

WELLBEING & WEIGHT LOSS



# Eat Better

A GUIDE TO NOURISH YOUR  
WAY TO HEALTHIER LIVING.





# Welcome to the Art of Wellbeing

The Art of Wellbeing encompasses all forms of wellbeing - what we eat, how we move, how we look and how we live.

Discover how simple it is to eat better with the Isagenix system and join the hundreds of thousands of people worldwide who are elevating their wellbeing with us.



More than half  
a million happy  
Customers

7+

7+ scientific  
studies

50 M

50 million  
shakes sold

# What Does Healthy Mean to You?

We're here to support your path to better, whatever that means for you.  
See what our customers have to say.



**Scott Wood**

"The first 30 days without changing any of my training...  
My body fat dropped from 18 to 12% and I lost just under 6 kg of fat and gained 2 kg of muscle"

**Emma MacCarthy**

"In the first 30 days I lost 10 kg,  
In my first 16 weeks I lost 26 kg,  
and now here we are 12 months  
later and I've dropped 52 kg"



*Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.*

# Balanced Nutrition Made Simple and Delicious

## IsaLean™ Shake

A nutrient-dense superfood shake with a satiating blend of protein, carbohydrates, healthy fats, amino acids and 21 vitamins and minerals.



## Ionix® Supreme

Botanical adaptogens to combat the negative effects of stress.



## Cleanse for Life®

Nutritional support for your body's natural detox process.



## IsaFlush®

Cleansing herbs and minerals to aid in digestive regularity and overall health.



## Natural Accelerator™

Kick-start your body's thermogenesis.





**Complete Essentials™**  
**Daily Pack with IsaGenesis™**

Daily nutritional support uniquely designed for men and women.

**AMPED™ Hydrate**

Supports hydration and recovery while sustaining energy with 0 grams of added sugar.



**IsaDelight™**  
**Chocolates**

A sweet square of antioxidants combined with cocoa beans, green tea extract and amino acids.



**Isagenix Snacks™**

Contains undenatured whey protein, good fats and energy-fuelling carbohydrates to naturally curb hunger.



**e+™**

The elevated energy shot with naturally sourced caffeine and plant-based adaptogens.



Products in your system will vary according to the system purchased.



# Shake Day

Choose your favourite flavour, and have two shakes per day in addition to a healthy meal, balanced snacks and premium supplements. You choose the order that works best for your lifestyle. Here's an example.



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## EARLY MORNING

Ionix® Supreme (1 serving)

## MORNING

IsaLean™ Shake

Natural Accelerator™ (1 capsule)

## MIDMORNING

OPTIONAL snack (200 calories or fewer)



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## LUNCH

IsaLean Shake

## MIDAFTERNOON

OPTIONAL snack (200 calories or fewer)

OPTIONAL Natural Accelerator (1 capsule)

## LATE AFTERNOON

e+™



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## DINNER

400-to-600-calorie meal

## BEFORE BED

IsaFlush® (1-2 capsules with  
250 mL of water)



Shake Day Video

# Cleanse Day

We combine intermittent fasting with targeted nutritional support from groundbreaking products. This method assists your body's natural detoxification process. Here's an example.



Cleanse Day Video



## EARLY MORNING

Ionix® Supreme (1 serving)

## MORNING

Cleanse for Life®\*

Cleanse Day-approved snack\*\*

Natural Accelerator™ (1 capsule)

## MIDMORNING

Cleanse Day-approved snack\*\*



## MIDDAY

Cleanse for Life®\*

Cleanse Day-approved snack\*\*

OPTIONAL Natural Accelerator (1 capsule)

## MIDAFTERNOON

Cleanse for Life®\*

Cleanse Day-approved snack\*\*



## EVENING

Cleanse for Life®\*

Cleanse Day-approved snack\*\*

## BEFORE BED

IsaFlush® (1-2 capsules with  
250 mL of water)

\*125 mL of liquid or 2 scoops of powder

\*\*See Page 6 for Cleanse Day-approved snacks



# Cleanse Day Tracker

## 10 Cleanse Credits Per Cleanse Day

With nutritional support from **Cleanse for Life™**, **Ionix® Supreme**, and 10 credits to spend during a Cleanse Day, you can choose between these amazing products to curb cravings, nourish your body, and support a better overall experience.

