Welcome to the world of Isagenix

A better you is waiting...

2026
PRODUCT
GUIDE



OUR MISSION

Positively impact the lives of *one billion people globally* and, in the process, grow the *largest* and *healthiest community on earth*.

- ESTABLISHED IN -
2002

NEARLY
USD **$9 BILLION**
TOTAL IN GLOBAL SALES SINCE 2002

18+ HUMAN STUDIES

OPERATING IN
25
MARKETS GLOBALLY

OVER
USD **$50 MILLION**
GIVEN TO **CHARITY**

24+
PEER REVIEWED PUBLICATIONS
- INCLUDING -
TOP TIER SCIENCE JOURNALS
SINCE 2002

Isagenix at a Glance

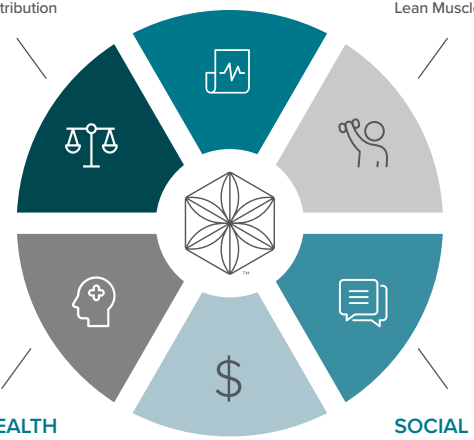
With 23+ years of proof, Isagenix continues empowering millions of individuals to lead healthier lives through nutritional solutions.

Our Pillars of Health

NUTRITIONAL HEALTH
Evidence-Based Nutrition
Whole Body Cleansing
Scientific Validation
Cutting Edge Product Innovation

HOLISTIC HEALTH
Mindfulness
Life Balance
Core Values
Contribution

PHYSICAL HEALTH
Active Lifestyle & Longevity
Optimised Immune System
Stress Management
Lean Muscle Maintenance



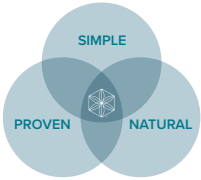
MENTAL HEALTH
Personal Growth
Connection to Community
Sense of Purpose
Emotional Wellbeing

SOCIAL HEALTH
A Vibrant, Inclusive Culture
Meaningful Relationships
Fun Community Events
Commitment to the Planet

FINANCIAL HEALTH
Collaborative Business Partnership
Flexible Business Opportunities
Skill-Based Training
On-Going Support

Simple

Nutritional science is complex. Isagenix is here to make it simple. These products are designed to optimize nutrition, each formulated with functional ingredients that taste great and are designed to seamlessly fit into any lifestyle—simplifying the complexity of wellbeing.



Proven

Rooted in science—with clinical, third-party, peer-reviewed studies through prestigious publications and universities observing real people—these researchers are searching for the truth about weight loss and wellbeing and publish their findings whether they benefit Isagenix or not. The results?

ISAGENIX WORKS
24+ peer-reviewed publications in high-quality journals
50+ pilot studies
9+ presentations at major scientific conferences
Better results than many competitors and a heart-healthy diet

Skidmore College · UIC · Clarkson · University of Pittsburgh · China Nan University of Pharmacy & Science · ASU



Natural

With an extensive no-compromise ingredient policy, Isagenix products are thoroughly tested and verified.

- Diligently tested raw materials to ensure efficacy
- Rigorously tested for safety from microbial activity, pesticides, herbicides, fungicides, heavy metals, PCBs, dioxins, and more
- Third-party finished product testing and verification
- Procured exclusively from suppliers meeting our sustainable sourcing standards

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Use of such does not imply endorsement by them.





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



30-DAY RESET
A system that works!

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
- Continued to increase lean body mass percentage
- Maintained improved cardiovascular health markers
- 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 natural ageing.



Cleanse For Life™

Nutritionally supported Cleanse Days to maintain natural detoxification processes.

Isagenix Snacks™

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

IsaFlush™

Gently support digestive regularity with balancing minerals and soothing magnesium.

E+ Shot

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

Snack Bites

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

IsaLean™ Protein Shake

Nutrient dense for longer satiety and lean muscle mass composition.

Ionix Supreme®

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

Natural Accelerator™

Targeted support for healthy metabolic energy and vitality.

