Total Health & Wellness:

4 Pillars of Health Pak

Step-by-Step Guide

> *"To be in this kind of shape is very exciting! Maintaining it is the next step."*

ELIZABETH M.
2012 ISABODY CHALLENGE® FINALIST
Real Isagenix product user. Not a paid model.

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ISAGENIX®

"The Total Health and Wellness: 4 Pillars of Health Pak is affordable for everyone. And THE BEST system EVER! I am the healthiest I have ever been. I recommend it to everyone I know."

ROSE N.

Total Health and Wellness: 4 Pillars of Health Pak

Your Path to Success

For best results, follow the steps below:

1. **Use the Total Health and Wellness planner (page 3)** to remind you when to take each product. Print additional copies (IsaProduct.com) of the planner and use this tool to support your success.
2. **Take your measurements** and track your success with our easy-to-use measurement tracker (page 4). Use the measuring tape included in your Welcome Kit.
3. **Success loves company—**so be sure to enlist an accountability partner or Isagenix coach like your sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get free daily advice (IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProduct.com.
4. **Buy healthy foods and plan great tasting healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including soda and foods with artificial sweeteners and coloring, and junk food.

Visit ChooseMyPlate.gov for healthy eating tips.

Total Health and Wellness Overview

Your Total Health and Wellness: 4 Pillars of Health Pak contains the following life-changing products:

(1) Cleanse for Life®: Liquid or Powder
Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove toxins and impurities.*

(2) IsaLean® Shake canisters or 14 packet boxes: Chocolate or Vanilla
Lose or maintain your weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.*

(1) Ionix® Supreme: Powder or Liquid
Beat stress and increase mental and physical performance naturally with this powerful Adaptogen-rich tonic.*

(1) Ageless Essentials™ Daily Pack (for Men or Women)
Support muscle function and growth, combat aging at the cellular level and provide total-body support for cellular, immune, brain, vision, bone and cardiovascular health*

Popular add-ons to the Total Health and Wellness: 4 Pillars of Health Pak :

***Isagenix Snacks!®*: Chocolate or Vanilla**
Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.*

IsaDelight Plus™: Milk Chocolate or Dark Chocolate
Power-packed, delicious, creamy milk and dark chocolate that improves mood, curbs cravings, increases energy and burns fat.

SlimCakes®
Tasty, low-calorie, nutritionally-packed snacks that support heart and digestive health.

e+ Healthy Energy Shot
A nutrient-packed, naturally-caffeinated energy shot that gets—and keeps—you active and alert.

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.

Now You're Ready to Begin

SHAKE DAY PLANNER

Early Morning
- ❑ Drink 1 serving of Ionix Supreme
- ❑ Drink 1–2 glasses of purified water

Morning—Breakfast
- ❑ Enjoy an IsaLean Shake
- ❑ Take 1 A.M. packet of the Ageless Essentials

Late Morning—Snack
- ❑ Optional: Choose one serving of a Shake Day snack
- ❑ Drink 1–2 glasses of purified water

Early Afternoon—Lunch
- ❑ Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400–600 calorie meal*
- ❑ Drink 1–2 glasses of purified water

Mid Afternoon—Snack
- ❑ Optional: Choose one serving of a Shake Day snack
- ❑ Drink 1–2 glasses of purified water

Evening—Dinner
- ❑ Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400–600 calorie meal*
- ❑ Take 1 P.M. packet of the Ageless Essentials

** For more information on meal options that suit your needs, check with your trainer, dietary professional or the USDA "My Plate Guidelines" at ChooseMyPlate.gov*

To benefit from Everyday Cleansing, drink 1 Everyday Cleansing serving of Cleanse for Life in the morning and either mid-morning or mid-afternoon as a snack. (Additional Cleanse for Life will need to be purchased.)