Track your Cleanse Credits progress in the graph below!

### 0 CREDITS

- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

### 1 CREDIT

- BĒA™ Sparkling Energising Drink
- AMPED™ Hydrate
- Adaptogen Elixir
- Nootropic Elixir

### 2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Greens
- e+™
- Collagen Bone Broth
- Collagen Elixir
- IsaDelight™ Chocolates
- AMPED™ NOx
- AMPED™ Nitro
- AMPED™ BCAA Plus
- AMPED™ Post-Workout

### 3 CREDITS

- Harvest Thins™
- Whey Thins™



## Monthly Cleanse Day Tracker

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

#### CLEANSE DAY 1



#### CLEANSE DAY 2



#### CLEANSE DAY 3



#### CLEANSE DAY 4

































# Is today a Shake Day or a Cleanse Day?

Your monthly system may look something like the sample schedules below:































 SHAKE DAY

 CLEANSE DAY

## 1 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 					

## 2 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 					



# What about other foods?

It's time to eat! Meals should be healthy and delicious. Customise them with foods you enjoy. The key is to keep them between 400-600 calories — portion sizes are very important.



**Portion Size:**  
Thumb

## GOOD FATS



Coconut oil



Olive oil



Avocado



**Portion Size:**  
Palm of Hand

## PROTEIN



Chicken



Eggs



Beef



Tofu



Lamb



Chickpeas



Fish



Edamame





**Portion Size:**  
Size of 2 Fists

## FRUIT & VEG



Tomato



Blueberries



Cucumber



Grapes



Broccoli



Orange



Carrot



Kiwi



**Portion Size:**  
Size of Fist

## COMPLEX CARBS



Brown Rice



Quinoa



Oatmeal



Whole-Wheat Bread



Sweet Potato



Noodles

# Our Fitness Community

No matter what stage you're at on your path to better, we have an incredible, supportive community that all customers can plug into for daily inspiration and motivation.

**“The IsaBody Challenge keeps me accountable. It helped me achieve goals that I never thought were possible and my confidence and self-belief throughout this journey has grown immensely thanks to the IsaBody Challenge Community.”**

**Janelle Enlund**  
Australia 2020 IsaBody Challenge  
Grand Prize Winner



## ISABODY CHALLENGE\*



Scan here to  
learn more

### Take a 'before' photo

to see the progress you've made when you reach your goal. 'Before' and 'after' photos are a great way to see just how far you've come. This picture can also serve as your 'before' picture for the IsaBody Challenge.

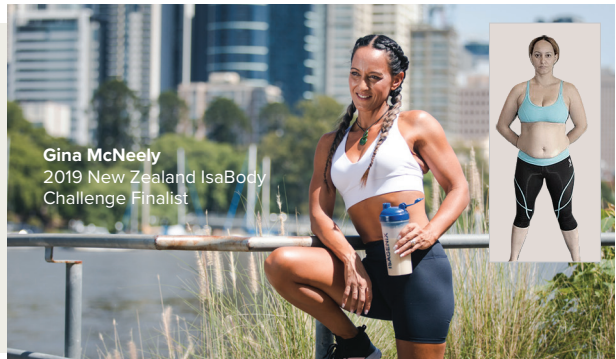
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**Geoff Aylward**  
2018 New Zealand IsaBody Challenge Finalist

“Isagenix is undoubtedly the best evidence-based nutrition system and transformation community in the World. It works – just look at the evidence.”

“Changing the way, I think about myself has been my biggest breakthrough. The IsaBody experience has pushed me to become a better version of myself. My confidence has soared, and this has been by far the most amazing experience and accomplishment ever.”