Collagen Elixir

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

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



ISALEAN™ PROTEIN SHAKE

KEY BENEFITS
This scientifically supported superfood meal contains 24 g of high-quality whey protein to help you achieve long-term weight loss, while also nourishing your body with essential whole-food-sourced vitamins and minerals.

HOW TO TAKE IT
Shake Days are the foundation of the 30-Day Reset, offering an easy-to-follow, clinically validated nutrition plan. A classic Isagenix Shake Day example:

MORNING: IsaLean Protein Shake
AFTERNOON: IsaLean Protein Shake
EVENING: 400-600 Calorie Meal

- Kosher certified
- Undenatured whey protein
- Scientifically supported formula

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)

Plant-Based Diets:



PLANT-BASED ISALEAN™ PROTEIN SHAKE

Fuel your body with 24 g of high-quality plant-based protein from fava beans, mung beans and peas, supporting lean muscle development and a healthy metabolism.

"I have had a shake every day for the last 4 years! They've become a staple in my lifestyle, make me feel great, and help me save money!"

★★★★★ - Trace, Customer



WALKTHROUGH A SHAKE DAY



CLEANSE FOR LIFE™

KEY BENEFITS
An everyday tonic consisting of superplant derived phytonutrients that support your body's natural detoxification process. Cleanse for Life is designed to be used as an aid to gently assist ridding the body of impurities.

HOW TO TAKE IT
Isagenix flagship 'Cleanse Days' are a world-first intermittent fasting supplementation program; a simple and accessible approach to what has been practiced for centuries in eastern longevity medicine. Cleanse for Life should be used as part of an Isagenix System for either daily cleansing or deep cleansing. Take one scoop of powder dissolved in 250 mL of water up to twice daily. Enjoy warm or cold.

- 100% natural formula
- Propriety brewing process
- Proven ingredients

"We have enjoyed using Cleanse for Life for several years. It is the perfect way to gently cleanse your body while supplying the body with extra nutrition for better health overall. I recommend it to everyone."

★★★★★ - Luvin, Customer

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)

PLAN YOUR PERFECT CLEANSE DAY
with this helpful tracker!



COACH ME THROUGH CLEANSE DAY



IONIX® SUPREME

KEY BENEFITS
Combining adaptogens, antioxidants and nutrients, Ionix Supreme helps the body combat stress, promoting better recovery, focus and overall energy.

HOW TO TAKE IT
Ionix Supreme can be taken first thing in the morning or right before going to bed in the evening. We recommend trying out both methods and seeing how your body responds and adjust accordingly. Seamlessly integrate Ionix Supreme into the Shake Day and Cleanse Day programs.

- 100% natural formula
- Propriety brewing process
- Proven ingredients

"Ionix feels so energising and calming at once. When I drink it, my body tells me immediately that I am providing exactly what it needs. I stopped drinking coffee, no desire for it any longer."

★★★★★ - Kelly, Customer

Meet the Adaptogens

ASHWAGANDHA
The time-tested relaxation adaptogen used throughout the world for over 3,000 years to help the body manage stress.

ELEUTHERO ROOT
A naturally occurring botanical known to help enhance concentration for improved cognitive function.

GOJI BERRY
Also known as wolfberry, goji berry is a phytonutrient powerhouse and superfood with wellbeing benefits.

RHODIOLA
Burn bright, not out. Rhodiola has properties associated with managing burnout and fatigue.

SCHISANDRA
Also known as the endurance adaptogen, schisandra helps fight physical fatigue.

SHILAJIT
A rare adaptogen found primarily in in the Himalayas, shilajit is known to help promote alertness and mental clarity for improved focus.





COLLAGEN ELIXIR

KEY BENEFITS
As collagen production slows, leading to fine lines and reduced elasticity, Collagen Elixir nourishes and supports your skin from the inside out. Keep your skin glowing with this powerful botanical blend infused with biotin, zinc and 5 g of Scandinavian sourced marine collagen.

HOW TO TAKE IT
We recommend enjoying one serving of Collagen Elixir each day.

- Clinically backed results
- Marine collagen peptide formula
- Double nutri technology

"This stuff is truly amazing. I saw drastic results in just 12 days. I've been an esthetician for 15+ years and never seen anything like it."

★★★★★ - Grace, Customer

1 MILLION *BOTTLES SOLD IN FIRST 72 HOURS*

RATED 9/10 BY 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.

