

RESET GUIDE

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*



Welcome to Your 30-Day Transformation!

Congratulations on starting your journey to better health!
Over the next 30 days, our scientifically validated pack will guide you through a powerful reset. You'll enjoy nutrient-dense shakes, Ayurvedic adaptogens, and a world-leading intermittent fasting program to support autophagy and detoxification.

With daily supplements targeting metabolism and digestion, you'll be on your way to achieving sustainable, long-term wellness.

Get ready to feel rejuvenated and empowered—your transformation starts now!



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
- Gut health and GI function
- Improvements to cardiovascular health
- Favourable effects on the gut microbiome
- Increased toxin release from fat cells
- Enhancement of metabolic health indicators

Clarkson SKIDMORE University of Pittsburgh ASU UIC

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

64%
MORE WEIGHT LOSS

71%
MORE FAT LOSS

BETTER IMPROVEMENTS IN CARDIOVASCULAR HEALTH MARKERS

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

30-Day Reset

Evidence-based nutrition, premium protein, and whole-body cleansing support to keep you on track to achieving results.



IsaLean™ Protein Shake

Nutrient dense for longer satiety and lean muscle mass composition.

Cleanse For Life™

Nutritionally supported Cleanse Days to maintain natural detoxification processes.

Ionix Supreme®

Daily adaptogen and nutrient tonic to support your body's ability to adapt to stress.

Isagenix Snacks™

Curb hunger and supplemented chromium to assist lean body mass development.

Natural Accelerator™

Targeted support for healthy metabolic energy and vitality.

IsaFlush™

Gently support digestive regularity with balancing minerals and soothing magnesium.

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

IN THE

Ultimate Reset

Take your reset two steps further with daily supplements targeting sustained energy and skin health.



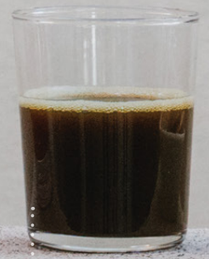
IsaLean™ Protein Shake

Nutrient dense for longer satiety and lean muscle mass composition.



Cleanse For Life™

Nutritionally supported Cleanse Days to maintain natural detoxification processes.



Ionix Supreme®

Daily adaptogen and nutrient tonic to support your body's ability to adapt to stress.



Isagenix Snacks™

Curb hunger and supplemented chromium to assist lean body mass development.



Natural Accelerator™

Targeted support for healthy metabolic energy and vitality.



IsaFlush™

Gently support digestive regularity with balancing minerals and soothing magnesium.



Snack Bites

Contains CognatiQ to help promote alertness and reduce the effects of mental fatigue





Collagen Elixir

Reveal more youthful skin with a daily effective dose of Scandinavian marine-sourced collagen.

E+ Shot

Energise mental and physical performance with naturally sourced, plant-based caffeine and adaptogens.

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

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 for additional digestive and metabolic support.

Your Shake Day Routine

MORNING

- Ionix Supreme
- IsaLean Protein Shake
- Natural Accelerator (1 Capsule)

MID MORNING

- Optional Isagenix Snack <200 calories

LUNCH

- IsaLean Protein Shake

MID AFTERNOON

- Optional Isagenix Snack <200 calories
- Natural Accelerator (1 Capsule) Optional
- Optional e+

EVENING

- 400-600 Calorie Meal

BEFORE BED

- IsaFlush (1–2 Capsules)

WALKTHROUGH 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 Protein 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. Isagenix snacks or some extra protein like a handful of almonds can go a long way.

HOW TO BUILD A BALANCED EVENING MEAL

Cleanse Days

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



Your Cleanse Day Routine

EARLY MORNING

- Ionix Supreme

MORNING

- Cleanse for Life
- Cleanse Day approved snack*
- Natural Accelerator (1 Capsule)

MID MORNING

- Cleanse Day approved snack*

MIDDAY

- Cleanse for Life
- Cleanse Day approved snack*
- Natural Accelerator (1 Capsule) Optional

MID AFTERNOON

- Cleanse for Life
- Cleanse Day approved snack*

EVENING

- Cleanse for Life
- Cleanse Day approved snack*

BEFORE BED

- IsaFlush (1–2 Capsules)

*See following page for Cleanse Day approved snacks and Cleanse Day Tracker

COACH ME THROUGH CLEANSE DAY



Cleanse your body on a cellular level

12

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.

