

A close-up photograph of a woman with long brown hair, wearing a large straw hat and a red sleeveless top. She is smiling and looking off to the side. She is holding a clear glass bottle with a pink smoothie, a strawberry on the rim, and a clear straw. The background is a soft-focus green outdoor setting.

30-DAY RESET

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



A young woman with voluminous, curly brown hair is smiling warmly. She is wearing a dark brown top and holding a clear glass filled with orange juice. The background is a bright, out-of-focus window with a grid pattern, suggesting an indoor setting with natural light.

## *Welcome to your guide for the next 30 days!*

When you make good nutrition and healthy habits your focus, results follow.

This simple, sustainable system helps you lose weight (and keep it off!), fight cravings, increase lean muscle mass, improve nutrition, stress less, sleep better, and so much more. No matter what your health goal is for the next 30 days, this system can help you get there!

# 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
- Improvements to cardiovascular health markers
- Favorable effects on the gut microbiome
- Increased toxin release from fat cells



Clarkson SKIDMORE



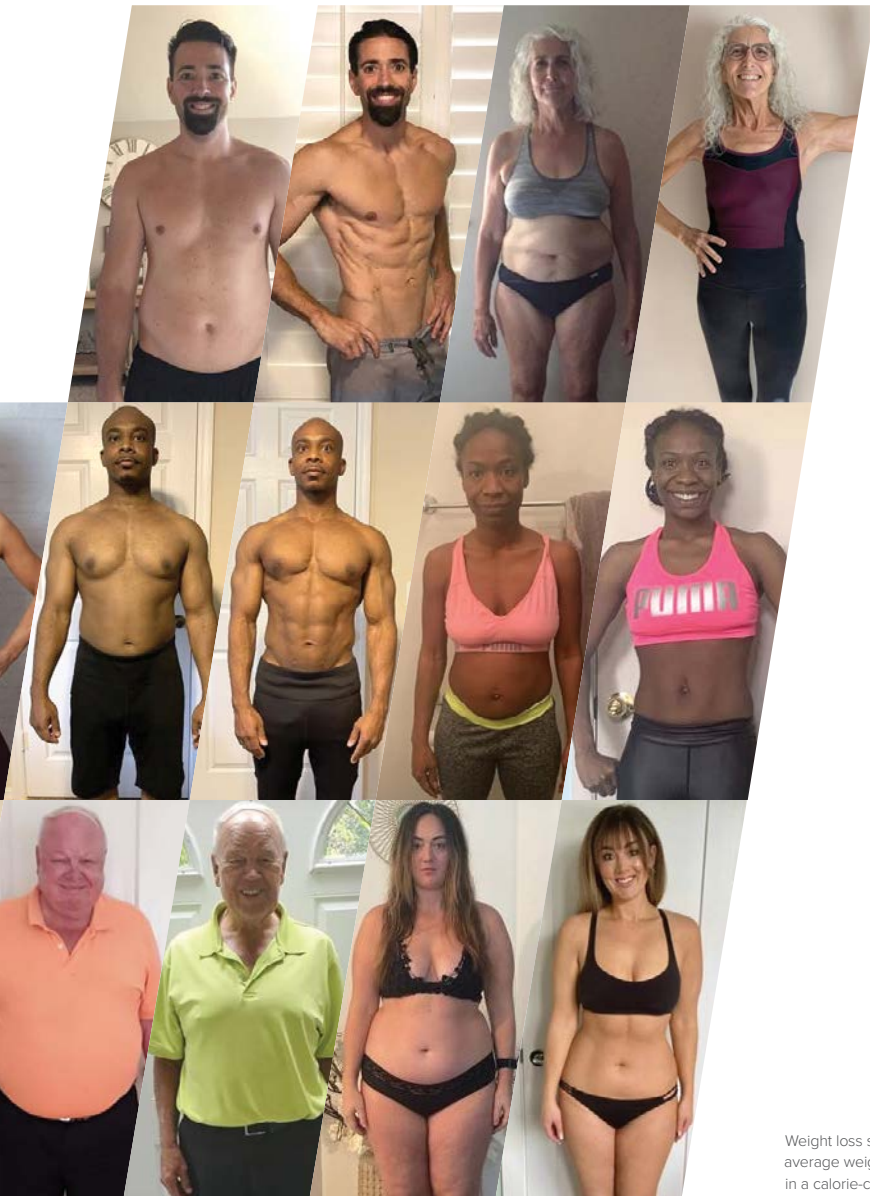
University of  
Pittsburgh



**Donni Smythe**  
IsaBody Finalist  
Age: 43



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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](http://IsagenixHealth.net).



**WANT TO  
KNOW MORE?**  
See clinical research  
studies here.

# In the box

The 30-Day Reset contains products to keep you on track and get results.

Sustainable success is possible with nutrient-dense shakes to help build lean muscle, cleansing botanicals to support intermittent fasting, balancing adaptogens, and targeted daily supplements. A lifestyle change to help make your goals a reality.

If you ordered a Premium, Value, or Ultimate Pack, you have additional products not pictured here. Visit [Isagenix.com](https://www.isagenix.com) to learn more.