NOMINATED
'BEST INNER BEAUTY PRODUCT' BY
marie claire





*PREVIOUS PACKAGING NEW 2022 PACKAGING

THE AUSTRALIAN Women's Weekly



VOGUE



*Featuring our previous packaging



E+™

KEY BENEFITS
Rhodiola, eleuthero root, and schisandra berry are scientifically proven to enhance speed and accuracy under stress. Plus, with 85 mg of naturally sourced caffeine, E+ boosts alertness and energy levels.

HOW TO TAKE IT
Provides a long-lasting energy boost, taken at any time of day, sourced from energy-fuelling adaptogens such as yerba mate.

- Convenient, on-the-go
- Plant-based caffeine
- 100% natural formula

"The E+ Shots are my daily go to for energy and mental clarity. One of my top five Isagenix products."

★★★★★ - Jill, Customer

GREENS™

KEY BENEFITS
Most adults fall short of the recommended 3-5 servings of vegetables daily. Greens offers a convenient solution, providing two full servings of greens per scoop with just 30 calories and no added sugar. Packed with superfoods, antioxidants, and phytonutrients from moringa, chlorella, spirulina, and more, it supports a healthier diet.

HOW TO TAKE IT
Enjoy up to two scoops daily, mixed with 240 mL water. Greens can also be integrated into your favourite shake, smoothie, bake or cooking recipes.

- 100% natural formula
- Third-party quality tested
- Family friendly

"It's delicious and loaded with goodness! I add a scoop to my shake each day"

★★★★★ Angie, Customer





HYDRATE + HYALURONIC ACID

KEY BENEFITS
This supplemented drink replenishes vital nutrients and nourishes your skin, delivering the ultimate in hydration and a glowing complexion. Hydrate + Hyaluronic Acid aids in achieving and maintaining radiant, healthy skin when water alone isn't enough, backed by 1625+ electrolytes, Vitamin B5 and a clinically supported amount of 165mg of hyaluronic acid.

HOW TO TAKE IT
Add one stick to 300 mL - 1 L of water, depending on the desired flavour. Mix and enjoy!



- Clinically supported amount of hyaluronic acid
- No artificial colours, flavours or sweeteners
- Zero sugar and calories

"I absolutely love this flavour! The sweet and the salty complement each other so well. I definitely feel a difference in my body and my hydration. I truly enjoy this on its own. I love that you can add as much water as you want. I usually go for about 24 oz to make it last longer! Highly recommend!"

★★★★★ - Barrie, Customer

XANGO® JUICE

KEY BENEFITS
Packed with the potent nutrients of mangosteen and a blend of superfruits, this concentrate supports overall body function. Rich in xanthones and antioxidants from fruits like grape, apple, cherry, and more, it's a powerful daily boost for your health.

HOW TO TAKE IT
Shot once or twice daily as a concentrated, superfruit dietary supplement.

- 100% natural formula
- No artificial colours, flavours or sweeteners
- Antioxidant boost



"Xango Mangosteen juice taste delicious and is great for your immune system. It has helped us with leg cramps at night, restless legs, and headaches."

★★★★★ - Juliette, Customer



WOMEN'S HORMONE SUPPORT

KEY BENEFITS
Consciously formulated with a blend of natural ingredients to address common hormonal symptoms faced by women at all life stages. Helps regulate a healthy menstrual cycle, relieving premenstrual and menopause symptoms and supports reproductive health.

HOW TO TAKE IT
Adults to take 2 capsules. Women's Hormone Support is best taken with food in the morning or evening daily for hormone support throughout all cycle stages.

- Science backed ingredients
- Third-party quality tested
- No artificial colours, flavours or sweeteners

"I've been taking for a few weeks now in conjunction with Ionix & Tri-Biotic & have noticed a huge improvement in overall mood, energy & clarity. I am starting to feel like 'me' again. It's certainly been a while. Ordered more today! Love it"

★★★★★ - Rebekah, Customer

AGELESS ACTIVES™

KEY BENEFITS
Aid reduction of free radical damage to body cells for healthy ageing and longevity. This daily supplement combines Vitamin D3, Coenzyme Q10, Resveratrol along with other botanicals synergise to support important systems in the body like immune and cardiovascular health and healthy bone development.

HOW TO TAKE IT
Adults take 2 tablets, twice daily. Supplement daily for optimal results.