SHAKE DAY SNACK OPTIONS:

- 2 *Isagenix Snacks!*™**
- 1 *FiberSnacks!*™**
- 1 SlimCakes®**
- 1–2 IsaDelight Plus™ chocolates (Milk or Dark Chocolate)**
- 1–2 servings of e+ or *Want More Energy?*®**
- 6 unsalted almonds

*** Products sold separately*

CLEANSE DAY PLANNER

Early Morning—Cleanse 1
- ❑ Enjoy 1 Deep Cleansing serving† of Cleanse for Life
- ❑ Take 1 A.M. packet of the Ageless Essentials

Mid Morning—Snack
- ❑ Drink 1 serving of Ionix Supreme
- ❑ Recommended: Enjoy up to 2 IsaDelight Plus chocolates**
- ❑ Take 2 *Isagenix Snacks!*—30 minutes after consuming IsaDelight Plus chocolates**
- ❑ Drink 1–2 glasses of purified water

Late Morning—Cleanse 2
- ❑ Enjoy 1 Deep Cleansing serving† of Cleanse for Life

Early Afternoon—Snack
- ❑ Take 2 Isagenix Snacks!**
- ❑ Drink 1–2 glasses of purified water

Mid Afternoon—Cleanse 3
- ❑ Enjoy 1 Deep Cleansing serving† of Cleanse for Life

Early Evening—Snack
- ❑ Recommended: Enjoy up to 2 IsaDelight Plus chocolates**
- ❑ Take 2 *Isagenix Snacks!*—30 minutes after consuming IsaDelight Plus chocolates**
- ❑ Drink 1 serving of Ionix Supreme
- ❑ Drink 1–2 glasses of purified water

Evening—Cleanse 4
- ❑ Enjoy 1 Deep Cleanse serving† of Cleanse for Life
- ❑ Take 1 P.M. packet of the Ageless Essentials

† Follow "Deep Cleansing Directions" on the Cleanse for Life label to ensure proper serving size.

CLEANSE DAY OPTIONS/SUPPORT:

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1–2 IsaDelight Plus™ chocolates (Milk or Dark Chocolate)**
- 1–2 servings of e+ or *Want More Energy?*® (if you are exercising)**
- 2 *Isagenix Snacks!***

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit IsaProduct.com

Cleansing Calendar & Guidelines

It's important to give your body the nutrients it needs.

Endorsed by John W. Anderson - Isagenix Founder, Master Formulator and Formula Developer of Product B™

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

**Take Measurements. Create healthy habits by ordering another Isagenix system or pak today. Also, don't forget to share your story at IsaProduct.com by clicking on the "People" tab.*

S=Shake Days
C=Cleanse Days

Track Your Progress

Measurement tracker

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Day 1															
Day 11															
Day 30															
Total Lost															
Goals															

(Use the tape measure included in your Welcome Kit.)

In order to look and feel your best every day, it's important to maintain a healthy lifestyle.

Shake Day Guidelines

- Enjoying an IsaLean Shake for breakfast is recommended.
- It is okay to add Isagenix products such as e+, *Isagenix Greens!*™ and IsaFruits® to your IsaLean Shake.
- Your daily 400–600 calorie meal can be prepared for either lunch or dinner. Enjoy this meal with family or friends. For meal ideas, go to ChooseMyPlate.gov or IsaProduct.com.
- Engage in an exercise program with both aerobic and resistance training. Enjoy *Want More Energy?*® to replenish lost glycogen, vitamins and electrolytes. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 91 oz for women and 125 oz for men.

Cleanse Day Guidelines

- We recommend you do no more than 2 Cleanse Days consecutively or within a week.
- We recommend you do 2 Cleanse Days per week for no more than 3 consecutive weeks, unless there are modifications where more calories are consumed on specific Shake Days.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Complete at least 2 Shake Days (also referred to as Pre-Cleanse Days) before beginning a 2-Day Deep Cleanse.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 91 oz for women and 125 oz for men.

***Recommended by the Institute of Medicine.*

Additional tools can be found online in your Associate Back Office in the "Resources" section and by visiting IsaProduct.com

The Science Behind Cleanse and Shake Days

Isagenix Shake Days and Cleanse Days boost weight loss by reducing caloric intake while providing optimal nutrition and detoxification. Only the highest-quality macro- and micronutrients, botanicals and supporting ingredients are used.