## Nutrient-dense meals

Support lean muscle growth and healthy weight management with **IsaLean® Protein Shake**, offering 24g of protein (whey or plant-based), or **IsaLean Performance Protein**, packed with 36g of whey-based protein.

## Intermittent fasting

Gently support your detoxification systems with the superplant botanicals in **Cleanse for Life®**†

†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.



## Balancing adaptogens

Support your body's ability to adapt to stress with **Adaptogen Elixir™** or **Ionix® Supreme**.†

## Daily Support

Support healthy digestion and fat-burning with **Natural Accelerator™** and **IsaFlush®**.†

## Snack Smarter

Your 30-Day Reset includes one Cleanse Day approved snack option from the selections below, chosen when you purchased your reset.



### Isagenix Snacks

Balanced, chewable protein snacks to satisfy appetite and support weight-loss goals.



### Snack Bites

Vegan bites with plant-based protein and CognatiQ® to curb cravings and fuel focus.



### Energy Bites

Natural caffeine, L-theanine, and CognatiQ® to fuel focus and support mental alertness.



### Protein Crackers

Vegan crackers with plant-based protein and adaptogenic mushrooms to satisfy and support weight management.



### Collagen Bone Broth

A warm, comforting source of collagen and protein to support satiety.

# 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 and your Shake Days have it all.

## Your Shake Day Routine

### MORNING



IsaLean  
Shake

+



Natural Accelerator™  
(2 Capsules)

### LATE MORNING



Adaptogen Elixir™ or  
Ionix® Supreme

+



Optional 100-200  
calorie snack

### AFTERNOON



IsaLean  
Shake

### EVENING



400-600  
Calorie Meal

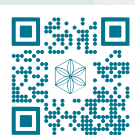
+



IsaFlush®  
(1-2 Capsules)

### BEFORE BED

WALK THROUGH  
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 Shakes for a delicious, nutrient-dense treat.

### 2. Let your body adapt

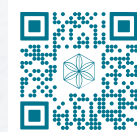
Your daily dose of stress-soothing adaptogens is essential!† Try taking your Adaptogen Elixir or Ionix Supreme at different times of the day to see what works best for you.

### 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. Small servings of sliced water-based fruits or vegetables like cucumber or celery, or some extra protein like a handful of almonds can go a long way.



**HOW TO BUILD  
A BALANCED  
EVENING MEAL**

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# Cleanse Days

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



## Your Cleanse Day Routine

### MORNING



Cleanse  
for Life®

+



Natural Accelerator™  
(2 Capsules)

### LATE MORNING



Cleanse  
for Life

+



Adaptogen Elixir™ or  
Ionix® Supreme

### AFTERNOON



Cleanse  
for Life

+



Cleanse Day  
Approved Snack

### EVENING



Cleanse  
for Life

+



Cleanse Day  
Approved Snack

+



IsaFlush®  
(1-2 Capsules)

### BEFORE BED



COACH ME  
THROUGH A  
CLEANSE DAY



## Cleanse your body on a cellular level



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.



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.



At about **24 hours**, your body will begin to experience increased autophagy. This natural process replaces old components of cells with new, regenerated ones. This helps your body feel renewed, energized, and reset.

## Customize 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

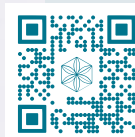
Modify your workout based on your energy level. Consider starting with light yoga, walking, or gentle stretching.

### 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!

# Kickstart 90

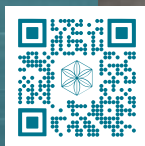
Want to take your 30-Day Reset lifestyle change to the next level?

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.

**LEARN MORE\***

Are you up for  
the challenge?

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



## 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 Kickstart 90 comes an online support system of more than 40,000 people strong—sharing struggles, motivating stories, and celebrating wins.



**Norris Bailey**  
Age: 55



**Morgan Bishop**  
Age: 38



Weight loss and muscle gain reflect exceptional individual experiences and should not be construed as typical. Participants in a 2016 study showed weight loss of 24 pounds after 12 weeks of the Isagenix cleansing and fat-burning system.



**GET INSPIRED**

# The power of holistic health

Isagenix® is so much more than a weight-loss company. We provide simple, natural, clinically-validated products that optimize what the body does naturally.

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



## Clear Protein

Crisp, hydrating protein support to help build lean muscle, aid recovery, and keep you satisfied.



## Creatine

Clinically studied support for muscle strength, performance, and cognitive function.



## Collagen Elixir™

Cellular skin support from the inside out.\*



## BEA™

Delicious sparkling energy drink with adaptogens.



## E+™

Plant-based energy shot with naturally sourced caffeine.



## Greens™

A premium blend of superfoods with 2 servings of vegetables per scoop.



## Recharge NAD™

Health and aging support on a cellular level.\*



## PuraPlant 21™

Upgrade your health with 21 vitamins and minerals from organic fruits and vegetables.

If you have one or more of these products in your system already, that means you upgraded to the Premium, Value, or Ultimate Pack.

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*Whether you're looking to continue your weight loss goals, improve your energy and focus, enhance your natural beauty, or even explore the possibility of improving your financial health, Isagenix has you covered.*



**WHAT'S NEXT?**  
Try the Healthy Lifestyle Pack

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.

ISAGENIX®



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