18

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.

24

About **24 hours** after your last meal, your body will begin to experience increased autophagy. This is a natural process that replaces old cells with new, regenerated cells. This helps your body feel renewed, energised and reset.

Customise 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!

10 Cleanse Credit Tracker

On Cleanse Days, you can enjoy Cleanse for Life and Ionix Supreme, plus **up to 10 Cleanse Credits** for products that curb cravings, nourish your body, and support your intermittent fasting days.

0 CREDITS

- Black, green, or herbal tea
- Coffee (black)
- Creatine
- Hydrate + Hyaluronic Acid
- Water, still or sparkling

1 CREDIT

- Adaptogen Elixir
- BĒA™ Brain (150 mg caffeine)
- Nootropic Elixir (80 mg caffeine)
- Tri-Biotic
- Xango Juice

2 CREDITS

- AMPED™ Nitro** (100 mg caffeine)
- Collagen Elixir
- e+™ (90 mg caffeine)
- Greens
- Isagenix Snacks™ (2 wafers)

3 CREDITS

- Clear Protein
- Energy Bites (65 mg caffeine)
- Protein Crackers
- Snack Bites

Monthly Cleanse Day Tracker

Check one box for each credit consumed during a Cleanse Day.

CLEANSE DAY 1

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 2

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 3

1 2 3 4 5 6 7 8 9 10

CLEANSE DAY 4

1 2 3 4 5 6 7 8 9 10

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

**You should consult your physician or other healthcare professional before engaging in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and seek appropriate medical care, if needed.

The Power of Holistic Health

Isagenix provides simple, natural, clinically-validated products that optimise what the body does naturally.

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



e+™

Plant-based energy shot with naturally sourced caffeine and adaptogens.

Find this product in the Ultimate Reset.



Collagen Elixir™

Cellular skin support from the inside out.

Find this product in the Ultimate Reset.



Greens™

Two servings of veggies in a light flavour you can add to any drink.



Energy Bites

Enhanced with functional ingredients to support energy and mental focus.



IsaLean™ Protein Bars

High-quality protein in a delicious, easy-to-snack package.



CLEAR PROTEIN

A juicy, light tropical drink packed with hydration minerals and 20g protein.

NFR Catalogue

NFR products are unregistered in Australia, limited to AU$800 or NZ$500 per order and intended for personal use only.



Recharge NAD™

Cellular detox and energy support



PuraPlant 21™

Advanced plant-based multi-vitamin



Collagen Bone Broth

Savoury broth to support collagen production for healthy skin



LEARN HOW TO FIND YOUR NFR CATALOGUE

SHOP OUR

Latest Products

CLEAR PROTEIN

Juicy, light, and easy to drink, Clear Protein in Tropical Bliss brings a fresh take to daily protein. With 20 g of high-quality whey protein isolate and 4.5g of BCAAs to support muscle recovery and maintenance. Packed with hydration minerals to support fluid balance which feels light on the stomach, and offers a bright, enjoyable alternative for daily protein.





BEA BRAIN

A light, crisp, berry-citrus sparkling drink with naturally sourced green tea caffeine, L-theanine, functional mushrooms, and vitamins B3 and B6, it's designed to support focus, energy, and mental performance when you need it most.



CREATINE

Supports building lean muscle, increasing strength, and boosting energy, while also promoting brain health, focus, and long-term resilience at any age to help you perform at your best every day.



HYDRATE + HYALURONIC ACID

Achieve and maintain radiant, healthy skin with over 1625 electrolytes, Vitamin B5 and 165mg of clinically supported hyaluronic acid—when water alone isn't enough.

Step into your Glow

Collagen Elixir™ helps you achieve your beauty goals with a powerful blend of marine collagen peptides, biotin, Vitamin C, zinc, and botanicals, nourishing your skin from the inside out.

