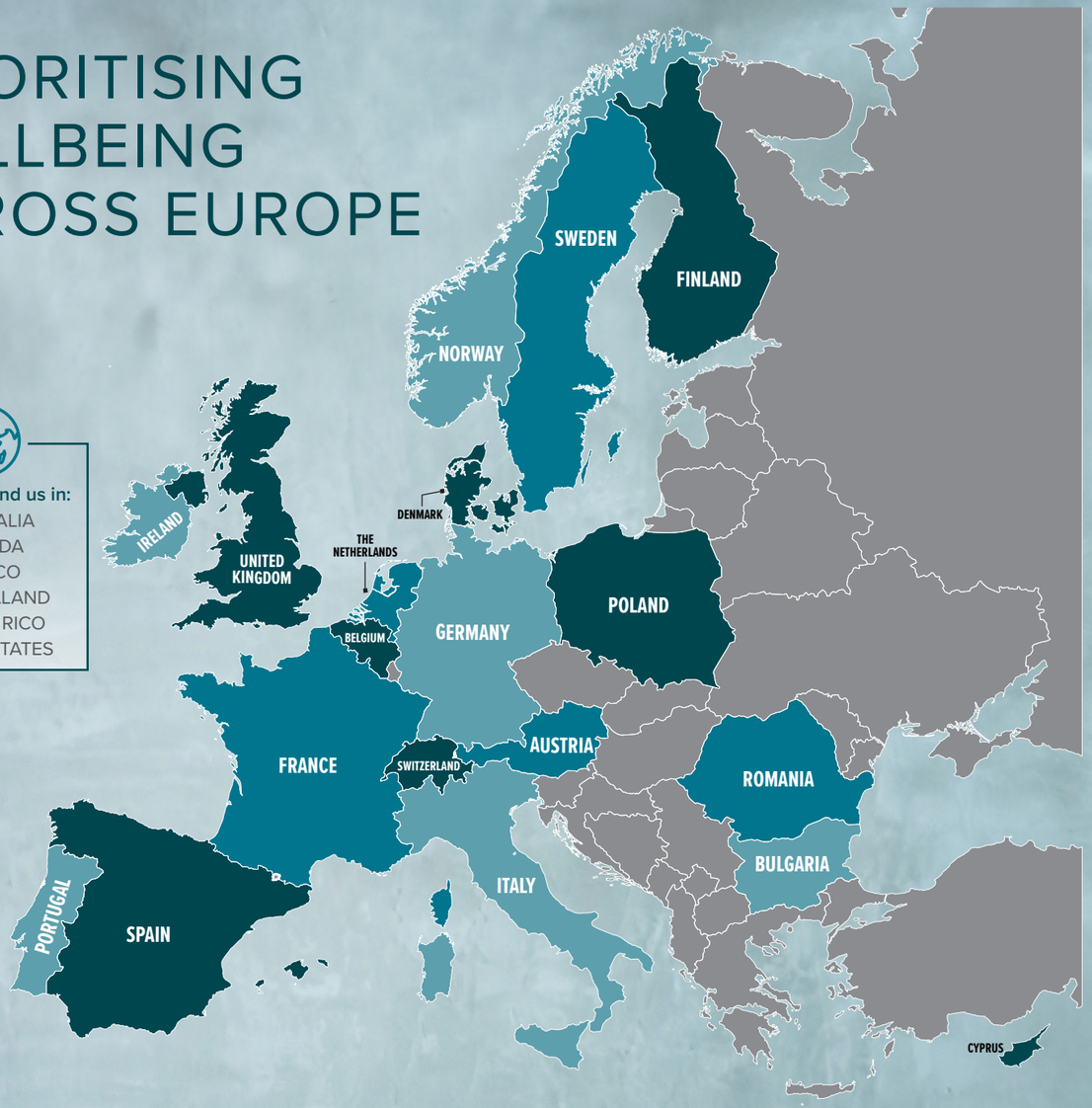
2026
WELCOME
MAGAZINE



WELCOME TO ISAGENIX®

PRIORITISING WELLBEING ACROSS EUROPE



You'll also find us in:

AUSTRALIA
CANADA
MEXICO
NEW ZEALAND
PUERTO RICO
UNITED STATES

READ OUR WELCOME MAGAZINE IN:

DUTCH | FRENCH | GERMAN | ITALIAN | PORTUGUESE | SPANISH

Your Health is Our Priority

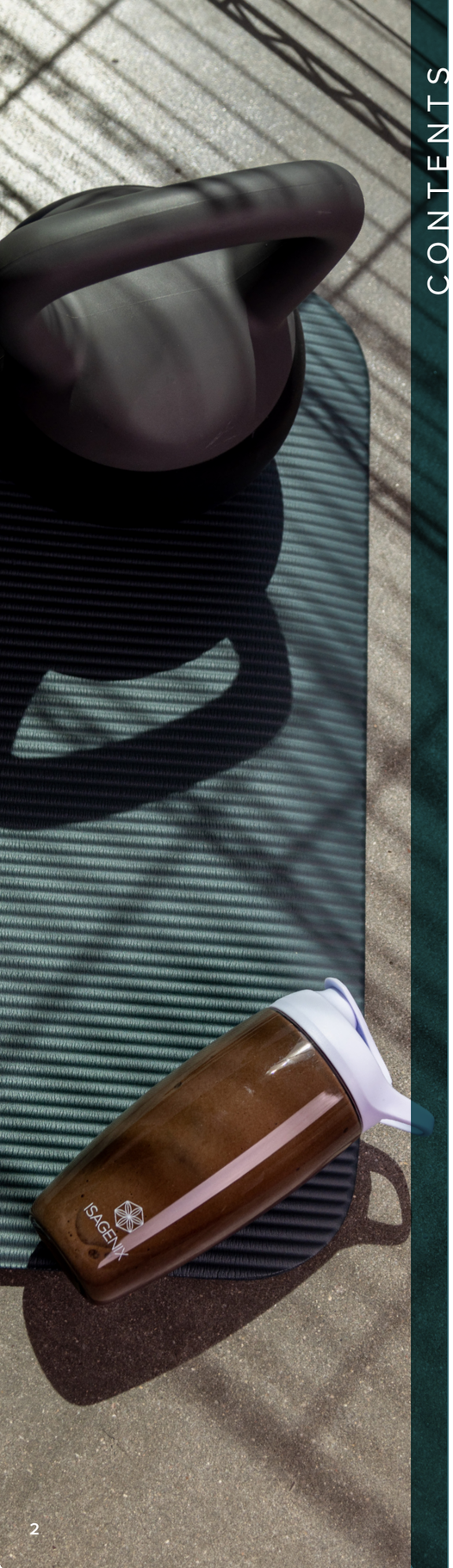
In today's world, we have more information at our fingertips than ever before, yet navigating the path to a healthy lifestyle can still be overwhelming. But it doesn't have to be.

With over 22 years of success stories, Isagenix® has helped hundreds of thousands of people transform their lives.

This Welcome Magazine is your go-to resource, designed to take the guesswork out of your wellness journey by unveiling the ins and outs of our clinically validated systems and products. Inside, you'll discover inspiring stories from those who've not only tried but truly embraced our products, falling in love with the life-long results.

We'll equip you with top tips, expert advice, and exclusive insights – everything you need to unlock your full potential. Let this be your companion as you redefine wellbeing, on your terms.

Thank you for being part of the Isagenix family.



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Real People, Real Results

Whether you're looking to shed pounds, gain muscle, or both – find your solution with Isagenix.



CHARLENE

MEET CHARLENE CLAES

AGE: **39**
TOTAL WEIGHT LOST: **5kg/11lbs**
FROM: **BELGIUM**

FAVOURITE PRODUCTS:
ISALEAN® SHAKE & HYDRATE HYALURONIC ACID



Read about her inspiring journey on page 19!



JAN

MEET JAN BONENBERGER

AGE: **46**
TOTAL MUSCLE GAINED: **3kg/6lb 6oz**
FROM: **GERMANY**

FAVOURITE PRODUCTS:
CREATINE & ISALEAN® SHAKE



Find out more on pages 8 & 14!

Get Paid for Loving Isagenix

Let's say you've tried your first Isagenix® product, you've started to see results *(which you will)* and thought it couldn't get any better. **WELL, WHAT IF YOU COULD GET THESE AMAZING PRODUCTS PAID FOR?** Your friends and family are probably asking what your secret is!

Getting your products paid for is as simple as that – once you've joined Isagenix and got started on our products, simply share your results, recommend a product or a pack and reap the benefits. Sounds pretty great, right? And it couldn't be simpler.

1

JOIN

Upgrade your account by logging into your Back Office and clicking the 'Become an Associate' button.

Cover the membership fee, and just like that, you're ready to start earning!

2

SHARE

IT'S SIMPLE!

Create a unique referral link and send it to your friends with the products they'll love.

When they sign up, they can join as a Customer or Associate, and you'll earn based on their enrollments and purchases.

3

SHOW ME THE MONEY

For every one of your friends that purchases products, you'll get a 20% commission on their purchase. YES, 20%!*



HOW TO EARN

*Associates are eligible to earn a one-time 20% Product Introduction Bonus (PIB) whenever a new Personally Enrolled Member purchases from Isagenix directly at the time they enrol in participating markets. 20% PIB excludes any taxes, applicable discounts, coupons, credits and shipping applicable to the initial order.

DRINK UP, *glow up*

WHEN HYDRATION MEETS SKINCARE, AMAZING THINGS HAPPEN.

The **Hydrate + Glow Duo** pairs two powerhouse products – **Collagen Elixir** supports skin elasticity, smoothness, and youthful radiance with marine collagen peptides. **Hydrate + Hyaluronic Acid** replenishes hydration at a cellular level, enhancing skin moisture and boosting daily performance.



AS SEEN IN

VOGUE

marie claire

ELLE AUSTRALIA

GQ

WORLDWIDE BESTSELLER

Enough Weight *Losses*, it's time for Weight *Wins*

WEIGHT LOSS THAT WORKS. Countless companies make this claim, but how many of them have research-backed proof? Well, it's time to stop following the fads and let science lead the way when it comes to achieving your goals. We're proud to have an evidence based way to help support you to get to your weight loss goals.

By partnering with well-respected universities such as the University of Pittsburgh and the University of Illinois at Chicago (UIC) for clinical studies, we're able to show clinical substantiation for Isagenix Systems for healthy weight loss.



What does your first week with Isagenix look like?

LET'S BREAK IT DOWN...

6 SHAKE DAYS:

On these days, you'll replace two of your three daily meals with our delicious and convenient IsaLean® Shake, a perfect way to nourish and fuel your body. In addition, you'll also get to enjoy a meal of your choice, along with plenty of Isagenix approved snacks to keep you feeling great throughout the day!

1 CLEANSE DAY:

This is our take on intermittent fasting that leaves you feeling like a superstar. Enjoy cleanse-approved snacks and reap the amazing benefits.

IT'S SIMPLE

Head to page 14 for what a typical routine looks like.

Clinically Studied and Validated

KEY FINDINGS AFTER 8 WEEKS*
of using the Isagenix® System compared to a heart-healthy diet:

- **64%** MORE WEIGHT LOSS
- **2x** AS MUCH VISCERAL (ADOMINAL) FAT LOSS
- **71%** MORE FAT LOSS
- BETTER IMPROVEMENTS IN CARDIOVASCULAR HEALTH MARKERS

KEY FINDINGS AFTER 12 WEEKS*
of following the Isagenix System:

- **20%** DECREASE IN FAT MASS
- **9%** INCREASE IN LEAN MUSCLE MASS
- **33%** INCREASE IN TOTAL TOXINS (PCBs) RELEASED
- **25%** DECREASE IN OXIDATIVE STRESS
- CARDIOVASCULAR HEALTH MARKERS SIGNIFICANTLY IMPROVED

* 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.

Weight loss has always been at the core of what we do, and it's a significant goal for many of our customers. However, it's just one of the many powerful benefits you'll experience with our programme. You can also look forward to better sleep, clearer skin, increased energy, sharper focus, and enhanced overall wellbeing. Our approach is designed to help you achieve meaningful weight loss while also boosting your health in countless other ways.

WHY IS HYDRATION SO IMPORTANT FOR WEIGHT LOSS?
Staying properly hydrated is key to supporting metabolism, curbing cravings, and keeping digestion running smoothly. But sometimes, water isn't enough. **That's where Hydrate + Hyaluronic Acid steps in** – a blend of essential electrolytes and skin-loving hyaluronic acid.
Find out more about this product on page 25.

Shake Up Your Health

There's a reason we started out with IsaLean® Shake and why it remains one of our best-selling products across the globe. Whether you're shedding pounds or boosting wellness, IsaLean Shake delivers the perfect blend of nutrients to fuel your body.

