BUILT FOR PERFORMANCE.
Backed by Science.
Welcome to Isagenix!

This guide is designed to help you amplify your performance. Our goal is to put you in control of your health and to help you learn how to incorporate these nutritional products and healthy eating habits into your active lifestyle.

Enjoy!

Erik Coover
Senior Vice President of Global Field Development
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AMPED™ Nitro
A preworkout supplement that provides energy, strength, and focus for optimal training.†
• Creatine and betaine for increased muscle mass, power, strength, and cell hydration.†
• Beta-alanine, taurine, and naturally sourced caffeine for increased energy, alertness, and stamina.†

AMPED NOx
A preworkout drink that helps increase blood flow and oxygen delivery to your working muscles.†
• Natural source of nitrates from beets, celery, and red spinach
• Nitric oxide boost for increased power, stamina, and energy†

AMPED Fuel
An endurance gel to keep you going strong during extended training.†
• 22 grams of easy-to-digest carbohydrates for quick energy†
• Branched-chain amino acids to fuel working muscles†

AMPED Hydrate
A refreshing sports drink that replenishes fluids and nutrients lost during your workout.
• Provides vitamin C, B-complex, and electrolytes
• Helps hydrate the body for performance

AMPED Recover
A refreshing postworkout drink mix with branched-chain amino acids to support muscle rebuilding and recovery.†
• Leucine, isoleucine, and valine to support muscle protein synthesis†
• L-carnitine to support muscle repair†

†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.
AMPED Protein Bar
A convenient, delicious protein bar to help build and maintain lean muscle.
• 28 grams of a whey-based protein blend
• Ideal to support protein pacing (See Page 14.)

Ionix® Supreme
A blend of adaptogens, antioxidants, and nutrients to help you meet the demands of stress during exercise.†
• Supports faster recovery after exercise†
• Enjoy any time of day or night to combat stress†

e+™
A long-lasting energy shot featuring natural adaptogens that help sustain physical and mental vitality.†
• Powerful adaptogen and plant-based caffeine sourced from green tea and yerba mate†
• Adaptogens support your body’s ability to combat stress to help focus your mind and elevate your performance†

IsaPro®
An undenatured whey protein blend to support muscle growth and recovery.
• Superior branched-chain amino acid profile supports protein synthesis
• Ideal 30 minutes after exercise or any time to boost daily protein intake

IsaLean™ PRO Shake
A complete high-protein meal replacement shake featuring undenatured whey protein to support muscle building, exercise recovery, and metabolism.
• 36 grams of high-quality protein for muscle development
• Ideal for postworkout recovery and protein pacing (See Page 14.)

†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.
OUR NO. 1 PRIORITY IS YOUR HEALTH & ATHLETIC PERFORMANCE

It’s why Isagenix products are developed through research and supported by evidence-based science using a no-compromise approach to formulation and ingredients. Our on-site experts include food scientists, nutritionists, dietitians, and biologists. We are further guided by a Scientific Advisory Board (SAB) comprised of world-renowned nutrition, medicine, and health and wellness professionals to guide product integrity.
Your Isagenix Performance System relies on nutrient timing – key nutrients at the right time to fuel your performance. Here’s how it works:

**EVERY DAY**

- **Consume** 1-2 IsaLean PRO Shakes per day as part of protein pacing guidelines, along with a well-balanced diet.
- **Drink** 1 serving of Ionix Supreme and take Complete Essentials™ daily.
- **Drink** enough water throughout the day to stay properly hydrated.
- **Plan** snacks such as Whey Thins™ and AMPED Protein Bars throughout the day.

**Pro Tip:** Follow the protein pacing guidelines on Page 14 to ensure you’re consuming the right amount of protein throughout the day to fuel your results!

**WORKOUT DAYS**

- **15-30 Minutes Before Workout:** 1 serving of AMPED Nitro

  **Pro Tip:** Enjoy 1 serving of AMPED NOx 2-3 hours before workout to improve blood flow and oxygen delivery to cells.

- **Postworkout:** 1 serving of AMPED Recover and 1-2 scoops of IsaPro.
ADAM THIELEN
Minnesota Wide Receiver and Team Isagenix athlete

5-6 days per week
60 MINUTES OF SPEED, AGILITY, AND RESISTANCE TRAINING

**REST DAY**

**MORNING**
IsaLean PRO Shake and A.M. Complete Essentials Daily Pack

**MIDMORNING**
AMPED Protein Bar and e+

**LUNCH**
600-700 calorie meal

**MIDAFTERNOON**
IsaLean PRO Shake

**DINNER**
600-700 calorie meal and P.M. Complete Essentials Daily Pack

**WORKOUT DAY**

**MORNING**
IsaLean PRO Shake and A.M. Complete Essentials Daily Pack

**MIDMORNING**
AMPED Protein Bar

**PREWORKOUT**
AMPED Nitro and AMPED NOx

**INTRAWORKOUT**
AMPED Hydrate and AMPED Recover

**POSTWORKOUT** (WITHIN 30 MINUTES)
AMPED Recover with 1-2 scoops of IsaPro

**LUNCH**
600-700 calorie meal

**MIDAFTERNOON**
IsaLean PRO Shake

**DINNER**
600-700 calorie meal and P.M. Complete Essentials Daily Pack
### WorkOut Day

**Morning**
- IsaLean PRO Shake, A.M.
- Complete Essentials Daily Pack, and 1 serving of Ionix Supreme

**Mid Morning**
- Whey Thins

**Lunch**
- IsaLean PRO Shake

**Mid Afternoon**
- AMPED Protein Bar and e+

**Dinner**
- 500-600 calorie meal and P.M.
- Complete Essentials Daily Pack

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### PreWorkout
- AMPED Nitro, AMPED NOx

