

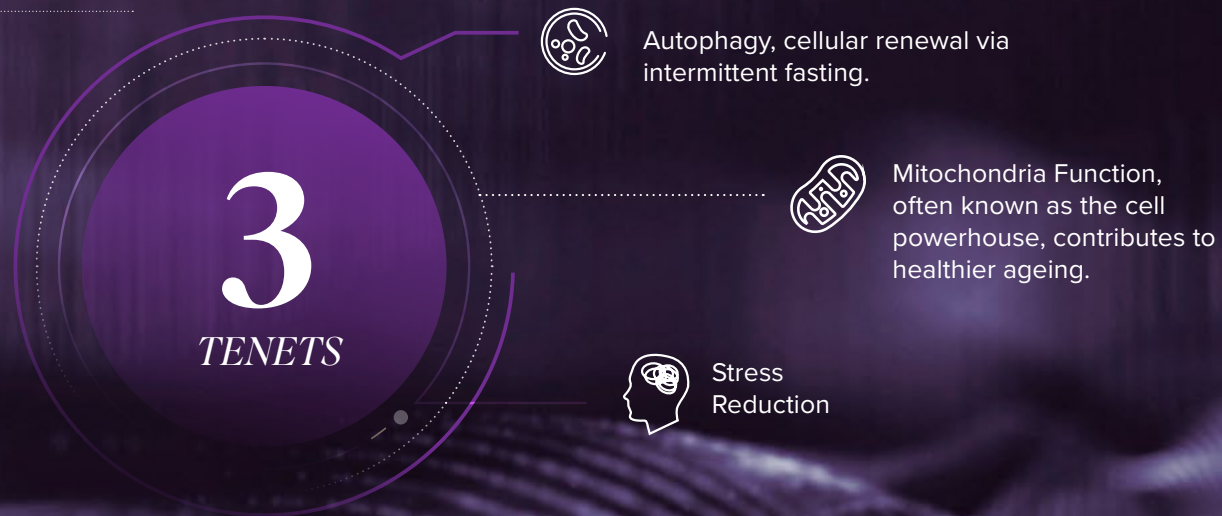


# TOTAL BODY WELLNESS GUIDE

ISAGENIX.

# The Isagenix approach to health and wellness incorporates biohacking strategies to promote healthier ageing and vitality.

The Three Tenets to healthy ageing



When it comes to promoting our bodies' well-being as we grow older, we follow the three tenets. The first is autophagy, which is the body's way of cleaning out damaged cells. The second involves optimising the mitochondria function – this is the powerhouse of the cells, influencing overall cell survival. And finally, we emphasise the importance of stress reduction.

## *Your path towards vibrant ageing*

The Total Body Wellness pack consists of a system that simplifies the process of achieving optimal well-being for your entire body. Feel and look your very best with:



Nutrient dense meal-replacement shakes to achieve any body composition goal



A full spectrum of ayurvedic adaptogens to help the body adapt to stress, fight fatigue and improve mental clarity



Our world-leading nutritionally supported intermittent fasting program to support toxin release and the cellular renewal process autophagy.



Clinically studied and beauty award winning collagen peptides for overall skin health

# In The Total Body Wellness Pack

The Total Body Wellness Pack contains products which promote healthy ageing and support the whole body.

## Cleanse For Life™

Nutritionally supports fasting "Cleanse Days" to maintain natural detoxification processes and protect against the effects of oxidative stress.



## IsaLean Shake™

Nutrient dense for longer satiety, metabolism support and lean muscle mass composition.



## Ageless Actives™

Great health starts in your cells. Maintain healthy bone development, heart health and immune support.



## Snack Bites

Nourishing protein snack that satisfies hunger to stay satisfied and energised during Cleanse Days.



## Collagen Elixir

Promotes smoother complexion by minimising the appearance of fine lines and wrinkles to reveal more youthful skin.



## Adaptogen Elixir

Support your mind and body's ability to adapt to stress with a nutrient-rich blend of adaptogens and botanicals.



## Nootropic Elixir

Support cognitive performance and long-term brain health with a blend of plant-derived nutrients and botanicals.



## E+ Shot

Enhance physical performance with a plant-based caffeine blend and botanical extracts that promote mental clarity. Formulated without any synthetic sugars.