BENEFITS AT-A-GLANCE

- ✓ **SUPPORTING YOUR OVERALL HEALTH & WELLBEING** with **23 vitamins and minerals** per serving.
- ✓ **FEEL FULLER FOR LONGER & BUILD LEAN MUSCLE** with a mighty **24g of protein** in every shake. Plus our undenatured whey protein is ethically sourced from grass-fed cows that are allowed to graze naturally and aren't treated with hormones or routine antibiotics.
- ✓ **NO EMPTY CALORIES** Pure nutritious goodness in **just 240 calories**. Less than your average banana topped oatmeal or eggs on toast – plus with the added goodness of protein, fibre, vitamins, minerals – it's a no brainer, right?

SOY FREE · GLUTEN FREE

GOING PLANT-BASED? WE'VE GOT YOU!

Our Plant-Based IsaLean Shake has the same great nutrients, vitamins and minerals and undeniable taste with 24 grams of complete vegan protein blend from wholegrain brown rice and peas. A truly irresistible plant-based option!

DAIRY FREE · SOY FREE · GLUTEN FREE · VEGAN



TOP TIP

Add fresh berries, banana, or nut butter to your shake, or use it as a smoothie bowl base for variety. The options are endless!

Ask the Nutritionist

Rebecca Taylor,
BSc ANutr



Q: I'VE TRIED SO MANY SHAKE PRODUCTS AND PLANS BEFORE AND NEVER HAD SUCCESS. WHY WILL ISALEAN SHAKE AS PART OF THE ISAGENIX WEIGHT LOSS PROGRAMME BE ANY DIFFERENT?

A: *"I've been there too, frustrated by shakes that promise results but don't deliver. Many products on the market focus solely on calories, cutting out essential nutrients. Without these, it's no surprise they fail as your body will eventually run out of energy when not fueled correctly. IsaLean Shake is different - it's designed for real, lasting results with a balanced mix of high-quality proteins, fibre, and healthy fats, plus essential vitamins and minerals to keep you full and satisfied. And it's the best-tasting shake I've ever tried, making it easy to incorporate into your daily routine!"*



Support Your Metabolism

THERMO GX contains ingredients, like green tea extract, apple cider vinegar, cayenne and cocoa seed, known to support metabolism, that even Mother Nature herself would approve of.

PROTEIN 101

WITH DR. PAUL ARCIERO:

UNDERSTANDING THE ESSENTIAL ROLE OF PROTEIN

Dr. Paul Arciero, a leading nutrition scientist, takes us on a journey into the world of protein, explaining why he believes IsaLean® Shake is the gold standard when it comes to protein nutrition.

WHY WE NEED PROTEIN

"Protein, derived from the Greek word 'Proteus', symbolises its primary and essential role in our lives. While carbohydrates and fats are also crucial macronutrients, if we were to rank them by their impact on our health, protein would undeniably take the top spot.

It plays a crucial role in fuelling our metabolism, which controls nearly everything that happens in our bodies. It supports our metabolically active body mass – muscles and vital organs such as the brain, kidneys, lungs, liver, heart, and pancreas. By maintaining these organs and muscle tissues, protein helps keep our metabolism healthy and functioning properly.

Beyond that, protein helps shift the focus from just losing weight to promoting fat loss, especially visceral fat, which surrounds our vital organs and poses health risks. While many diets result in losing both fat and muscle, adequate protein intake ensures that lean muscle mass is preserved. This allows for a more targeted fat loss, keeping the body strong and healthy.

UNDERSTANDING PROTEIN QUALITY

Animal-based proteins are often regarded as the highest quality, with whey protein being one of the most extensively studied. Undenatured whey protein concentrate, found in IsaLean® Shake, is particularly valuable because it contains bioactive compounds like macroglobulins and polypeptides, which support immune health and overall wellness. The term 'undenatured' refers to the gentle processing method that preserves the protein's natural structure, ensuring maximum absorption in the body. IsaLean Shake's whey protein is sourced from grass-fed cows, and no antibiotics are used in the process, preserving its purity and benefits.



DR. PAUL ARCIERO
Chief Scientific Officer of Isagenix &
Best-selling Author of *The PRISE Life*

Dr. Arciero has published more than 70 peer-reviewed research studies on performance nutrition and exercise training in the world's most respected science journals and has trained hundreds of thousands and regularly speaks at industry events around the world.

Check out Dr. Arciero's protein pacing calculator to work out your optimal protein target at ProteinPacing.org

While plant proteins are also considered high quality, animal-derived proteins have an advantage in that they contain all the essential amino acids the body needs to build protein. In contrast, plant proteins may lack some of these essential amino acids, which is why combining different plant protein sources is important to achieve a complete protein profile. This is something we do really well at Isagenix; the combination of the fava bean, pea protein and brown rice is optimal.

PROTEIN PACING®

You may have heard 'protein pacing' doing the rounds in the health industry and in the media. Put simply, it's about consuming high quality protein, in the right amounts, at the right times of day.

After an overnight fast, our bodies begin breaking down protein stores in muscles and organs. By consuming a meal with a high protein value first thing in the morning, you halt this process and jumpstart protein synthesis, the rebuilding and rejuvenation of your body's vital proteins.

This morning dose of protein sets the stage for a productive and energetic day. But the benefits don't stop there. The body goes through its most significant recovery phase overnight, especially between midnight and 4 AM, when hormone levels are optimised for repair. Consuming an IsaLean Shake, or another high-quality protein source, before bed maximises this recovery, ensuring your body has the fuel it needs to rebuild and replenish.

By 'bookending' your day with high quality protein, you ensure that your body is supported in both rebuilding after sleep and recovering from the day's activities.

PROTEIN FOR HOLISTIC HEALTH

I truly believe that the holistic, functional and integrative aspect of what Isagenix provides is second to none. Protein is integral to this – it's a critical component of our lifelong journey toward optimal health. Whether you're aiming for improved body composition, weight management, or a more active and healthier lifestyle, it's essential not to think of solutions in silos. Instead, the solutions we provide work synergistically, offering a comprehensive, functional approach to wellness.

The IsaLean Shake makes it simple to meet your protein pacing needs. With its high-quality, undenatured whey protein and balanced nutrition, it supports muscle maintenance, weight goals, and overall health. By incorporating IsaLean Shake into your routine, you're taking a step toward a holistic solution that fuels your body and supports a vibrant, healthy life."

Each serving
— OF ISALEAN® SHAKE —
contains as much...



A New Way to Protein

The light, refreshing way to support your daily protein, hydration, and wellness goals.

