

Your loss is your gain.



Kristy Youngblood
Lost 107 lbs.†

With a mega dose of 36 grams of high-quality protein* from the new IsaLean® Pro Shake, you'll gain considerable weight-loss results.

Introducing IsaLean® Pro Shake: for an impressive scale of results. It's common to hit a stubborn weight-loss plateau where the pounds just seem to stop coming off. This makes for one very frustrating weight-loss roadblock. Recent studies have shown that increased amounts of protein—especially whey—can enhance satiation (feeling full), fat burning and muscle growth. Extra pounds, beware!

Formulated to provide a strategic balance of high-quality protein, healthy fats and energy-boosting carbohydrates along with a broad spectrum of performance boosting vitamins and minerals, IsaLean Pro is a nutritionally complete food that's ideal for increasing your protein intake. So, when you're ready to slim down, IsaLean Pro Shake will help you gain the protein you need to lose the extra weight you want.

IsaLean® Pro Shakes, a convenient and delicious ultra-high protein meal replacement. Unleash the Pro in you!

Now available in three flavors:

- Natural Vanilla
- French Vanilla
- Natural Chocolate

- Build Lean Muscle
- Boost Fat Burning
- Gluten-Free
- Low Glycemic



* Per serving packet

** Isagenix sources the highest quality undenatured whey protein available from New Zealand grass-fed cows not treated with hormones or antibiotics.

† 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. As with any health or fitness program, a sensible eating plan and regular exercise are required in order to achieve long-term weight loss.

Metabolic Syndrome: A Lethal Fat Epidemic

Dark days ahead for world health. A world health crisis is developing and it's not due to heart disease, cancer, AIDS or diabetes. It's fat. In all its many forms, obvious and elusive, fat is ballooning into a crisis that's impacting millions around the world.

Defining metabolic syndrome. Metabolic syndrome is becoming common throughout North America and other developed countries. Simply put, metabolic syndrome is a combination of health risk factors that together jeopardize our overall health causing or furthering; morbid obesity, cardiovascular disease, diabetes, visceral obesity, high-blood pressure, high triglycerides, low HDL cholesterol, gout and insulin resistance. Metabolic syndrome happens because of dangerous levels of various types of excess fat in our bodies.

Two prominent red flags for metabolic syndrome:

- **Extra weight around the body's mid-section** (central obesity). The body may appear "apple-shaped" or "pear-shaped" in both men and women (see chart right).
- **Insulin resistance.** This is where the body cannot use insulin effectively and, as a result, blood sugar and fat levels rise to dangerous levels.

Why to a brighter day. The superior whey protein in IsaLean® Pro Shake is part of a super-charged meal replacement alternative that helps you achieve better workout performance, burn fat and bust through stubborn weight-loss plateaus. Studies show that participants who consumed whey protein versus other common forms of protein lost more visceral fat compared to other participants. When combined with proper exercise and a sensible diet, it's often just what you need to combat the effects of metabolic syndrome.

The whey to a healthier you. IsaLean Pro contains the highest quality of undenatured whey protein concentrate and milk protein sourced from small family farms in New Zealand whose free-grazing, pasture-fed dairy cows are milked according to season, free from the harmful effects of hormones or antibiotics. New Zealand's standards far exceed the USDA organic standards so, as a result, IsaLean Pro contains a superior amino acid profile. The whey is also ultra-filtrated so it's low in lactose. With a superior amino acid profile, whey protein is the ideal choice for fat burning and muscle retention and growth, according to recent studies.*

Additional benefits of whey protein:

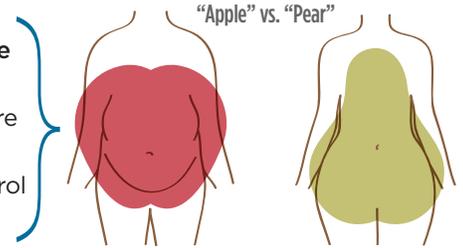
- Enhances satiety so you feel fuller, longer
- Boosts metabolism and fat burning
- Highly concentrated branched-chain amino acids for increased muscle maintenance
- Slows muscle breakdown
- Undenatured whey protein supports production of glutathione, a key antioxidant for battling oxidative stress and guarding telomere health

* While sustained muscle growth requires resistance training, IsaLean Pro is a great asset to promote and support the maintenance and growth of muscle tissue.

Obesity and Body Shape

Metabolic Syndrome

- Visceral obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance



An early sign of metabolic syndrome is often the appearance of an apple-shaped form (usually associated with men) versus a pear-shaped form (usually associated with women), respectively. An apple-shaped form indicates accumulation of visceral fat, or central obesity, with an increased risk of metabolic syndrome factors including high blood pressure, high triglycerides, low HDL-cholesterol, and insulin resistance.

Boosting fat burning can lead to fueling greater muscle gains. We all know that muscle burns more calories than fat and IsaLean Pro Shake is the key to conquering the battle of the bulge. Bust through weight-loss plateaus, build muscle and increase strength fast while curbing your cravings thanks to this powerful protein shake.

IsaLean Pro Shake is the power-packed, high-quality protein meal replacement option you've been waiting for; perfect for today's on-the-go lifestyle. Available in single-serving packets; conveniently ready when you are, just add purified water and a little ice and you have a high protein infusion with all the nutrients, minerals and complex amino acids you need to bust through stubborn weight-loss plateaus and build fat-burning, lean, body-shaping muscle.

Why IsaLean® Pro is the whey to go.

What Makes IsaLean Pro Shake Ideal? Whey protein is a superior choice necessary for fat burning, muscle retention and growth and is superior for weight loss because it can affect body composition, increase satiety (your ability to stay full) and stimulate thermogenesis, the production of heat in the human body. As you build lean tissue, you are able to burn more calories. Research shows whey protein is far more effective than carbs, fats and other proteins for stimulating your fat-burning potential so you can lose visceral fat.

Reversing the "Middle-Age Spread." IsaLean Pro Shake is a powerful weapon in the battle against the fat that keeps you from achieving optimized health and weight loss. The high-quality protein in IsaLean Pro Shake is a natural way to reduce and combat the many forms of fat that can hinder you from leading a healthy lifestyle.

How Does IsaLean Pro Shake Help? IsaLean Pro Shake offers a mega dose of whey protein to assist you in your weight-loss and/or muscle-building goals, when incorporated with a proper exercise program and a sensible diet. IsaLean Pro Shake is the catalyst for overcoming weight-loss plateaus and eliminating many forms of fat that can lead to the onset of metabolic syndrome.

For more information, please contact your Isagenix Independent Associate:

