



2025
WELLNESS
RESET
GUIDE



YOUR WELLNESS RESET

READ OUR
GUIDE IN:



NEDERLANDS



FRANÇAIS



DEUTSCH



ITALIANO



PORTUGUÊS



ESPAÑOL

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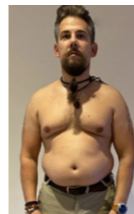
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**1ST PRIZE
WINNER**

*"I've tried many things
but have never seen results
like this before!"*

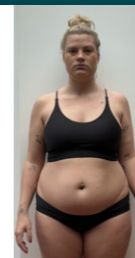
PIETER STEVENS
Total weight lost: 15kg / 2 st, 5lbs



**2ND PRIZE
WINNER**

*"It doesn't feel like a diet!
I signed up for the next
challenge straight away."*

ANYA GELLIER
Total weight lost: 14kg/ 2st, 2lbs



ISABODY KICKSTART 90

REAL PEOPLE, REAL RESULTS

WHEN YOU PRIORITISE GOOD NUTRITION
AND HEALTHY HABITS, THE RESULTS
SPEAK FOR THEMSELVES.

Join the hundreds of thousands
worldwide who have experienced
incredible transformations.

LEARN MORE about our 90
day transformation challenge
on page 20.

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*

AT ISAGENIX, WE'RE ALL ABOUT EMBRACING A LIFESTYLE THAT FEELS AS GOOD AS IT LOOKS. Our products are expertly designed to support whole-body wellbeing, helping you feel your best inside and out.

On this journey, you'll discover the transformative benefits of Shake Days and Cleanse Days, gain valuable tips and tricks to maximise your results, and receive expert guidance from our in-house scientists. With Isagenix, you're not just making a short-term change, you're becoming part of a community that's here to cheer you on and celebrate your success. ***Let's get started!***

**How many weight loss programmes have given you
both quick results and lasting health benefits?**

Join us as we compare the Isagenix System with other diets, including the heart-healthy diet often considered the gold standard.

CLINICALLY STUDIED & VALIDATED


KEY FINDINGS AFTER 8 WEEKS*

of using the Isagenix® System compared to a heart-healthy diet:

64% MORE WEIGHT LOSS

2x AS MUCH VISCERAL (ABDOMINAL) FAT LOSS

71% MORE FAT LOSS

 BETTER IMPROVEMENTS IN CARDIOVASCULAR HEALTH MARKERS

KEY FINDINGS AFTER 12 WEEKS*


of following the Isagenix System:

20% DECREASE IN FAT MASS

9% INCREASE IN LEAN MUSCLE MASS

33% INCREASE IN TOTAL TOXINS RELEASED

25% DECREASE IN OXIDATIVE STRESS

 CARDIOVASCULAR HEALTH MARKERS SIGNIFICANTLY IMPROVED

* 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](https://www.isagenixhealth.net).

Weight loss has always been at the core of what we do, and it's a significant goal for many of our customers. However, it's just one of the many powerful benefits you'll experience with our programme. You can also look forward to better sleep, clearer skin, increased energy, sharper focus, and enhanced overall wellbeing. Our approach is designed to help you achieve meaningful weight loss while also boosting your health in countless other ways.



E-SHOT®
For an energy boost

COLLAGEN ELIXIR
For healthy and hydrated skin

NOOTROPIC ELIXIR
For on-demand focus

E-SHOT®
For an energy boost

COLLAGEN ELIXIR
For healthy and hydrated skin

NOOTROPIC ELIXIR
For on-demand focus

CHOOSE — YOUR — SNACK

ENERGY BITES

Peanut butter chocolate chip bars with added natural caffeine

ISALEAN® PROTEIN BAR
Chocolate fudge brownie flavour
with 15g of protein

HARVEST THINS

Savoury and spicy protein crisps

SNACK BITES
Soft, chewy cinnamon roll
protein balls

SNACKS
Designed for Cleanse Days, Isagenix Snacks support metabolism and healthy blood glucose levels.*

* Chromium contributes to the maintenance of normal blood glucose levels.

Meet Your Heroes

Trusty Supplements

Power up your daily routine with Thermo GX for fat burning and IsaMove® to gently support digestive regularity.

Intermittent Fasting

Gently support your detoxification systems with the super plant botanicals in Nourish for Life®.

Balancing Adaptogens

Help your body manage stress with the soothing adaptogens in Ionix® Supreme.

Smart Snacking

Stay energised and satisfied with protein and fibre-rich snacks designed to curb cravings and keep you fuelled between meals.

Nutritious Meals

Enjoy a perfectly balanced meal with protein, healthy fats, carbohydrates, vitamins, and minerals – ready in seconds and just 240 calories.

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease. Products may vary based on pack selection.

Shake Days

Shake Days offer a simple framework for healthy eating and balanced nutrition.

Replace two of your three daily meals with our delicious and convenient IsaLean® Shakes – perfect for nourishing and fuelling your body. Enjoy one meal of your choice (*details on page 8*) and plenty of Isagenix-approved snacks to keep you feeling satisfied and energised all day long!

BENEFITS AT-A-GLANCE: ISALEAN SHAKE

- ✓ 24G OF PROTEIN in every shake to feel fuller for longer and build lean muscle
- ✓ JUST 240 CALORIES of pure nutritious goodness
- ✓ 23 VITAMINS & MINERALS per serving
- ✓ NO ARTIFICIAL FLAVOURS, COLOURS, OR SWEETENERS

AVAILABLE FLAVOURS
Chocolate
Vanilla
Strawberry




GOING PLANT-BASED? WE'VE GOT YOU!

AVAILABLE FLAVOURS
Chocolate
Vanilla Chai




SHAKE DAY ROUTINE

MORNING




Ionix® Supreme

+




IsaLean® Shake

+




Thermo GX (1 Capsule)

LATE MORNING




Optional Isagenix® Approved Snack

LUNCH




IsaLean Shake

+



Thermo GX (1 Capsule)

MID-AFTERNOON




Optional Isagenix Approved Snack

EVENING



400-600 Calorie Meal

BEFORE BED



IsaMove® (1 – 2 Capsules)

Ask the Nutritionist

Rebecca Taylor,
BSC ANUTR



Q: I'M WORRIED I'LL STILL BE HUNGRY – WHAT SHOULD I DO?

A: *It's normal to feel nervous, but rest assured IsaLean Shake is designed to keep you full! Packed with protein and fibre, it's everything you need to stay energised until lunch. Remember, you don't have to feel hungry to lose weight. Yes, the shake is lower in calories than a typical meal, but it's loaded with the nutrients your body needs to keep you satisfied and fuel your day. And don't forget... snacks are allowed! Smart snacking, focused on protein and fibre while keeping calories in check, can be a key part of a successful weight loss programme. Make sure your third meal is balanced (there's no need to cut out any food groups) and that you're staying hydrated. You've got this!*

Third Meal 101

Build a Balanced Plate

PICK A LEAN PROTEIN

Include a lean protein like **chicken, fish, eggs, beef, lentils, beans, or tofu** to support muscle growth and keep you satisfied. Aim for protein to cover a quarter of your plate.

LOAD UP ON VEGGIES

Fill half your plate with **leafy greens** (e.g., kale, spinach) and **fibre-rich veggies** (e.g., broccoli, carrots, onions). Add heart-healthy fats like avocado or olive oil for extra flavour and nutrients.

DON'T SKIP CARBS

Choose complex carbs like **brown rice, sweet potatoes, potatoes with their skins on, or whole-grain pasta** for sustained energy. Keep carbs to about a quarter of your plate for balance.

Stay on Track

MEAL PREP FOR SUCCESS

Plan and prepare meals in advance to avoid the stress of last-minute decisions and curb takeout temptations. A weekly shopping list can keep you organised.

FOLLOW THE SHAKE DAY ROUTINE

Stay consistent with meals, shakes, supplements, and snacks. Proper nutrition is essential for reaching your goals.



Need Some
Recipe Inspo?
WE'VE GOT YOU!

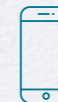


ALL THINGS
PROTEIN



DOWNLOAD THE ISALIFE APP

Track your goals while enjoying your favourite foods, dining out, and sharing meals with family. Stay balanced and on track throughout the week, all in one place!



PORTION CONTROL



Use your palm for your protein portion (around 20-40g)



Use your two fists for your veggies portion (1 cup)



Use your fist for your carb portion (½ cup)



Use your thumb for added fats

THE POWER OF PROTEIN FOR WEIGHT LOSS

“Protein plays a crucial role in fuelling our metabolism, which controls nearly everything that happens in our bodies. While many diets result in losing both fat and muscle, adequate protein intake ensures that lean muscle mass is preserved. This allows for a more targeted fat loss and optimisation of body composition, keeping the body strong and healthy.

You may have heard of ‘Protein Pacing’™ which, put simply, is about consuming high quality protein, in the right amounts, at the right times of day. The IsaLean Shake makes it easy to meet your protein pacing needs with 24g in every serving.

This approach is a powerful tool for supporting overall wellbeing and is a key focus here at Isagenix.”

DR. PAUL ARCIERO

Chief Science Officer of
Isagenix & Best-selling Author of
The PRISE Life



Cleanse Days

We embraced intermittent fasting long before it became trendy. We call them Cleanse Days, a core part of Isagenix’s approach to achieving your goals.

Fasting doesn’t have to feel overwhelming. With Nourish for Life®, plus healthy snacks and supplements, you’ll manage cravings while giving your body the nutrients, and reset, it needs.

BENEFITS AT-A-GLANCE: NOURISH FOR LIFE

- ✓ **MANAGES STRESS & ENHANCES ENERGY** with Ashwagandha (which has been used for thousands of years)
- ✓ **SUPPORTS OVERALL WELLBEING** with botanicals like aloe vera, ginseng and turmeric
- ✓ **B VITAMINS** which are essential for metabolism support and reduction in tiredness and fatigue*
- ✓ **NO ARTIFICIAL FLAVOURS, COLOURS, OR SWEETENERS**

AVAILABLE FLAVOUR
Peach Mango



WHAT HAPPENS TO YOUR BODY WHILST FASTING?

12 AFTER AROUND 12 HOURS:
Your body begins shifting from burning glucose (sugar) for energy to stored fat.

2 A FEW HOURS LATER:
Stored toxins are released, boosting detoxification through the liver and kidneys.

24 AFTER 24 HOURS:
Autophagy starts, repairing cells and supporting detoxification, health, energy, and longevity.


Put to the Test


Across multiple studies, it was found that Isagenix® Cleanse Days can support:

5% DECREASE IN BODY FAT¹

6% DECREASE IN WEIGHT¹

44% REDUCED HUNGER¹
Less desire to eat

 **IMPROVED HEALTH¹**
Better lean mass, cardiovascular and metabolic markers

 **GUT HEALTH²**
Healthier microbiome, fewer GI symptoms



CLEANSE DAY ROUTINE

MORNING



Ionix® Supreme



Nourish
for Life®



Thermo GX
(2 Capsules)
Optional

LATE MORNING



Nourish
for Life



1 Cleanse Day
Approved Snack

AFTERNOON



Nourish
for Life



1 Cleanse Day
Approved Snack

EVENING



Nourish
for Life



1 Cleanse Day
Approved Snack

BEFORE BED



IsaMove®
(1 – 2 Capsules)

Ask the Nutritionist

Rebecca Taylor,
BSC ANUTR



Q: WHAT ARE SOME EXAMPLES OF ISAGENIX APPROVED SNACKS?

A: “Snacks are a really important part of both Shake Days and Cleanse Days as they help keep you fuelled and satisfied until your next meal. We have some great snacking options. My personal favourite is our Peanut Butter Chocolate Chip Energy Bites, packed with a natural source of caffeine for an extra boost.”



CLEANSE
DAY
APPROVED
SNACKS

¹- (2023) Isagenix Compares One vs. Two Cleanse Days per Week in a Clinical Investigation.

Available at: EU.Isafyi.com/Isagenix-Compares-One-vs-Two-Cleanse-Days-Per-Week-In-A-Clinical-Investigation/

²- Isagenix (2023) Published Study: Isagenix Cleanse Days Modify the Gut Microbiome and Support Digestive Health.

Available at: EU.Isafyi.com/Published-Study-Isagenix-Cleanse-Days-Modify-the-Gut-Microbiome-and-Support-Digestive-Health/

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease.

Cleanse Days, *Your Way*

Every Isagenix® weight loss system includes at least one Cleanse Day per week, designed to nourish your body rather than restrict it. With three different approaches to Cleanse Days, there's a method that's right for you:

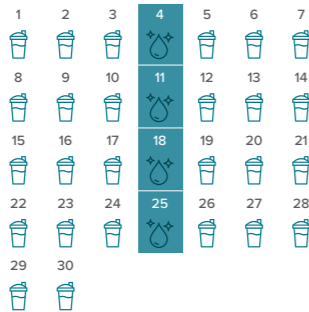
- ✓ **SINGLE CLEANSE DAY:** Fast for a full day with four servings of Nourish for Life®, your daily supplements, and snacks. Use 10 snack credits and the Cleanse Day Tracker to stay on track and manage your calorie intake.
- ✓ **DOUBLE CLEANSE DAY:** Complete two consecutive Cleanse Days, following the same routine as a Single Cleanse Day, repeated twice.
- ✓ **DAILY CLEANSING:** Skip a full-day fast and instead enjoy a smaller serving of Nourish for Life daily, either in the morning or before bed.

CUSTOMISE — YOUR — ROUTINE

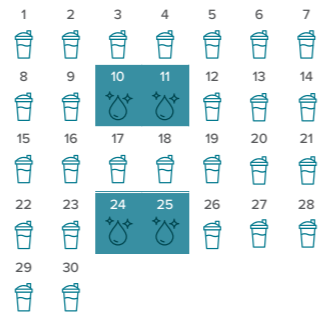
Choose between one Cleanse Day per week or two consecutive Cleanse Days for two weeks out of the month, for a total of four Cleanse Days per month.

Listen to your body to decide which one is right for you.

ONE CLEANSE DAY PER WEEK



TWO CLEANSE DAYS PER WEEK



THE ULTIMATE CLEANSE DAY HACK... ENERGY BITES

At just 3 credits each, you can enjoy up to three per day.

Packed with CognatiQ®, a patented coffee fruit extract, they're designed to enhance alertness, reduce mental fatigue, and support cognitive performance.*

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease.

Cleanse Day Tips FOR SUCCESS



STAY HYDRATED

Drinking plenty of water throughout the day is essential. A reset flushes toxins out of your body. Water is the vehicle that helps get them out.



KEEP YOUR ENERGY UP

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



DO GENTLE EXERCISE

We'd recommend walking, stretching, or yoga if you want to stay active without overexerting yourself.



GET AN EARLY NIGHT

Sleep is always essential, but even more so after fasting to support your body's natural processes.



CLEANSE WITH A FRIEND

Keep each other motivated!



CLEANSE
DAY
TRACKER



Wellbeing, Elevated...

IT DOESN'T STOP THERE.

Discover more incredible products to level up your health and wellbeing, whatever your concern. Add these to your daily routine and feel amazing inside and out.

SuperMix

Nourish your body with premium moringa nutrition, supporting overall wellbeing, digestive health, and energy levels.

FEATURED IN **VOGUE**



Greens

Boost your energy and vitality with a powerful greens blend designed to fuel your day and add more nourishing veggies to your routine.