If you've ever felt like protein products weren't made for you, you aren't alone - but the truth is, we all need it to feel our absolute best. Yet so many traditional options can still feel heavy or intimidating, or they rely on low-quality protein sources that don't give your body the premium nutrition it deserves.

We wanted something better. **For the moments when you want your protein to feel less like a traditional fitness supplement and more like a refreshing fruit juice, there's Clear Protein**. It combines 20g of high-quality whey protein isolate with essential electrolytes in a light, fruity drink. Designed for fast absorption, it delivers clean, premium nutrients and deep hydration exactly when your body needs them most.

Whether you're aiming for a fitness milestone, looking to hold your shape, or simply navigating a busy day, this versatile solution fits seamlessly into your lifestyle. It's the ultimate convenient upgrade to help you stay consistent every day.

ONE DRINK. MULTIPLE BENEFITS:

WORKOUT RECOVERY
Helps repair muscles and restore electrolytes. It's light enough to drink during exercise and fast-absorbing enough to kickstart your recovery the minute you finish.

SMART HYDRATION
Why choose between hydration and nutrition? Sip it on busy days to **quench your thirst while delivering 20g of premium protein** to your body.

CRAVING CONTROL
An easy, low-calorie protein boost that keeps you feeling fuller for longer, helping you manage hunger and stick to your goals without the extra calories.

GLOW & TONE
Take your beauty routine one step further. While collagen works on skin radiance, Clear Protein supports the underlying muscle structure to help maintain a firm, lifted appearance.

ELEVATE YOUR DAILY PROTEIN ANYTIME

MORNING
Refreshing start to your day, feeling fresh and light

MIDDAY
Clean, refreshing protein boost

POST-WORKOUT
Hydrate, recharge and support your recovery

EVENING
Delicious treat to wind down your day



Power, Redefined: Creatine

Your daily ritual for physical strength, mental clarity, and long-term vitality.

Forget the old school stereotypes. **Creatine is no longer just for 'gym bros'.** Today, it is celebrated as one of the most versatile wellness tools available - scientifically proven to support your muscles, your brain, and healthy ageing.

Whether you want to elevate your workouts, sharpen your focus, or support your body through new stages of life, this pure essential helps you stay strong, sharp, and resilient.

HOW IT WORKS:

Your body naturally creates a small amount of creatine to power your muscles and your brain. Whenever you move your body, lift something heavy, or focus deeply on a task, your cells burn through this energy rapidly.

By adding creatine to your routine, you simply top up these natural reserves. This allows your body to regenerate energy much faster, giving you the stamina to power through physical movement and stay mentally sharp for longer.

THE ISAGENIX DIFFERENCE

Pure, unflavoured, and effortlessly versatile. It dissolves completely into your morning water, daily IsaLean® Shake, or your afternoon Clear Protein for a seamless, taste-free wellness upgrade.

Who It's For

WOMEN

Supports lean muscle, daily energy, and mental clarity. It provides vital support for navigating hormonal shifts, particularly during menopause.

PLANT-BASED EATERS

Because natural creatine is found mostly in meat and fish, it can be difficult to get enough from a plant-based diet. This pure formula seamlessly bridges the gap without compromising your choices.

HEALTHY AGEING

Helps preserve muscle mass, mobility, and cognitive function as the years go on, keeping you active and independent.



Your Cleanse Day Champion

Nourish for Life® is the hero product making intermittent fasting a whole lot easier. Made from a synergistic blend of herbs and botanicals, this tonic gives you energy throughout the day so you feel nourished from the inside out. You can drink it on its own, poured over ice, or mixed with warm or cold water.

WHY INTERMITTENT FASTING IS HERE TO STAY

Intermittent fasting is widely recognised for its weight loss benefits, but its advantages extend far beyond shedding pounds. It's excellent for sustaining long-term results, resetting your appetite, boosting energy and focus, and so much more. It's no wonder millions of people incorporate some form of fasting into their routines, whether daily or weekly. Luckily, we embraced this approach long before it became a popular trend.



WE CALL THEM CLEANSE DAYS – a core part of Isagenix's approach to achieving your goals. Fasting doesn't have to feel overwhelming. With Nourish for Life, plus healthy snacks and supplements, you'll manage cravings while giving your body the nutrients it needs.

IT'S SNACK TIME
Head to page 19 to see our Cleanse Day approved snacking options!

★★★★★

"While intermittent fasting, I feel like I have more energy. My gym friends can't believe it!"

— JOERI
BELGIUM

★★★★★

"On the second day of a double Cleanse Day, I take a Nootropic Elixir, which helps clear my mind significantly.

I also take Ionix Supreme daily, which allows me to manage my day more effectively. I used to have plenty of energy for others but never for myself—that has been a big change."

— LISA
SWEDEN





WHAT HAPPENS TO YOUR BODY WHILST FASTING?

12 AFTER AROUND 12 HOURS: Your body starts to switch from using glucose (sugar) for energy to using stored fat.

2 A FEW HOURS LATER: As your body starts breaking down fat stores, it also begins to release stored toxins that were previously stored in fat cells. This process can lead to increased detoxification through the liver and kidneys.

24 AFTER 24 HOURS: Autophagy kicks in, where your cells start cleaning out damaged components and recycling them. This helps with detoxification and cellular repair, and has been shown to improve overall health, energy, and even longevity.



Ask the Nutritionist: Rebecca Taylor, BSc ANutr

Q: HOW OFTEN SHOULD I FAST?

A: *"It's entirely up to you! We're all about lifestyle changes that fit around you. Decide between a Single Cleanse Day, where you fast for one whole day, a Double Cleanse Day, which is two Single Cleanse Days back-to-back, or there's the Daily Cleanse, where you drink one smaller serving of Nourish for Life daily. This is exactly why we have three options because there isn't a one size fits all solution. When you fast, your body will start to use up your stored energy, so the longer you do so, the more stored energy you use. But the secret is, it has to be achievable and sustainable."*

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease.

Put to the Test

Across multiple studies, it was found that Isagenix Cleanse Days can support:

5% DECREASE IN BODY FAT

6% DECREASE IN WEIGHT

44% REDUCED HUNGER
Less desire to eat

IMPROVED HEALTH
Better lean mass, cardiovascular and metabolic markers

GUT HEALTH
Healthier microbiome, fewer GI symptoms

DAIRY FREE · SOY FREE · GLUTEN FREE · VEGAN · PEACH MANGO FLAVOUR

1 - Isagenix (2023) Published Study: Isagenix Cleanse Days Modify the Gut Microbiome and Support Digestive Health. Available at: EU.Isafyi.com/Published-Study-Isagenix-Cleanse-Days-Modify-The-Isagenix

2- (2023) Isagenix Compares One vs. Two Cleanse Days per Week in a Clinical Investigation. Available at: EU.Isafyicom/Isagenix-Compares-One-vs-Two-Cleanse-Days-Per-Week-In-A-Clinical-Investigation/

What's inside Nourish for Life?