- Science backed ingredients
- Third-party quality tested
- No artificial colours, flavours or sweeteners



"This is one my favourite products. Beyond amazing. My day includes Ageless Actives every morning. Try it. You won't be disappointed"

★★★★★ - Mary, Customer



ISAFLUSH™

KEY BENEFITS
Find optimal digestive support, without the laxatives and harsh chemicals. Key actives include magnesium and peppermint leaf to naturally relax bowels and support digestive regularity for a happier tummy.

HOW TO TAKE IT
Take one to two capsules daily, preferably on an empty stomach at bedtime. Seamlessly integrate IsaFlush into the Shake Day and Cleanse Day programs.

- No harsh stimulants or laxatives
- Third-party quality tested
- No artificial colours, flavours or sweeteners

"I've used this product for several years and highly recommend it to keep your digestive system flowing smoothly. I love that it is all natural, without all the over-the-counter chemicals."

★★★★★ - Dee Dee, Customer

NATURAL ACCELERATOR™

KEY BENEFITS
Supports healthy metabolic function to help your body use energy efficiently. This plant-derived thermogenic supplement is intended to complement a balanced diet and regular exercise, providing nutrients that assist normal macronutrient metabolism and feature clinically studied botanical extracts.

HOW TO TAKE IT
Adults (18+) take 2 tablets daily. The key ingredients in Natural Accelerator possess polyphenol-rich botanicals known to support metabolism and overall wellbeing.

- 100% natural formula
- No harmful stimulants
- Free from unnecessary fillers, gluten and soy



"Doesn't upset stomach or cause jitters! First accelerator type vitamin that actually works for me! Helped me shed a few extra lbs that I was holding on to."

★★★★★ - Dawn, Customer



BEA™ BRAIN

KEY BENEFITS
A light, crisp, berry-citrus sparkling drink that delivers focus, energy, and function in one can. 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.

HOW TO TAKE IT
Provides a clean, refreshing energy boost whenever you need it, with 100 mg of caffeine from premium adaptogens and botanical sources. Age 16+.

- 100% natural formula
- Adaptogenic and botanical caffeine blend
- No artificial colours, flavours or sweeteners

"This is so much more than an energy drink. It's like shifting your brain into another gear, and that feeling of focus and clarity sticks with you all day!"

★★★★★ - Dave, Customer

ADAPTOGEN ELIXIR

KEY BENEFITS
Formulated with a powerful blend of adaptogens and botanicals to help your mind and body adapt to stress, fight fatigue, and improve mental clarity. With ashwagandha, rhodiola, and sparkling kombucha, it naturally supports balance. Sip your way to serenity.

HOW TO TAKE IT
Adults to take daily to naturally manage stress and improve mental clarity.

- 100% natural formula
- No artificial colours, flavours or sweeteners
- Proven Ingredients

"I sleep so much better after incorporating this elixir into my nightly routine."

★★★★★ - Russ, Customer





NOOTROPIC ELIXIR

KEY BENEFITS
Say farewell to brain fog and optimise your cognitive performance to support alertness, awareness and overall mental clarity. Nootropic Elixirs formula combines brain-supportive botanicals with the plant-derived nutrients that your brain requires to deliver peak performance. In a world full of information, it is essential to feed your brain the nutrients it needs daily for optimal long-term brain function.

HOW TO TAKE IT
Adults to take daily to support on-demand focus and long-term brain health.

- Scientifically supported formula
- No artificial colours, flavours or sweeteners
- Third-party quality tested

"The science behind this product is amazing! I'm doing everything possible to keep my cognitive brain health, this is just another layer of wellness for my brain that I'm committed to!"

★★★★★ - Tiffanie, Customer

TRI-BIOTIC

KEY BENEFITS
Support immune function, digestive health, and gut balance with a blend of pre, pro, and postbiotics. This scientifically backed formula promotes nutrient metabolism, normal bowel regularity, and overall gut wellbeing.

Features a SYNBIO® Blend, a patented blend of two probiotic strains (Lactobacillus paracasei IMC502 and Lactobacillus rhamnosus IMC501) that are scientifically proven to support GI health.

HOW TO TAKE IT
Adults to take 1 heaped teaspoon per day with 200 mL of water.

- 14 billion CFU of 7 probiotics + 2 postbiotics
- Intentional packaging to protect from light damage and retain freshness
- Formulated with 9 specified strains, validated in 2000+ clinical publications

"I've just started using this every day this last month and aside from it being yummy I have less bloating and sore tummy yay"

★★★★★ - Joanna, Customer





CLEAR PROTEIN

KEY BENEFITS
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.

