snacks a day  
(1 mid-morning and 1 early evening)  
from the options below.

- 1-2 IsaDelight
- ¼ apple or pear
- 1 AMPED Hydrate
- 1 e-Shot
- 1 bag of Whey Thins or Harvest Thins throughout the day

*Pro Tip*

When you're doing exercise, why not add a scoop of IsaPro® to your favourite IsaLean Shake to boost your protein, which will help keep you satisfied for longer. There are many ways to customise Shake Days and Cleanse Days. Remember, these are just guidelines!



# HOW CAN I CREATE A HEALTHY, BALANCED MEAL?

It may sound simple but creating a healthy meal every day can become a bit overwhelming. It's important to get the right balance and avoid 'diet mentality' where you think less is best. Your third meal should be a nutritionally balanced 400-600 kcal meal.

Take a moment to consider the balance of nutrients and use the below top tips to ensure your plate provides everything you need:

## 1. INCLUDE A SOURCE OF PROTEIN

Use poultry, lentils, eggs, white fish, oily fish like salmon or mackerel, tofu, lean beef mince or meat substitutes.

**One Portion:** About half the size of your hand.

## 2. DON'T FEAR CARBOHYDRATES!

Carbohydrates are essential to our diets so include some in every meal and use wholegrain where you can. Try potatoes with their skins on, wholegrain or seeded bread, brown or wild rice, whole-wheat pasta, quinoa, buckwheat or pearl barley.

**One Portion:** About two handfuls of dry pasta, rice or grains.

## 3. FILL UP ON VEGGIES

Aim for a variety of different types and colours, and don't forget they can be fresh, frozen, or canned.

**One Portion:** About 80g, but your meal can include more than one portion!



You can create some delicious and interesting dishes all within 400-600 calories, and the more creative you are, the greater chance for long-term success!

# CLEANSE DAYS IN THE SPOTLIGHT

## Q. What is a Cleanse Day?

A. First, let's talk about why we should cleanse. Most people know that's a job for our liver, but our livers weren't designed with an industrial world in mind. Though we try hard to reduce exposure to toxins and pollutants, we can't escape them all. To help us stay healthy, Isagenix created Cleanse Days, our form of intermittent fasting. Intermittent fasting can benefit your overall health and wellbeing, as well as weight loss.

## Q. How many Cleanse Days can I do in a month?

A: The chances are you'll be feeling so great after your first Cleanse Day you'll want to do more, but don't overdo it. We recommend one Cleanse Day per week, or you could do a double cleanse (which is two Cleanse Days back to back), but whichever you choose we don't encourage you to do more than four Cleanse Days per month.

## Q. Can I exercise on my Cleanse Day?

A. You can still be active on your Cleanse Days, but as you're consuming very few calories it's best this is very light activity – like walking or gentle yoga. Don't forget to rely on products like AMPED Hydrate, IsaDelight and Isagenix Snacks to help you get through the day.

## Top Tips

### FOR CLEANSE DAYS

#### 1. START WITH SHAKE DAYS

Make sure you plan at least two Shake Days before your first Cleanse Day.

#### 2. RELY ON YOUR TOOLS

Cleanse Days aren't about going without, it's about nourishing your body with small amounts throughout the day. That's why we encourage you to use our products to support you.

#### 3. LISTEN TO YOUR BODY

As you're consuming fewer calories on a Cleanse Day, you may feel more tired than usual. Take it easy, make sure you're well hydrated, and have a Cleanse Day snack.

#### 4. HAVE AN EARLY NIGHT

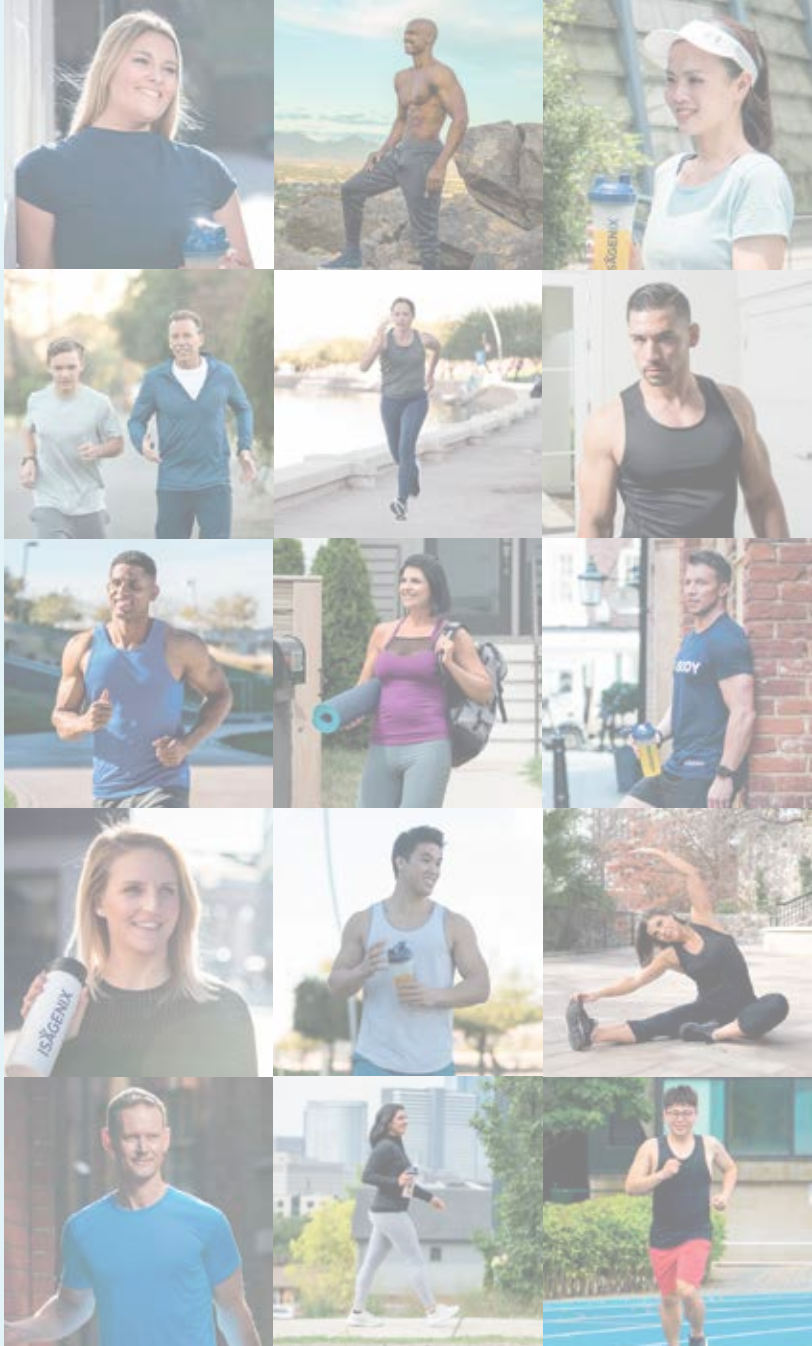
Going to bed earlier on Cleanse Days can help to avoid any urges for late-night snacking.