ASHWAGANDHA
The plant that does it all. It's not only been used for thousands of years in India as a daily tonic, but also in Ayurveda to manage stress and enhance energy.

BOTANICALS
Aloe vera, Siberian ginseng and turmeric have been used to support people's health for centuries.

FUNCTIONAL FLAVOURS
Peppermint, fennel and berries contribute their natural antioxidant and soothing properties whilst also making it taste great.

B VITAMINS
B3, B6 and B12 are essential for metabolism of amino acids, fats and carbohydrates and help reduce tiredness and fatigue.*

CLEANSE YOUR WAY

SHAKE DAY ROUTINE

MORNING

Ionix® Supreme + IsaLean® Shake + Thermo GX (1 Capsule)

LATE MORNING

Optional Isagenix® Approved Snack

LUNCH

IsaLean Shake + Thermo GX (1 Capsule)

MID-AFTERNOON

Optional Isagenix Approved Snack

EVENING

400-600 Calorie Meal

BEFORE BED

IsaMove® (1 – 2 Capsules)

CLEANSE DAY ROUTINE

MORNING

Ionix Supreme + Nourish for Life® + Thermo GX (2 Capsules) Optional

LATE MORNING

Nourish for Life + 1 Cleanse Day Approved Snack

CLEANSE DAY TRACKER

AFTERNOON

Nourish for Life + 1 Cleanse Day Approved Snack

EVENING

Nourish for Life + 1 Cleanse Day Approved Snack

BEFORE BED

IsaMove (1 – 2 Capsules)

KICKSTART 90

A FUN, COMMUNITY-BASED WEIGHT LOSS CHALLENGE, EVERY 90 DAYS

Prizes Up for Grabs

1. **£4100 / €5000 cash** for one 1st prize winner
2. **£1650 / €2000 cash** for two 2nd prize winners
3. **Exclusive Gift Package** for five 3rd prize winners

£90 / €100 Product Coupon for all first time participants

Why You Should Take Part

- Discover a Healthier, Happier You & Life-Changing Results
- Join a Like-Minded Community for Support & Motivation

FIND OUT MORE HERE

FROM SURVIVAL TO SELF-LOVE:

Charlene's Journey Back to Herself

Charlene Claes' wellness journey began with a powerful realisation: she could no longer accept living in an unhealthy body while trying to be the mother she wanted to be. After years of feeling unhappy, ashamed, and stuck despite trying many approaches, she decided to reset her lifestyle for good, not just for herself, but to have the energy and strength to watch her children grow up with a healthy, present mum. That decision became the turning point that changed everything.



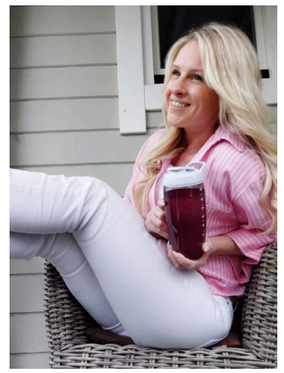
"Since focusing on my health, I feel like a different woman," Charlene says. Where she once felt broken and insecure, she now feels stronger, more confident, and capable of doing things she once couldn't. The impact, she explains, goes far beyond physical change, when your health improves, every part of life begins to feel more balanced.

In the beginning, letting go of old habits that once provided comfort was one of the hardest parts. Charlene describes them as her *"protective armour."* To others she appeared cheerful, but behind the smile she was struggling. Today, that armour is gone. She smiles because she genuinely feels good, embracing both her strength and sensitivity as part of her growth.

> *"Reaching my goal was one thing, but Isagenix truly changed my life by helping me maintain my results."*

Before beginning her Isagenix journey, Charlene lost an impressive 35kg. Since then she has been able to sustain her weight loss while enhancing her physique through increased muscle mass and improved tone. She tells us that although achieving her target weight was a major accomplishment, Isagenix provided the structure and support needed to maintain those results over time *"Reaching my goal was one thing, but Isagenix truly changed my life by helping me maintain my results. Since then, I haven't relapsed and I no longer experience the yo-yo effect after losing so much weight".*

Consistency now anchors her daily routine. Because she finds it difficult to eat early, mornings begin with an IsaLean® Shake and supplements, followed by balanced snacks throughout the day — often fruit or protein-rich options. Lunch is another IsaLean® Shake to ensure proper nutrition during busy workdays, while evenings include a normal meal with mindful portions and a protein-rich snack later on. This simple, structured approach helps her stay on track without feeling restricted.



Charlene shares that she still lives with excess skin following her incredible weight loss, something that can be emotionally challenging at times. However, she has learned to view it with compassion and pride. As she says, *"While perfection is not the goal, imperfection is beautiful too. It represents the old Charlene and everything she overcame to become the person I am today."*

Her advice to anyone starting their own journey is simple: go at your own pace and focus on how you feel, not just what the scale says. True progress, she believes, is reflected in confidence, self-respect, and the ability to look in the mirror with kindness.

"No matter how low you feel, there is always a path towards a healthier life," Charlene says. *"It starts with one decision, choosing change and believing you're worth it."*

Superfoods of the World

More than just a ‘buzz word’ – superfoods are here to stay and it’s no wonder why.

MANGOSTEEN

man·go·steen

Native to Southeast Asia and often called the “Queen of Fruits,” mangosteen is a nutrient-dense superfruit brimming with essential amino acids, vitamins, minerals and a high concentration of polyphenols *(powerful antioxidant and anti-inflammatory compounds found in plants)*.



You’ll find mangosteen in our much-loved Xango Reserve. We use the entire fruit - including the leaves, seeds, and pulp - to ensure you receive all of its nutritional benefits. Mangosteen provides a natural boost in antioxidants that supports overall wellness, a healthy immune system while helping to maintain healthy, radiant skin.

★★★★★

“Xango Reserve has greatly improved both my health and overall wellbeing, providing me with a lot of energy. My wife and I drink it every day, and we highly recommend that everyone try it!”

— LUIS
PORTUGAL

MORINGA OLEIFERA



mo·ring·guh oh·lee·fer·uh

Often referred to as the ‘miracle tree’, moringa is native to India and has been used for thousands of years. Its nutrient-rich profile supports overall wellbeing, energy levels, and digestive health.