HOW TO TAKE IT
Add 2 rounded scoops to 355 mL cold water. Shake well. Add more water as needed for desired flavour. Let sit 3-5 minutes for natural foam to settle before drinking. Enjoy one serving per day.

- Undenatured whey protein isolate
- No artificial colours, flavours or sweeteners
- Third-party quality tested

"I have tried many clear proteins, and was so thrilled when Isagenix launched theirs because it truly is superior to the rest. Flavour, texture, nutritional benefits, drinkability; you KEEP reaching for it."

★★★★★ - Bethany, Customer

ISALEAN™ PROTEIN BAR

KEY BENEFITS
An expertly crafted blend of protein, healthy fats, and carbs for a satisfying, on-the-go snack that supports lean muscle, provides lasting satiety, and delivers essential nutrients anytime, anywhere. Features 18 g of undenatured whey protein per serve.

+ **IsaLean Plant-Based Protein Bar**
A vegan-friendly option with 17 g of pea protein and 11 g of healthy fats for sustained energy and nourishment.

HOW TO TAKE IT
Enjoy as a satiating snack or meal replacement, any time of the day.

- 100% natural formula
- No artificial colours, flavours or sweeteners
- Convenient, on-the-go



"These bars set me up for success each day with a high protein snack that I look forward to. They help me hit my protein goal and feel great unlike many bars on the market."

★★★★★ - Trace, Customer



ENERGY BITES

KEY BENEFITS
Boost focus, concentration, and cognitive performance with caffeine, L-theanine and CognatiQ coffee fruit extract. Enjoy a perfectly portioned snack packed with protein and fiber for lasting energy.

HOW TO TAKE IT
With 65 mg of natural caffeine per serving, it is recommended that Energy Bites are enjoyed one to two times daily, and earlier in the day, depending on caffeine sensitivity and overall wellness goals. Energy Bites can also be enjoyed during a mid-afternoon slump. Easily integrate into your Cleanse Day and Shake Day schedule.

- 100% natural formula
- No artificial colours, flavours or sweeteners
- Convenient, on-the-go

"This is a great product! Love the taste and texture of these snack bites! Just enough natural caffeine for an afternoon pickup but not so much that it will keep you up at night. It's the perfect snack!"

★★★★★ - Donna, Customer



ISAGENIX SNACKS™

A nutritional, chewable snack with added chromium to curb cravings and support Cleanse Days.



SNACK BITES

These delicious, Cleanse-Day approved snacks pack a delicious punch at 100 calories per serve with with 5g plant-based protein plus a focus boost from CognatiQ.



PROTEIN CRACKERS

Delicious, protein-packed crackers delivering 10 grams of high-quality plant-based protein per serving in Everything Seasoning flavour.



AMPED NITRO

KEY BENEFITS
This pre-workout drink is designed to improve strength and performance before exercise.

- ✓ Nitrosigine®§§ and L-citrulline for increased blood flow and mental focus.
- ✓ Creatine and betaine for increased muscle power, strength and cell hydration (the best kind of hydration).
- ✓ Beta-alanine, taurine and naturally sourced caffeine for increased energy, alertness and stamina.

HOW TO TAKE IT
Mix 1 scoop with 240 mL water.
Drink immediately after mixing, best used 15-30 minutes before training.

- Scientifically supported formula
- No artificial colours, flavours or sweeteners
- Third-party quality tested

CREATINE

KEY BENEFITS
Your foundation for strength, power, and mental clairity to help you perform at your best, in the gym and in life.

- ✓ Boost energy production at the cellular level for better muscle and brain function.
- ✓ Supports in building lean body mass and muscle strength.
- ✓ 3g of creatine monohydrate per serve to enhance focus, cognitive function and overall brain health

HOW TO TAKE IT
Mix 1 level scoop with 100-150 mL of purified water or preferred beverage daily. For optimal results, drink 8-10 glasses of water per day for creatine consumption.

- Backed by 500+ peer-reviewed studies on strength, recovery and cognition
- Micronised powder for fast, effective absorption with no clumps
- Third-party tested for quality and purity



PRO-TIP
Plant-based diet? Creatine helps fill the gap since it's mainly found in meat.

"This product is GREAT! All other pre-athletic products I've taken over the years made me jittery or didn't seem to last through my workout. Not this one! And I love the flavour. Bonus!"