# ISABODY™

The IsaBody Challenge® is a 16-week total-body transformation challenge where you'll set new goals for your health, fitness, and overall wellness and you'll be part of a community of incredible people ready to support, motivate and encourage you anytime you need it.

**Register for the IsaBody Challenge today and join our Facebook Group.**





# FREQUENTLY ASKED QUESTIONS

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## **I'm nervous to start! How can I keep myself on track?**

First things first, decide what it is you want to achieve – do you have a goal weight, dress size or something else? Once you've made that decision, your next step is to find a way to keep yourself accountable. We've helped keep thousands of our customers accountable through our IsaBody Challenge®. Here you'll be part of a large and global community of others who are on the same journey. We're all here to support one another! Head to **IsaBodyChallenge.com** to find out more.

## **What should I expect during the first few days of my journey?**

As with anything, it'll take a few days to adjust to your new programme so be patient and listen to your body, knowing that you're nourishing yourself with good nutrition. If you follow your system as recommended, you'll begin to see results and feel the difference.

## **If I feel tired or have a headache, should I continue my system?**

These are often a sign that something isn't right – make sure you're staying properly hydrated and eating enough throughout the day. If your symptoms continue, please consult your doctor.

## **How can I get creative with my IsaLean Shakes?**

Easy! Try adding fresh fruit, spices like cinnamon or ginger, or Isagenix products like AMPED Hydrate. Just keep in mind that customising your IsaLean Shake can mean increasing the calories.

## **Since I started, I've been gradually increasing my workouts. Should I eat more if I'm hungry?**

This is music to our ears! Yes, if you're hungry that's your body asking for more fuel. You could add ingredients like IsaPro, oats, fruits, or nut butters to your IsaLean Shake, or you could have some extra snacks.

## **Can I continue using the Weight Loss System after I have reached my weight loss goal?**

Absolutely! This is a great way to help you to maintain your results. We recommend continuing with at least one IsaLean Shake per day (they make a great on-the-go breakfast!) and doing a couple of Cleanse Days each month too!



## ONLINE TOOLS & RESOURCES

Isagenix has developed a library of online tools with you in mind. We encourage you to visit our websites to help you better understand our culture, products and philosophies about health and wellness.

**Isagenix.com** is our global website where you can learn more about the company and our products, shop online and log in to your Back Office.

**EU.IsaFYI.com** is your source for the latest Isagenix news and updates, product information, success stories, promotions and programmes.

**Isagenix YouTube** features a wide range of videos from 'How to do a Shake Day' to 'The IsaBody Challenge'; you'll discover everything you need to know in minutes!

**Isagenix Business Facebook Groups** are where you'll be able to lean on us and your fellow Associates for business-building news and advice.

- **UK & Ireland** (Facebook.com/groups/IsagenixBusinessEurope)
- **Netherlands & Belgium** (Facebook.com/groups/IsagenixBusinessNetherlandsBelgium)
- **Spain** (Facebook.com/groups/IsagenixBusinessSpain)

**IsagenixBusiness.com** is the official Isagenix business training system. On this site, you can learn how to get paid for sharing Isagenix products with others and more!

**StartYourLife.com** is where you'll see how a growing team of young people, aged 18-35, who are striving to lead extraordinary lives and helping others do the same.

## NEXT STEPS...

Firstly, well done for finishing your system! If you haven't hit your goals just yet, the best results will come from continuing with one of our full systems. If you have reached your weight loss goals, the Daily Wellness Pack is the perfect pack to graduate to for continual daily nourishment and to help you stay on track with the results you've achieved.

**COMMIT** to your success and maintain your results!

**CONTINUE** to set goals and share your experiences.

**CHANGE** doesn't come without challenging yourself; join the IsaBody Challenge!







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