Moringa is our key ingredient in SuperMix, a delicious tropical beverage. Utilising the most nutritious parts of the moringa tree, this blend of leaves, seeds, and fruit offers the complete benefits of moringa. Plus we’ve paired it with natural pineapple for a light, fruity taste.

FEATURED IN VOGUE

GRAM FOR GRAM
fresh Moringa Leaves Contain:

- **2x MORE PROTEIN** than yoghurt
- **4x MORE VITAMIN A** than carrots
- **17x MORE CALCIUM** than milk
- **7x MORE VITAMIN C** than oranges
- **15x MORE POTASSIUM** than bananas

Islam Z, Islam R, Hossen F et al. “Moringa oleifera is a Prominent Source of Nutrients with Potential Health Benefits”, International Journal of Food Science, vol. 2021

TOP TIP
Try adding any of these three products into your daily IsaLean® Shake for an extra boost of goodness!

GREENS



You may be more familiar with the superfoods found in **Isagenix® Greens**. Packed with powerhouse greens like spinach, kale, spirulina, broccoli, moringa and chlorella, this greens powder offers a potent boost of essential nutrients, antioxidants, 3mg of iron per serving and all-important fibre. Adding more nourishing veggies into your day couldn’t be easier.

Amazing Adaptogens

Put simply, adaptogens are plant substances that have been found to help our bodies manage stress and maintain balance. Luckily, Ionix® Supreme is scientifically designed to do just that.



Meet the Adaptogens

We call **Ionix Supreme** nature's answer to stress - **HERE'S WHY:**

ELEUTHERO ROOT
Helps support focus and cognitive function, all thanks to this naturally occurring botanical.*

GOJI BERRY
Also known as wolfberry, aka the superfood filled with vitamins and minerals.*

SCHISANDRA
Also known as the endurance adaptogen, schisandra fights physical fatigue.*

TRIED & TESTED OVER CENTURIES
These ingredients have been used in Ayurveda and Traditional Chinese medicine to help combat the effects of stress and power performance.



Ask the Nutritionist: Rebecca Taylor, BSc ANutr

Q: HOW DO I CONSUME IONIX SUPREME?

A: *"It's designed to be consumed daily – I like to have mine first thing in the morning, but you can drink it any time of day that works for you. One serving is 30ml, so one bottle will last you the month. You can have it on its own, pour it over ice, mix it with cold water, or add warm water to drink it like a tea."*

Smart Snacking

Never be caught hungry again. Our delicious snacks are crafted to curb cravings, boost energy, and keep you satisfied until your next meal. And just like all our products, they're packed with protein and fibre to keep you feeling full and fuelled.





ENERGY BITES

- ✓ Peanut Butter Chocolate Chip flavour
- ✓ Energise with 65mg natural caffeine
- ✓ Boost cognitive performance with CognatiQ®, a patented, clinically studied coffee fruit extract*
- ✓ Cleanse Day Approved
- ✓ Only 120 calories

SOY FREE · GLUTEN FREE · VEGAN





ISALEAN® PROTEIN BAR

- ✓ Chocolate Fudge Brownie flavour
- ✓ 17g protein per bar
- ✓ Healthy fats from yummy almonds

SOY FREE · GLUTEN FREE · VEGAN





ISAGENIX® SNACKS™

- ✓ Wild Berry flavour
- ✓ Designed for Cleanse Days
- ✓ Supports metabolism and healthy blood glucose levels**

DAIRY FREE · VEGAN

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease.
**Chromium contributes to the maintenance of normal blood glucose levels.

Trust Your Gut

Your gut plays a vital role in digestion, absorbing nutrients, eliminating waste, supporting your immune system, and even producing ‘feel-good’ hormones. That’s why it’s so important to keep it functioning at its best.

Gut Health Made Simple
WITH BĒA BIOTICS

Meet BĒA Biotics. A caffeine-free sparkling beverage, full of natural ingredients and uplifting adaptogens and botanicals — perfect for a boost any time of day.

TRUST US, YOUR GUT WILL THANK YOU FOR IT!



★★★★★

“I love the taste—it’s the ultimate uplifting drink for my gut, mind, and body."

— ILSE
BELGIUM

LEARN MORE



FALL IN LOVE WITH CORE MORINGA TRIOTIC

- ✓ Supports digestive health, gut balance, and immune function*
- ✓ Features three clinically studied probiotics for a healthy gut
- ✓ Convenient and individually packaged servings perfect for on-the-go

Digestion At-A-Glance:

AN UNHAPPY GUT

- ✓ Constipation or diarrhoea
- ✓ Stomach pains, bloating or gas
- ✓ Exhaustion or fatigue

A HAPPY GUT

- ✓ Regular bowel movements
- ✓ Normal amount of gas or bloating
- ✓ Consistent energy levels

1 - Isafyi.com, Why is gut health so important? Available at: EU.Isafyi.com/Guthealth/



DIGESTIVE SUPPORT WITHOUT LAXATIVES

IsaMove® is a great daily addition to gently support healthy digestion thanks to age old ingredients like magnesium, peppermint, psyllium husk and hyssop.

WHAT MAKES ISAMOVE® UNIQUE?

Instead of using harsh laxatives, IsaMove provides the right nutrients to support your body’s natural processes that are hard at work while you sleep.

* Isagenix products are not intended to diagnose, treat, cure or prevent any disease.

Fuel & Focus

Searching for an energy shot with naturally sourced caffeine, botanicals, and no artificial ingredients? Let's just say your search ends with **e-Shot**®.

Whether you need to power through a workout or shake off the afternoon slump, e-Shot delivers 80mg of plant-powered caffeine, without a coffee bean in sight.

WHY CHOOSE E-SHOT OVER OTHERS?

Many energy shots on the market have high levels of caffeine, which could potentially cause unwelcome side effects. They may also use too much sugar or artificial sweeteners, flavours, and colouring. e-Shot contains 80mg of plant-based caffeine and only 35 calories.

80mg CAFFEINE



Meet the Botanicals:

SIBERIAN GINSENG:
This botanical has been used for years to help improve endurance performance.

HAWTHORN BERRY:
An herbal remedy known to help mediate the stress response in the body.

SCHISANDRA:
A multipurpose botanical traditionally used for maintaining good health and vitality.

YERBA MATE & GREEN TEA LEAF
80mg of plant-powered caffeine, without a coffee bean in sight.