Xango Reserve

Enjoy a burst of antioxidant-rich mangosteen to support a healthy immune system, radiant skin, and overall wellness.



Core Moringa Triotic

Support your gut health with a powerful probiotic blend for optimal digestion and balance.

FEATURED IN **GO**



Nootropic Elixir

Enhance focus, memory, and mental clarity with the natural power of adaptogens and botanicals.

Glow from the Inside Out

WHY DO WE NEED COLLAGEN?

Collagen is the most abundant protein in your body, providing structure, strength, and elasticity to your skin, hair, nails, and joints. However, after age 25, collagen production naturally declines, leading to fine lines, wrinkles, dryness, and other signs of ageing.

SUPPORT YOUR NATURAL BEAUTY

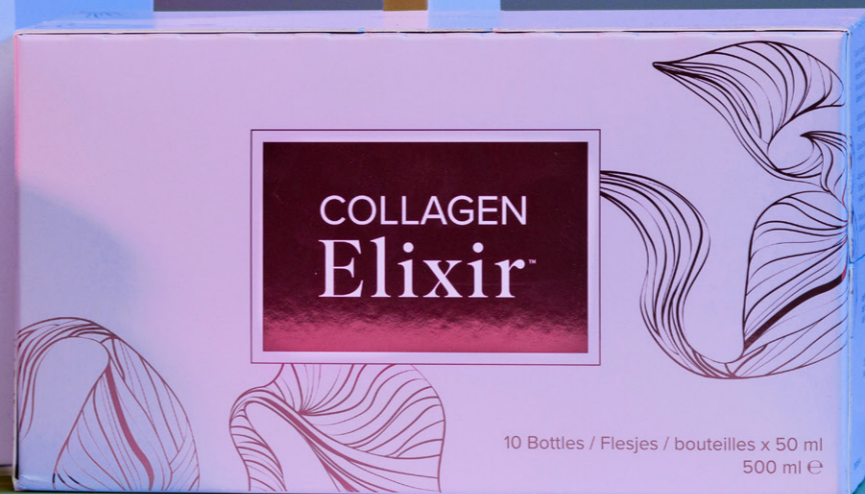
Collagen Elixir is your daily dose of beauty, formulated to replenish your body's collagen and help you rediscover your glow. **Packed with marine collagen peptides and superfood ingredients, this delicious easy-to-drink supplement is the perfect solution at any age to help:**

- ✓ Smooth fine lines and wrinkles
- ✓ Boost skin hydration and elasticity
- ✓ Strengthen hair and nails
- ✓ Promote a radiant, healthy-looking complexion