# Shake Day Variation

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® 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 Variation Routine

### MORNING



IsaLean Shake

+



Ageless Actives (2 Capsules)

+



Collagen Elixir

### LATE MORNING



Adaptogen Elixir

OR



E+ Shot

### AFTERNOON



400-600 Calorie Meal

### LATE AFTERNOON



Nootropic Elixir

### EVENING



400-600 Calorie Meal



## 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 MEAL



# Cleanse Days Variation

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



Cleanse for Life

+



Ageless Actives (2 Capsules)

+



Collagen Elixir

+



Snack Bite

### EARLY AFTERNOON



Cleanse for Life

+



Adaptogen Elixir

OR



E+ Shot

### AFTERNOON



Snack Bites

+



Nootropic Elixir

### EARLY EVENING



Cleanse for Life

### MORNING



## 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



### Two Cleanse Days Per Week



## 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!

# Step into your Glow

Collagen Elixir™ is designed to help you look and feel the way you've always wanted to. Infused with an innovative blend of marine collagen peptides and powerful botanicals, this little bottle indulges your skin with both beauty and nourishment from the inside out.

A 2021 Prix De Marie Claire Beauty Award Finalist with editorial features in Marie Claire, Australian Women's Weekly and Elle Australia.

## MARIE CLAIRE



\*PREVIOUS PACKAGING NEW 2022 PACKAGING

## AUSTRALIA WOMEN'S WEEKLY



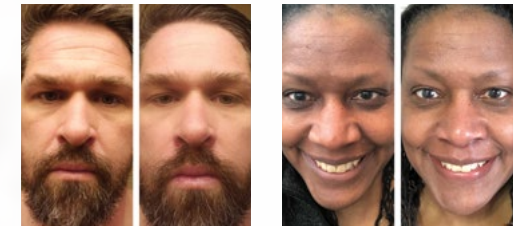
\*Featuring our previous packaging



## 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.

# Fuel Your Focus

Nootropic Elixir is an easy and natural way to feed your brain the nutrients it needs to support focus and concentration as well as long-term brain health when taken daily.

## Brain-Supportive Botanicals



### GREEN TEA

A natural caffeine source that gives your brain the immediate buzz it needs to support mental focus



### AMLA

Known to support markers of cognition, general vitality, and neuroprotection



### PHOSPHATIDYLSERINE

An essential component of brain tissue that supports memory and cognitive capacity



### PURSLANE

A health promoting nutraceutical that is high in phytonutrients



### BEETROOT

Known for its natural components that support overall bloodflow and brain health

# Calm Your Chaos

Bask in adaptogens. These little herbs pack a huge punch on what affects humans daily—stress. An adaptogen dream team, along with a boost from black tea and kombucha, allows you to focus on the task at hand, and simply move on. Stress, just like you, rarely backs down. Here is your personal arsenal to keep it at bay.



### ASHWAGANDHA

The time-tested relaxation adaptogen used throughout the world.



### ELEUTHERO ROOT

Better focus and improved cognitive function, all thanks to this naturally occurring botanical.



### RHODIOLA

A versatile botanical that helps manage the impact of physical and mental stress.



### ASTRAGALUS

A healing herb that supports mental clarity.



### SCHISANDRA

This physical fatigue fighter is also known as the endurance adaptogen.



# Great health starts in your cells

Support important systems in the body like immune and cardiovascular health, and healthy bone development.

## COENZYME Q10

Promotes mitochondrial function and cellular energy production.



## RESVERATROL & RED GRAPE

Provides phytonutrients that help protect cells from oxidative stress and support cardiovascular health.

## VITAMIN D3

The active form needed to elevate blood levels, which supports bone, immune, and cardiovascular health.



## BOTANICAL BLEND

Ashwagandha, Wolfberry, Pomegranate, and Turmeric provide natural phytonutrient support.

# Support Your Wellbeing

Isagenix provides simple, natural, clinically-validated products that optimise systems in the body. Switch up your routine by adding one or more of these holistic health products:



## BEA™

Sparkling energy drink derived from plants and infused with powerful adaptogens to balance your day.



## IsaLean® Bars

A delicious, filling and convenient snack option with high-quality protein.



## Greens™

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

NFR Catalogue



## Renewal Sleep Support™

Available in our NFR catalogue.



## Recharge NAD™

Available in our NFR catalogue.



Learn how to  
find your NFR  
Catalogue



### WHAT'S NEXT?

Maintain your routine for longevity wellness and order another Total Body Wellness 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.

If you have any questions or need further guidance on your Total Body Wellness Pack please speak to the person who shared Isagenix with you or call Isagenix Customer Care at 1300-651-979 (AU) or 0800 451 291 (NZ) during normal business hours.

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