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### PostWorkout
- AMPED Recover and 1 scoop of IsaPro

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### Lunch
- IsaLean PRO Shake

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### Mid Afternoon
- AMPED Protein Bar and e+

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### Dinner
- 500-600 calorie meal and P.M.
- Complete Essentials Daily Pack

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### Rest Day

**Morning**
- IsaLean PRO Shake, A.M.
- Complete Essentials Daily Pack, and 1 serving of Ionix Supreme

**Mid Morning**
- Whey Thins

**Lunch**
- IsaLean PRO Shake

**Mid Afternoon**
- AMPED Protein Bar and e+

**Dinner**
- 500-600 calorie meal and P.M.
- Complete Essentials Daily Pack

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*An Isagenix Millionaire is an Independent Associate to whom Isagenix has paid a gross total of $1 million or more since joining Isagenix. Earnings reflect gross amounts that do not include any business expenses. For average earnings of Independent Associates, refer to at IsagenixEarnings.com.*
3-4 days per week

60 MINUTES OF HIGH-INTENSITY INTERVAL TRAINING
What is Informed-Sport?
Informed-Sport is a certification program that regularly tests dietary supplements and foods for banned substances and confirms they’ve been manufactured under high-quality standards. Not only are the products tested, but the manufacturing facilities are also assessed to ensure that the risk of cross-contamination is limited. For more information, see Informed-Sport.com.

What substances does Informed-Sport screen for?

What does this mean for athletes using Isagenix products?
If you’re a competitive or elite athlete, you can feel confident that the products listed above have been tested for banned substances under the Informed-Sport program. Products undergo rigorous testing to provide the highest level of assurance for athletes.

How do I confirm my product is Informed-Sport certified?
As of Aug. 6, 2017, all products listed on Pages 4-5 are Informed-Sport certified. For additional peace of mind, verify your product certification by visiting Informed-Sport.com and insert your product batch number (lot number), found on the label or bottom of your product, into the “Certified Product Search” box.

Learn more about Informed Sport certification at Informed-Sport.com.
“With the Informed-Sport certification on all of my favorite Isagenix products, I can be confident that I’m not only fueling my body with the products that help me perform at my best, but also those that are the safest and most effective in helping me to advance in my career.”

-Jon Rahm, PGA Tour Golfer and Team Isagenix Elite athlete
**GUIDELINES**

- 4-6 high-quality protein-based meals evenly spaced, every 3 hours
- 20-40 grams of protein at **each meal**
- First meal within 1 hour of waking in the morning
- Last meal within 2 hours of going to sleep in the evening

**MEN AND WOMEN**

**BREAKFAST**
IsaLean PRO Shake, e+, Complete Essentials Daily Pack

**MIDMORNING SNACK**
IsaPro + Isagenix Fruits™ or AMPED Protein Bar
OR Greek yogurt, oats, and fresh fruit

**LUNCH**
IsaLean PRO Shake and fresh veggies and nuts/seeds

**MIDAFTERNOON SNACK**
IsaPro + Isagenix Fruits or AMPED Protein Bar
OR Greek yogurt, oats, and fresh fruit

**DINNER**
Lean protein, fresh veggies, nuts, berries, tea, or water

**EVENING SNACK**
IsaPro + Isagenix Greens™ + Ionix Supreme + Complete Essentials Daily Pack, OR AMPED Protein Bar

**EXERCISE DAYS**
Preworkout: **AMPED Nitro and NOx**
Midworkout: **AMPED Hydrate**
Postworkout: **AMPED Recover**

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**Dr. Paul Arciero** has been a key figure in research on protein pacing (see charts below) and a lead researcher in a series of recent studies that involved Isagenix products, investigating protein pacing for losing weight, cardiovascular health, and athletic performance (1-5).

Dr. Arciero’s studies showed that when subjects consumed a diet higher in protein, specifically from whey protein, and paced their protein intake, they lost more body weight, more body fat, more abdominal fat, and they maintained their lean body mass even as total caloric intake remained unchanged (3).

As you build and refine your performance schedule on the following pages, consider incorporating protein pacing into your daily routine to help maximize your results.

Learn more about protein pacing, and other health and wellness information at IsagenixHealth.net.

Dr. Arciero is a professor of health and exercise sciences and an Isagenix Scientific Advisory Board member.

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Intermittent fasting is a nutritionally supported process to help your body cleanse itself of toxins and other harmful pathogens. Research has shown intermittent fasting offers benefits to your body and brain function, making it a critical component to weight loss and improved athletic performance.

Properly timed Cleanse Days can be used by athletes to help reduce body fat. The combination of intermittent fasting with products like Cleanse for Life® supports athletes’ antioxidant and immune defenses.† If you decide to do a Cleanse Day, choose a rest day or light exercise day to avoid negatively affecting performance.

Athletes can gain antioxidant benefits from drinking Cleanse for Life on a daily basis. In fact, a few of the ingredients in Cleanse for Life have been shown to offer support to athletic performance and recovery when used daily.†

Learn the science behind intermittent fasting at IsagenixHealth.net. Learn more about Cleanse for Life at Isagenix.com.