★★★★★ - Ayea, Customer

"I've noticed a huge improvement in my muscle mass, hydration, focus and cognitive function when I add it to my shake each day! Creatine! Where have you been all my life?"

★★★★★ - Carla, Customer

§§ Nitrosigine is a registered trademark of Nutrition 21, LLC and is patent protected.

NFR Catalogue

These products are not currently registered in Australia and there is an AU$800 limit on this order. Please note that NFR products are intended for your personal use or use by members of your household. As such, products may not be resold and you may not advertise the products on social media or personal websites, other than your replicated Isagenix site. NFR orders are imported from the United States, which may extend delivery timeframes. Products available for NFR may vary slightly from those sold locally.



COLLAGEN
BONE BROTH



CORE MORINGA®
SMARTMIX



CORE MORINGA®
SUPERMIX



CORE MORINGA®
XM+ ENERGY MIX



CORE MORINGA®
TRIOTIC™



ISALEAN PROTEIN SHAKE MCT -
BIRTHDAY CAKE FLAVOUR



PURAPLANT 21™



RECHARGE NAD™



LEARN HOW TO
FIND YOUR NFR
CATALOGUE

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*
Are you up for the challenge?

*Terms and conditions apply.
Scan the code for full details.

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**

Wellbeing Simplified

Hopefully the pages of this guide act as kindling for the fire burning inside you to live out your personal wellbeing to the fullest.

You now have a clear path forward without all the “Do this, not that, eat this, not that, drink this, not that“ confusion obscuring how to accomplish your goals.

ALL YOU HAVE TO DO IS SIMPLY SELECT, SAVE, AND SHARE.

1 SELECT

CHOOSE THE PRODUCTS, PACKS, OR SYSTEMS designed to help you achieve your individual definition of wellbeing. Live the lifestyle to love your results.

2 SAVE

SIGN UP FOR SUBSCRIPTION REWARDS to save on every order, get FREE SHIPPING on your initial order, and enjoy flat-rate shipping on future orders.

Or, become a Preferred Customer to get discounts on every order.

3 SHARE

An important part of any individual’s wellbeing is financial wellbeing. We’re here to help! Sharing the Isagenix opportunity is a powerful way to help people earn a side income or launch a business.

On top of that, we now have a way to earn even more with our 20% Product Introduction Bonus (PIB). Scan the QR Code below to learn more.



SUBSCRIPTION REWARDS

PROTEIN PACING

Meal and nutrition planning is an excellent dietary strategy to achieve your individual health goals. To help get you started, view examples of the Protein Pacing regimen based on variables such as age, gender, weight and health goal.



SEX	FEMALE	GOAL	WEIGHT LOSS
AGE	45 YEARS OLD	WEIGHT	95 KGS

BREAKFAST 43 g Protein
IsaLean Protein Shake + 1 scoop IsaPRO (42 g **P**) + Ionix Supreme (n/a) + Tri-Biotic (<1 g **P**)

LUNCH 42-43 g Protein
IsaLean Pro (36 g **P**) + Collagen Elixir (5 g **P**) + ½ cup of blueberries and teaspoon of peanut butter (1-2 g **P**)

DINNER 50 g Protein
Protein options - select one:

- Chicken breast (cooked): 135 g (based on 33 g **P** per 100 g)
- 90% Ground beef (cooked): 150 g (based on 30 g **P** per 100 g)
- Lean sirloin steak (cooked): 60 g (based on 28 g **P** per 100 g)
- Salmon (cooked): 185 g (based on 24 g **P** per 100 g)

+ 1 cup of fibrous veggies (< 2.5 g **P**) *OR* 2 cups (< 5 g **P**) *(e.g., broccoli, cauliflower, or squash): 2-3 g protein (depending on the vegetable, with broccoli containing around 2.5 g protein per cup).*
+ Avocado (< 1 g **P**)

EVENING SNACK 40-42 g Protein
IsaPro 2 ¼ scoops (40-41 g **P**) + teaspoon of peanut butter (<1 g **P**)

Total of **172-186 g Protein per day**



SEX	MALE	GOAL	IMPROVED BODY COMPOSITION AND BODY OPTIMISATION
AGE	32 YEARS OLD	WEIGHT	80 KGS

BREAKFAST 46 g Protein
IsaLean Protein Shake + 1 scoop IsaPRO (42 g **P**) + Tri-Biotic (<1 g **P**) + Cup of blueberries (<1 g **P**) + ¼ avocado (<1 g **P**) + Flaxseed meal (1 Tbsp) (1.8 g **P**)