DO YOU EVER HAVE THOSE DAYS WHERE YOU JUST CAN'T SEEM TO FOCUS?

Yep, us too. **Nootropic Elixir is designed to help your brain reach its full potential.** Fuel your focus and concentrate on life's most important moments.

WHEN CAN YOU TAKE NOOTROPIC ELIXIR?

- ✓ Anytime you need an extra support with your focus, mental clarity, and cognitive performance
- ✓ Before a big presentation at work
- ✓ On the golf course
- ✓ Playing video games
- ✓ During an intense study session or exam preparation
- ✓ Brainstorming for a creative project

WHAT DOES IT TASTE LIKE?

Nootropic Elixir is ready-to-drink bursting with tangy cranberry and juicy grape flavours. It's delicious – if we do say so ourselves.



★★★★★

"Since I started using Nootropic Elixir, I've been feeling more balanced and clear-headed. It's like a breath of fresh air for my mind. I've noticed a positive shift in my attention span, which has been especially welcome at this stage of my life. It's become a part of my daily routine, and for me, this small bottle is definitely a keeper."

— SASKIA
THE NETHERLANDS

CLINICALLY STUDIED

After one dose of Nootropic Elixir, clinical study subjects reported an improvement in concentration and multitasking. After seven days, subjects reported clearer thinking, more energy, less fatigue and fewer bouts of sleepiness.

Isagenix Health, 2023. Clinical study demonstrates nootropic elixir supports cognitive health. Available at: IsagenixHealth.Net/Clinical-Study-Demonstrates-Nootropic-Elixir-Supports-Cognitive-Health/

What are Nootropics?

Nootropics are ingredients that support cognitive function, like your memory, focus and alertness.

They work by supporting the neurotransmitters and brainwaves that support cognitive performance. This can help your brain manage things like fatigue, procrastination and attention span.

THIS INCLUDES...

GREEN TEA EXTRACT
80mg of plant-based energy, similar to the amount of caffeine in a cup of coffee

AMLA AKA INDIAN GOOSEBERRY
Trusted for over 5000 years in herbal medicine and loved for it's high potency of vitamin c, supporting immune health

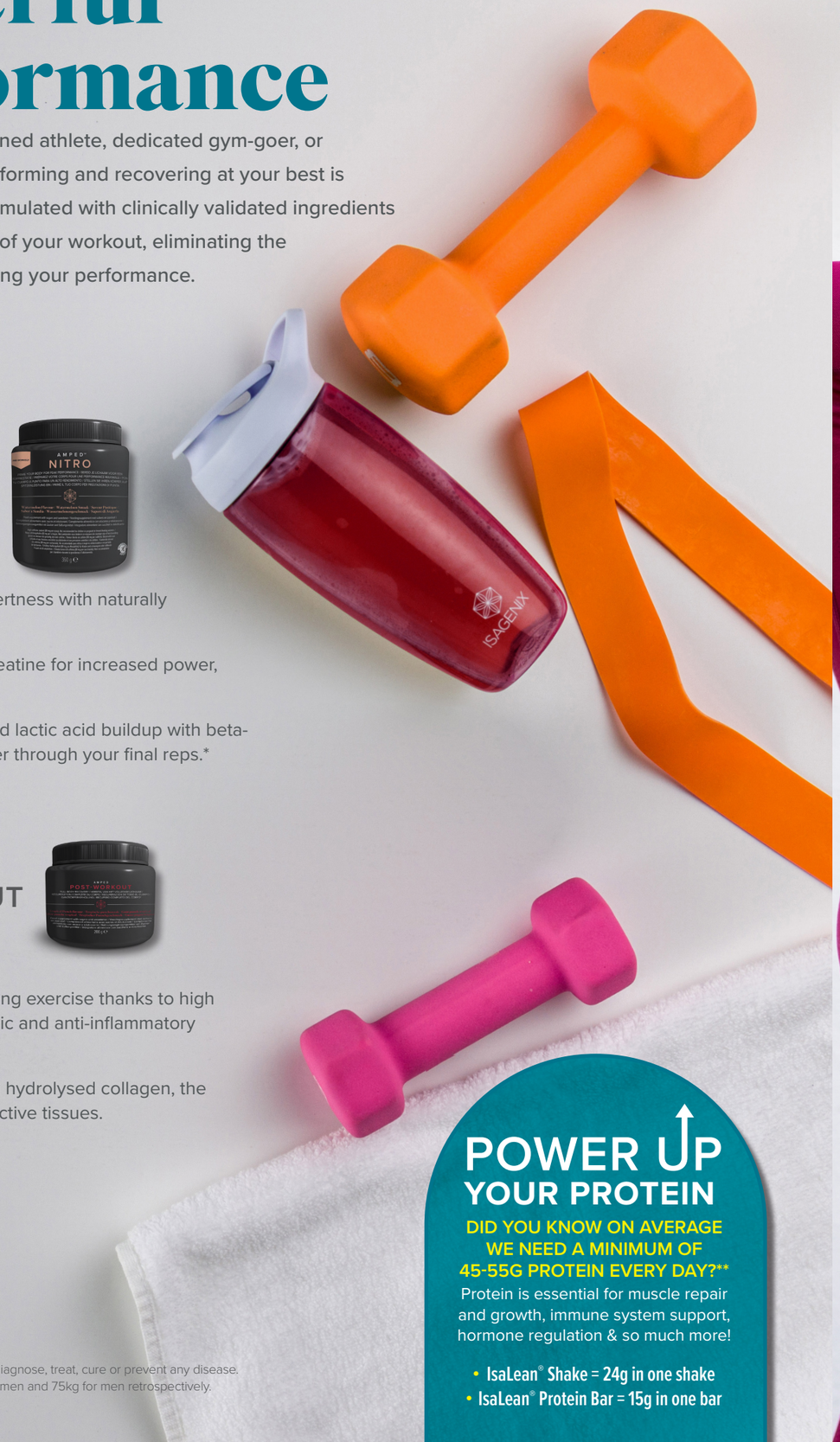
PHOSPHATIDYLSERINE
A complicated name but shown to support memory and cognitive function

PURSLANE EXTRACT
Native to India and Persia, this extract full of phytonutrients provides powerful antioxidant protection

BEETROOT EXTRACT
Naturally supports normal blood flow and oxygen delivery to help you stay sharp and focused, supporting your best brain performance

Powerful Performance

Whether you're a seasoned athlete, dedicated gym-goer, or outdoor adventurer, performing and recovering at your best is essential. AMPED is formulated with clinically validated ingredients to support every phase of your workout, eliminating the guesswork and enhancing your performance.