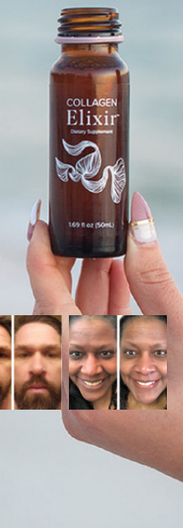
Awarded 2021 Prix De Marie Claire Beauty Finalist, with editorial features in top publications like Marie Claire, Vogue, Australian Women's Weekly and Elle Australia.

Clinically Studied and Validated

NOTICEABLE RESULTS IN THE FIRST 30 DAYS**

- **93%** NOTICED AN IMPROVEMENT IN SKIN HYDRATION
- **92%** SAID THEIR SKIN FELT HEALTHIER
- **90%** NOTICED MORE RADIANT SKIN
- **88%** NOTICED AN IMPROVEMENT IN SKIN BRIGHTNESS
- **91%** REPORTED A MORE YOUTHFUL COMPLEXION
- **83%** NOTICED AN IMPROVEMENT IN SKIN FIRMNESS





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

marie claire





*PREVIOUS PACKAGING NEW 2022 PACKAGING

THE AUSTRALIAN Women's Weekly



VOGUE



*Featuring our previous packaging

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.

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.



Coach Lochi will guide you through the challenge

Lochi Horner
Fitness Educator & Sports Nutritionist

LEARN MORE

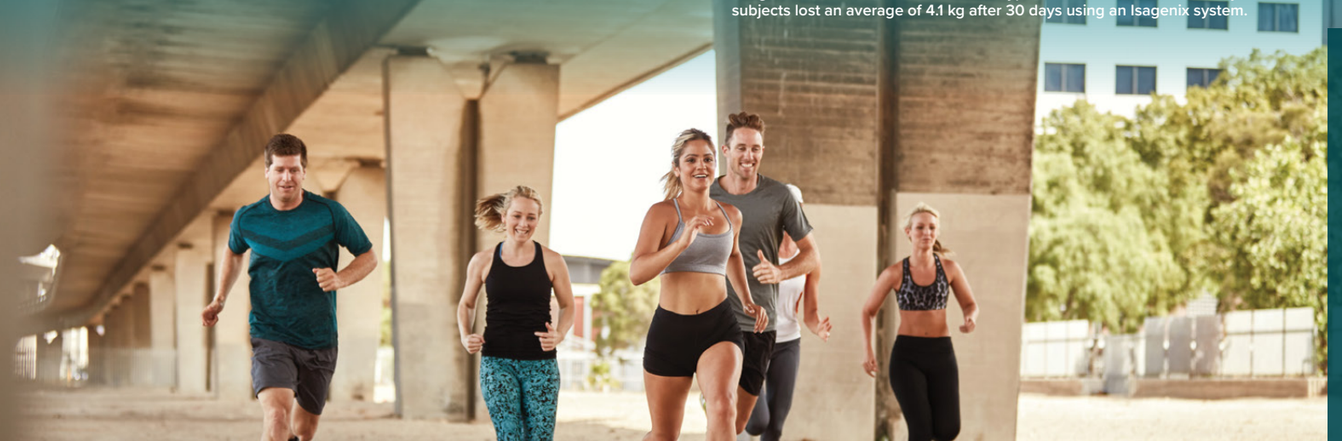
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Over 23 years of physical, financial and emotional results from our incredible customers.





Weight loss should not be considered typical. Individual results will vary. In a 2012 study performed by University of Illinois at Chicago researchers, subjects lost an average of 4.1 kg after 30 days using an Isagenix system.



2026 Challenges

Q1
REGISTRATION **29 DEC 2025 - 15 JAN 2026**
CHALLENGE DATES **1 JAN 2026 - 1 APRIL 2026**

Q2
REGISTRATION **14 MARCH 2026 - 1 APRIL 2026**
CHALLENGE DATES **1 APRIL 2026 - 1 JULY 2026**

Q3
REGISTRATION **14 JUNE 2026 - 1 JULY 2026**
CHALLENGE DATES **1 JULY 2026 - 1 OCT 2026**

Q4
REGISTRATION **14 SEP 2026 - 1 OCT 2026**
CHALLENGE DATES **1 OCT 2026 - 1 JAN 2027**

Scan the QR code for the digital version of the Reset Guide.

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.

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