Cleanse Days: The Jump-Start to Weight Loss and Energy

- **STIMULATES FAT BURNING:** The reduction of calories on Cleanse Days stimulates the body's fat-burning furnaces while suppressing fat synthesis and storage.
- **TRIGGERS DETOXIFICATION:** The absence of food on Cleanse Days give the digestion processes a break, allowing the liver to do its job of detoxifying the body. Deep Cleansing also stimulates the release of stored fat-soluble toxins. Drinking Cleanse for Life on Cleanse Days helps encourage even deeper detoxification. The natural detoxifying tonic also replenishes the body with B vitamins, which are depleted during normal fasting. B vitamins are essential for normal body metabolism and energy production.
- **REDUCES OXIDATIVE STRESS AND INFLAMMATION:** As fat cells shrink, they release fewer signaling molecules that cause oxidative stress and inflammation. Less total body fat also helps improve antioxidant status in the body. The end result is improved health overall and lower risk of chronic disease. Oxidative stress, in particular, plays a heavy toll on telomeres (related to aging). The lower the oxidative stress, the better for healthy aging.

Shake Days: The Secret to Staying Lean for Life

- **STIMULATES FAT BURNING:** The IsaLean® Shake feeds the body whey protein, shown to outperform other proteins for keeping you feeling full longer and increasing the body's production of heat and fat oxidation. The high protein and addition of vitamins and minerals decreases abdominal and total body fat, while staving off muscle loss.
- **YOUTHFUL AGING:** Glutathione is the body's most powerful antioxidant. Shake Days help restore glutathione to youthful levels and fights oxidative stress related to obesity. The IsaLean Shake provides essential vitamins and minerals often depleted in dieting but necessary to maintain normal cellular activity.

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Your Next Step...

Boost your benefits with the Healthy Aging and Telomere Support System. This ultimate maintenance system includes youthful-aging support from Ageless Essentials™ with Product B™ and a 2-Day Cleanse Support Kit for 2 Deep Cleanse Days.

The Healthy Aging and Telomere Support System is specifically designed to combat the root mechanisms of aging using a smart, flexible, long-term program. **This system helps you enjoy higher energy, lean body mass, youthful aging and an overall healthier lifestyle.**

Healthy Aging and Telomere Support System with optional add-on Isagenix Brain and Sleep Support System

Keep your goals on track and continue to enjoy the benefits of weight loss, increased energy and overall optimal health with a 30-day replenishment of Ionix® Supreme, Cleanse for Life®, IsaLean® Shake, Ageless Essentials™ with Product B™ (for Men or Women) and a 2-Day Cleanse Support Kit.

This solution offers long-term benefits for life-long health and vibrancy. **Add it to your Autoship today!**

Your Success is Our Success!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

Education: **ISAPRODUCT.COM**
This easy-to-navigate site contains everything you need to know about the products in your Energy and Performance System. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

Inspiration: **ISAMOVIE.COM**
Our most popular videos demonstrate how Isagenix® transforms lives.

Motivation: **ISADIARY.COM**
Get the most out of Nutritional Cleansing with free, daily advice and motivation.

News: **ISAFYI.COM**
All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

Science: **ISAGENIXHEALTH.NET**
Learn more about the science behind our products, FAQs and more!

Training: **ISAGENIXPODCAST.COM**
Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

Support: **WEBINARS**
Learn powerful tricks of the trade from corporate executives and Isagenix field leaders alike. Visit Isagenix.com/us/en/ABOTraining.dhtml for more information.

Coaching: **CONFERENCE CALLS**
Check out daily and weekly programs that coach, inspire and motivate. Visit IsaFYI.com and select the "Calls" page.

Community: **SOCIAL MEDIA**
At Isagenix, we've long recognized social networking—or what we like to call "social entrepreneurship"—as a revolutionary way of doing business. IsaGeeks.com, and our Facebook.com/Isagenix, Twitter.com/Isagenix and YouTube.com/Isagenix sites, have something for everyone—including tools and supports to leverage social media in building your business.

"We have been on the Total Health and Wellness: 4 Pillars of Health Pak, routinely for a while now. Because of our hectic lifestyles and Lori's past health challenges, it has given us more energy to enjoy life. We are encouraged by how great we feel and excited about our future."

JOHN AND LORI L.

Do you want to get your next Total Health and Wellness: 4 Pillars of Health Pak for free?

- Do you have friends or family that would benefit by using the Total Health and Wellness: 4 Pillars of Health Pak?
- Do you want to earn a part-time income (vacations, car payments, mortgages) or even a full-time income?

Go to IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!

† The weight loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 7 lbs during the first 9 days of the Cleansing and Fat Burning System.

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