**Gina McNeely**  
2019 New Zealand IsaBody Challenge Finalist



**Thomas Philbin-Malucelli**  
2019 Australia IsaBody Challenge Grand Prize Winner  
2019 Global IsaBody Challenge Grand Prize Winner

“I love The IsaBody Challenge for the accountability. I felt welcomed, loved and supported. I don’t know any other company that can reward you so much just for becoming a better version of yourself. It gives you the freedom to become whoever you want with a community that will support you and make you feel at home.”

# Holistic Wellbeing

Each of our products work in harmony to provide you with long-term, whole-body wellbeing.



## Feel Better

Whole-body wellbeing and peace of mind.



## Eat Better

Long-term nourishment from simple methods and proven products.



## Move Better

Enhanced energy for whatever you need it for.



## Look Better

Self-care that shows from the inside out.

# Beauty 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.

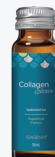
## Marie Claire



Enhance your natural beauty and illuminate from the inside out with a daily effective dose of Scandinavian marine-sourced collagen peptides. Isagenix Collagen Elixir can give you a boost of collagen which naturally declines as we age and helps nourish your skin from within to keep you radiantly beautiful.

- 5 g fish protein
- Superfood ingredients like goji, aloe vera, acerola berry, chamomile and more
- Preservative free and zero oxidation that only glass bottles can provide

- 5 g synchronised marine collagen per serve
- Double Nutri Technology to assist with nutrient absorption
- Vitamin C, Biotin and Zinc



Scan here to learn more

## Australia Women's Weekly



# What's in Your 30-Day System?



Scan here to  
learn more



Download the IsLife App

# FAQ

**Q: I'm nervous to start! How can I keep myself on track?**

**A:** It's important to surround yourself with support. Joining the IsaBody Challenge where you can be part of a large global community of people who are embarking on this same life-changing journey. We're all here to support one another. Head to [ANZ.IsaBodyChallenge.com](https://www.anz.isabodychallenge.com) for more information.

**Q: How can I satisfy my hunger during Cleanse Days?**

**A:** Try any of our Cleanse Day approved snack options, such as savoury Whey Thins or sweet IsaDelight chocolates.

**Q: Why should I cleanse?**

**A:** Cleanse Days can help kick-start your body's own detoxification systems. Isagenix Cleanse for Life is specifically formulated to provide your body with extra support as it prepares for the benefits of intermittent fasting.

**Q: Can I use IsaLean Shake Plant-Based with my current system?**

**A:** Yes! You can easily swap IsaLean Shakes for plant-based IsaLean Shakes if you choose.

**Q: How can I get creative with my IsaLean Shakes?**

**A:** Try adding fresh fruit, spices like cinnamon, or Isagenix products like Greens. Just keep in mind that customising your IsaLean Shake can increase its caloric value.

**Q: If I feel tired or have a headache, should I stop using my system?**

**A:** Have a small snack if you are experiencing these symptoms. If your symptoms are serious or persistent, seek medical attention.

**Q: I just completed two Cleanse Days in a row and want to do more! Can I continue to complete Cleanse Days to maximise my success?**

**A:** Cleansing one day per week is recommended. You may choose to cleanse up to two consecutive days, but do not exceed more than that per week. We also recommend not exceeding four Cleanse Days a month.

**Q: I'm a very active person, and I have been gradually increasing my workouts during my program. Should I eat more if I'm hungry?**

**A:** We suggest swapping out one or both of your IsaLean Shakes for IsaLean PRO Shakes or simply adding a scoop of IsaPro® to 1½ scoops of IsaLean Shake to increase your protein intake. The extra protein will help fuel your body with the nutrients and calories it craves while you're working out.

## 30 Day System FAQ's, Tips & Tricks

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Scan here to  
learn more



ISAGENIX.



Scan here to  
learn more



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