

LISTEN UP, BUSTER!

FUEL YOUR SLEEP WITH THE BEDTIME BELLY BUSTER

Did you know that consuming protein before bedtime can help you feel fuller and boost your metabolic rate? The Bedtime Belly Buster (or BBB) is a sweet bedtime treat that combines IsaPro™ with Isagenix Fruits™ or Isagenix Greens™. This helps keep you on track to achieving and maintaining a healthy body weight.†



1. Add 4-5 ounces of water to an IsaBlender® Max or shaker cup.



2. Add 1 scoop of IsaPro and 1 serving of Isagenix Fruits or Isagenix Greens.



3. Blend or shake for 30-60 seconds. Add ice cubes if preferred.



4. Enjoy this high-protein, nutrient-dense treat 30-60 minutes before bedtime.

And, don't forget to use Sleep Support & Renewal™ spray immediately before bedtime to assist with a restful night's sleep.

HERE IS WHAT THESE ISABODY CHALLENGE® FINALISTS HAD TO SAY ABOUT USING BEDTIME BELLY BUSTING AS PART OF THEIR DIETARY AND EXERCISE PROGRAM:*



“For me, five nights prior to a planned event is ideal to begin the BBB. I use the BBB when preparing for a photo shoot. I love the fact that I have this option, especially when I occasionally decide to indulge.”

JOYCE BELL
2017 ISABODY FINALIST



“I wanted a nutritious alternative to the 'bedtime snacks' I was consuming. It is the perfect no-guilt 'snack' to have before bed!”

LAUREN CRIDER
2017 ISABODY FINALIST

†As part of healthy eating, this food may assist in maintaining a healthy body weight because it is high in protein.

*These Finalists consumed Isagenix products, including protein before sleep, as part of their dietary plan and participated in regular exercise. Results were not obtained by consuming protein before sleep only. Isagenix cannot and does not guarantee any level of weight loss, muscle gain, or other results from the Bedtime Belly Buster. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.