AMPED NITRO

Watermelon Flavour

BEFORE WORKOUT

Boost your energy and alertness with naturally -sourced caffeine.*

Fuel your muscles with creatine for increased power, strength, and speed.*

Reduce muscle fatigue and lactic acid buildup with beta-alanine, helping you power through your final reps.*

AMPED POST WORKOUT

Tropical Punch Flavour

AFTER WORKOUT

Ease joint soreness following exercise thanks to high potency tart cherry, turmeric and anti-inflammatory astaxanthin.*

Support healthy joints with hydrolysed collagen, the building block of all connective tissues.

FEATURED IN GQ

POWER UP YOUR PROTEIN

DID YOU KNOW ON AVERAGE WE NEED A MINIMUM OF 45-55G PROTEIN EVERY DAY?**

Protein is essential for muscle repair and growth, immune system support, hormone regulation & so much more!

- IsaLean® Shake = 24g in one shake
- IsaLean® Protein Bar = 15g in one bar

*Isagenix products are not intended to diagnose, treat, cure or prevent any disease.
**Based on bodyweights of 60kg for women and 75kg for men retrospectively.

Next-level Hydration

Train hard. Recover smart. Glow always.

Whether you're training hard or simply staying active, hydration is the key to better performance, faster recovery, and overall wellbeing. But not all hydration is created equal.

Enter Hydrate + Hyaluronic Acid.





Part of the AMPED Next-Level Pack

OVER 1625MG ELECTROLYTES,
like magnesium, potassium, sodium and chloride, to hydrate at a cellular level. *That's three times more than regular hydration drinks.*

165MG HYALURONIC ACID
holding up to 1,000 times its weight in water to lock in moisture and keep skin plump and smooth.

WATERMELON-FLAVOURED,
zero calories and no artificial colours, sweeteners, or preservatives.

Discover Your Glow

After age 25, collagen production naturally declines, leading to fine lines, wrinkles, and dryness. Collagen Elixir is the perfect solution, at any age, to support your skin's natural beauty and deliver visible results. Loved worldwide, it helps you rediscover your glow, no matter when you start.

WHAT SETS COLLAGEN ELIXIR APART?

Each 50ml bottle contains 5000mg of this marine collagen, plus vitamin C to support collagen formation, zinc for healthy skin, and biotin for strong hair and nails*. Blended with botanicals like goji, aloe vera, and acerola berry, it boosts hydration, elasticity, and radiance. Unlike powders or pills, this ready-to-drink, fruity formula fits effortlessly into your routine. Backed by scientific research and clinical trials, it's a supplement that delivers real results.

WHY MARINE COLLAGEN?

Collagen Elixir is mostly type I collagen, essential for your skin's structure, and is more easily absorbed than bovine collagen. Sourced from wild-caught fish off Norway's coast, we use eco-friendly methods, and our Marine Stewardship Council certification ensures we're helping to protect our oceans.

FEATURED IN

VOGUE
marie claire
ELLE AUSTRALIA
GQ



*Vitamin C contributes to normal collagen formation for the normal function of skin. Biotin contributes to the maintenance of normal hair and skin. Zinc contributes to the maintenance of normal hair, nails and skin.

RESULTS
IN JUST 30 DAYS*

93% IMPROVED HYDRATION

92% HEALTHIER SKIN

90% MORE RADIANT SKIN

91% YOUTHFUL COMPLEXION

DAIRY FREE · SOY FREE · GLUTEN FREE

ONE BOTTLE SOLD EVERY MINUTE



*Individual results may vary. Depicted are those of Isagenix Customers who used Collagen Elixir along with a skincare and supplement routine for 30 days with daily use.

★★★★★

"This is truly amazing. I saw results in just 12 days. I've been an aesthetician for over 15 years and never seen anything like it!"

— GRACE
UNITED STATES



Never. Stop. Glowing.

For radiant skin and all-day hydration, **Collagen Elixir** and **Hydrate + Hyaluronic Acid** are the perfect pairing.

SHOP THE **HYDRATE + GLOW DUO**

SHOP NOW

Refer Your Friends & Get Thank You Money

We're sure your friends or family have started to noticed your results, and they're probably asking what your secret is!

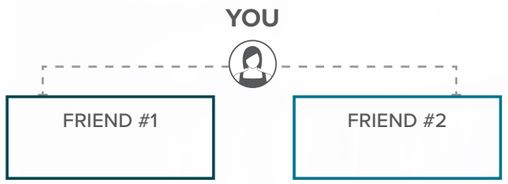
Well, getting your products paid for is as simple as that – once you've joined Isagenix® and got started on our products, simply share your results, recommend a product or a pack and get rewarded. HERE'S HOW...

1 BECOME AN ASSOCIATE

Upgrade your account by logging into your Back Office and clicking the 'Become an Associate' button. Cover the membership fee, and you're ready to start earning!

2 SHARE & START EARNING

Recommend a product or pack worth £200/€238 and get £40/€44 back after they purchase. And that's just the beginning!



BASED ON A 60 DAY SUPPLY OF COLLAGEN ELIXIR

	COLLAGEN PIB*	€44/£40
	COLLAGEN PIB*	€44/£40
+	CONSULTANT BONUS	€44/£37
	GRAND TOTAL	€132/£117

PIB = PRODUCT INTRODUCTION BONUS



★★★★★

"As the owner of a skin clinic, I've found that Collagen Elixir perfectly aligns with my business model whilst also opening doors to greater financial flexibility. It has not only benefited my business but has also helped me create multiple income streams. I strongly believe that diversifying income makes you a stronger entrepreneur, allowing for a more independent lifestyle."

— **RACHSJANDA**
NETHERLANDS

*PIB = Product Introduction Bonus (PIB) shown is for the 6-count Collagen Pack. Associates are eligible to earn a one-time 20% Product Introduction Bonus (PIB) whenever a new Personally Enrolled Member purchases from Isagenix directly at the time they enrol in participating markets. 20% PIB excludes any taxes, applicable discounts, coupons, credits and shipping applicable to the initial order. For full details please see EU.IsagenixBusiness.com

Results not typical. For illustration purposes only. The amounts depicted here reflect the earnings available assuming all conditions are met and are not projections or guarantees. Isagenix does not guarantee any level of success or amount of earnings. In 2023, the average earnings of all U.S. Isagenix Associates, active and inactive, was US$787 before expenses. See IsagenixEarnings.com for more information.

ISAGENIX®

THE ART OF WELLBEING™

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