MORNING SNACK 48 g Protein
IsaLean Protein Shake + 1 scoop IsaPRO (42 g **P**) + Collagen Elixir (5 g **P**) + berries 1 cup (<1 g **P**)

LUNCH 40 g Protein
Protein options - select one:

- Chicken breast (cooked): 106 g (based on 33 g **P** per 100 g)
- 90% Ground beef (cooked): 117 g (based on 30 g **P** per 100 g)
- Lean sirloin steak (cooked): 125 g (based on 28 g **P** per 100 g)
- Salmon (cooked): 146 g (based on 24 g **P** per 100 g)

+ 1 cup of fibrous veggies (< 2.5 g **P**) *OR* 2 cups (< 5 g **P**) *(e.g., broccoli, cauliflower, or squash): 2-3 g protein (depending on the vegetable, with broccoli containing around 2.5 g protein per cup).*
+ Avocado (< 1 g **P**)

DINNER 40 g Protein
Same as above - see lunch options

EVENING SNACK: 40-42 g Protein
IsaPro 2 ¼ scoops (40- 41 g **P**) + teaspoon peanut butter (<1 g **P**)

Total of **202-212 g Protein per day**

P = Protein



SEX	FEMALE
AGE	60 YEARS OLD
GOAL	LONGEVITY AND HEALTH SPAN

WEIGHT	65 KGS
DIET	PLANT BASED

BREAKFAST 30 g Protein
IsaLean Shake Plant-Based (25 g **P**) + teaspoon peanut butter (<1 g **P**)
+ Flaxseed meal (2 Tbsp) (3.6 g **P**) + berries 1 cup (<1 g **P**)

LUNCH 32-35 g Protein
Protein options - select one:
- Tofu 150g: 30 g **P**
- Tempeh 200g: 30 g **P**
- Slendier Pasta 200g (cooked): 30 g **P**

+ 1 cup of fibrous veggies (< 2.5 g **P**) *OR* 2 cups (< 5 g **P**) *(e.g., broccoli, cauliflower, or squash): 2-3 g protein (depending on the vegetable, with broccoli containing around 2.5 g protein per cup).*
+ Avocado (< 1 g **P**)

DINNER 32-35 g Protein
Same as above - see lunch options

EVENING SNACK 20-21 g Protein
1 Scoop IsaLean Shake Plant-Based (12.5 g **P**) + Protein coconut yogurt (5 g **P** per 100g serving) + Flaxseed meal (2 Tbsp) (3.6 g **P**)

Total of **114-121 g Protein per day**



SEX	MALE (ACTIVE)
AGE	30 YEARS OLD

GOAL	INCREASE MUSCLE MASS AND IMPROVE BODY OPTIMISATION
WEIGHT	80 KGS

BREAKFAST 40 g Protein
Eggs to make 33 g of protein:
6 egg whites (3.5 g **P** per egg) = (21 g **P**)
+ 2 whole eggs (12 g **P**)
+ 1 cup of sliced mushrooms (2-3 g **P**) *OR* 2 cups (4-6 g **P**)
+ Avocado (<1 g **P**) + Tri-Biotic (<1 g **P**)

MORNING SNACK 48 g Protein
IsaLean Protein Shake + 1 scoop IsaPRO (42 g **P**) + Collagen Elixir (5 g **P**) + berries 1 cup (<1 g **P**)

LUNCH 40 g Protein
Protein options - select one:
- Chicken breast (cooked): 106 g (based on 33 g **P** per 100 g)
- 90% Ground beef (cooked): 117 g (based on 30 g **P** per 100 g)
- Lean sirloin steak (cooked): 125 g (based on 28 g **P** per 100 g)
- Salmon (cooked): 146 g (based on 24 g **P** per 100 g)

+ 1 cup of fibrous veggies (< 2.5 g **P**) *OR* 2 cups (< 5 g **P**) *(e.g., broccoli, cauliflower, or squash): 2-3 g protein (depending on the vegetable, with broccoli containing around 2.5 g protein per cup).*
+ Avocado (< 1 g **P**)

DINNER 40 g Protein
Same as above - see lunch options

EVENING SNACK: 28 g Protein
IsaPro 1 ½ scoops (27 g **P**) + teaspoon peanut butter (<1 g **P**) + Ionix Supreme (n/a)

Total of **202-212 g Protein per day**

P = Protein

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