VOGUE
GQ

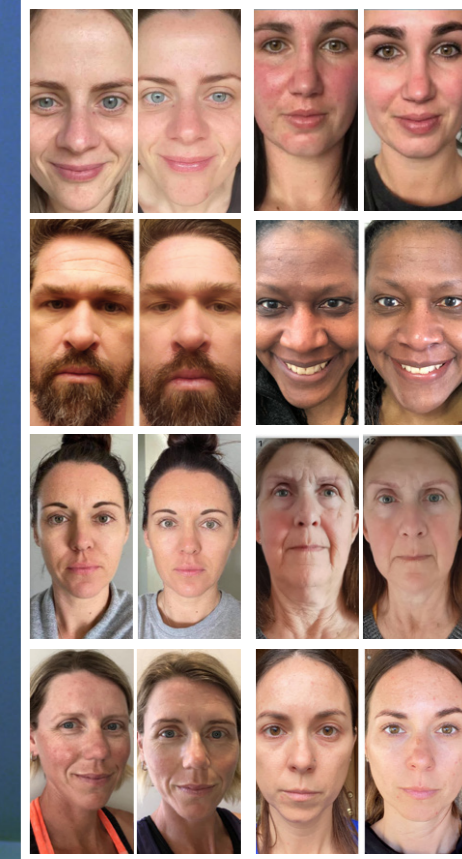
marie claire
ELLE
AUSTRALIA

FEATURED IN



RESULTS — IN JUST 30 DAYS*

- 93% IMPROVED HYDRATION
- 92% HEALTHIER SKIN
- 90% MORE RADIANT SKIN
- 91% YOUTHFUL COMPLEXION



*Individual results may vary. Statistics are based on a survey of 113 participants who used Isagenix Collagen Elixir consecutively for at least 30 days without cosmetic intervention or other known changes to their regular skincare products. The survey participants included Independent Associates, who are eligible to earn a commission for sales of Isagenix products.

Results depicted are those of Isagenix Customers who used Collagen Elixir along with a skincare and supplement routine for 30 days with daily use. Results not typical. In a preliminary study, participants experienced a 9.5% reduction in the appearance of wrinkles over 30 days.

Did You Know? You Can Earn Thank You Money by Referring Your Friends!

It's only a matter of time that your friends and family will start noticing your results – and they're probably asking what your secret is!

It's true, you can get paid for loving (and sharing!) our products! It really is as simple as that. Once you've joined Isagenix® and got started on our products, share your results with those around you by recommending a pack or product and get rewarded!

1 BECOME AN ASSOCIATE

Upgrade your account by logging into your 'Back Office' and clicking the 'Become an Associate' button. If you've purchased the Premium or Ultimate pack, your membership fee is free for the first year and you're ready to start earning!

2 SHARE & START EARNING

For example, you could recommended our Premium Pack and get £62 / €73 back after they purchase.

*The Product Introduction Bonus (PIB) shown is for the Premium Pack. Associates are eligible to earn a one-time 20% Product Introduction Bonus (PIB) whenever a new Personally Enrolled Member purchases from Isagenix directly at the time they enrol in participating markets. 20% PIB excludes any taxes, applicable discounts, coupons, credits and shipping applicable to the initial order. For full details please see EU.IsagenixBusiness.com

Results not typical. For illustration purposes only. The amounts depicted here reflect the earnings available assuming all conditions are met and are not projections or guarantees. Isagenix does not guarantee any level of success or amount of earnings. In 2023, the average earnings of all U.S. Isagenix Associates, active and inactive, was US\$787 before expenses. See IsagenixEarnings.com for more information.

YOU	
FRIEND #1	FRIEND #2
BASED ON A PREMIUM PACK	
PREMIUM PACK PIB*	£62 / €73
PREMIUM PACK PIB*	£62 / €73
+ CONSULTANT BONUS	£37 / €44
GRAND TOTAL	£161 / €190

PIB = PRODUCT INTRODUCTION BONUS



ISABODY
KICKSTART 90

Join the Ultimate Weight Loss Challenge

A Chance to
WIN GREAT PRIZES

**DISCOVER A HEALTHIER,
HAPPIER YOU**

JOIN A LIKE-MINDED COMMUNITY
for Support & Motivation

Experience
LIFE-CHANGING RESULTS

GLOBAL CHALLENGE DATES

1 January – 31 March
Registration: 18 – 31 December

1 April – 30 June
Registration: 18 – 31 March

1 July – 30 September
Registration: 17 – 30 June

1 October – 31 December
Registration: 17 – 30 September



TIPS &
MORE

Prizes Up for Grabs



£4100 / €5000 cash
for one 1st prize winner



£1650 / €2000 cash
for two 2nd prize winners



Exclusive Gift Package
for five 3rd prize winners



**£90 / €100
Product Coupon**
for all first time participants

Remember *your* WHY

TAKE A MOMENT TO REFLECT ON YOUR GOALS.

Why are they important to you? How will achieving them impact your life, health and overall wellbeing?

I'M DOING THIS BECAUSE...

I WANT TO FEEL...

I WANT TO LOOK...

MY 3 FOCUSES ARE...



ISAGENIX[®]
THE ART OF WELLBEING