

The Art of Optimising Health

*with*

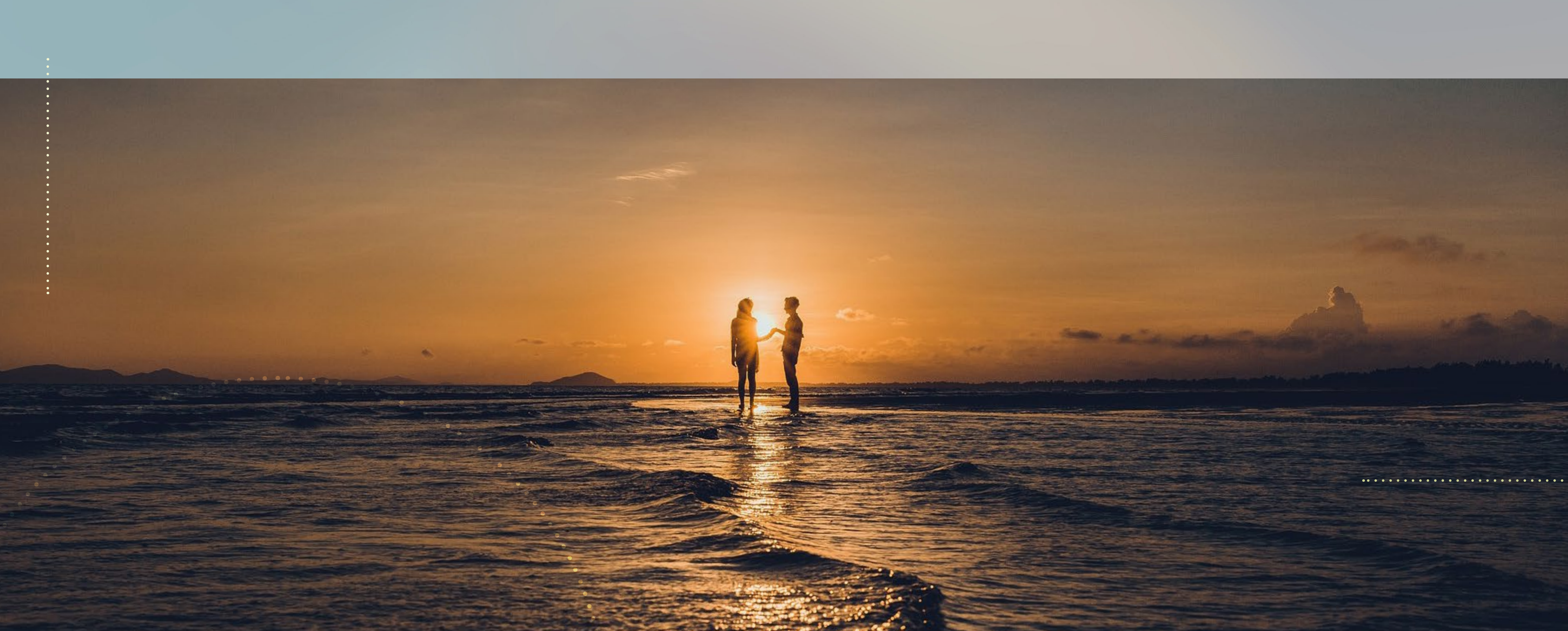
ISAGENIX<sup>®</sup>

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

As we grow older, it's normal to experience a gradual decline in health. However, an increasing number of us are noticing a more rapid decline in our wellbeing, as well as in those around us. Fatigue, lack of focus, poor sleep, poor digestion and challenges with weight; these issues have become so commonplace that many of us have lost sight of what it truly means to feel vibrant, healthy and excited about the future.

As we delve deeper into the human body, we're discovering that the key to increased health and quality of life lies within our cells. The microscopic world is where we find the building blocks of our physical wellbeing. Through scientific revelations, we now know that simple lifestyle changes can refine the quality of our cells to increase not only our lifespan but also the quality of life. We call this longevity.





So, how is it that although we're living longer than ever, we're also collectively feeling worse than ever? Our fast-paced, global world now means that convenience and profit is often prioritised over the wellbeing of the population and despite our own personal efforts to achieve optimal health, the world we're living in makes this a challenging task. Environmental concerns, over-manufacturing and economic and social challenges are all issues we regularly face and put a strain on our wellbeing.



● **Environmental concerns**



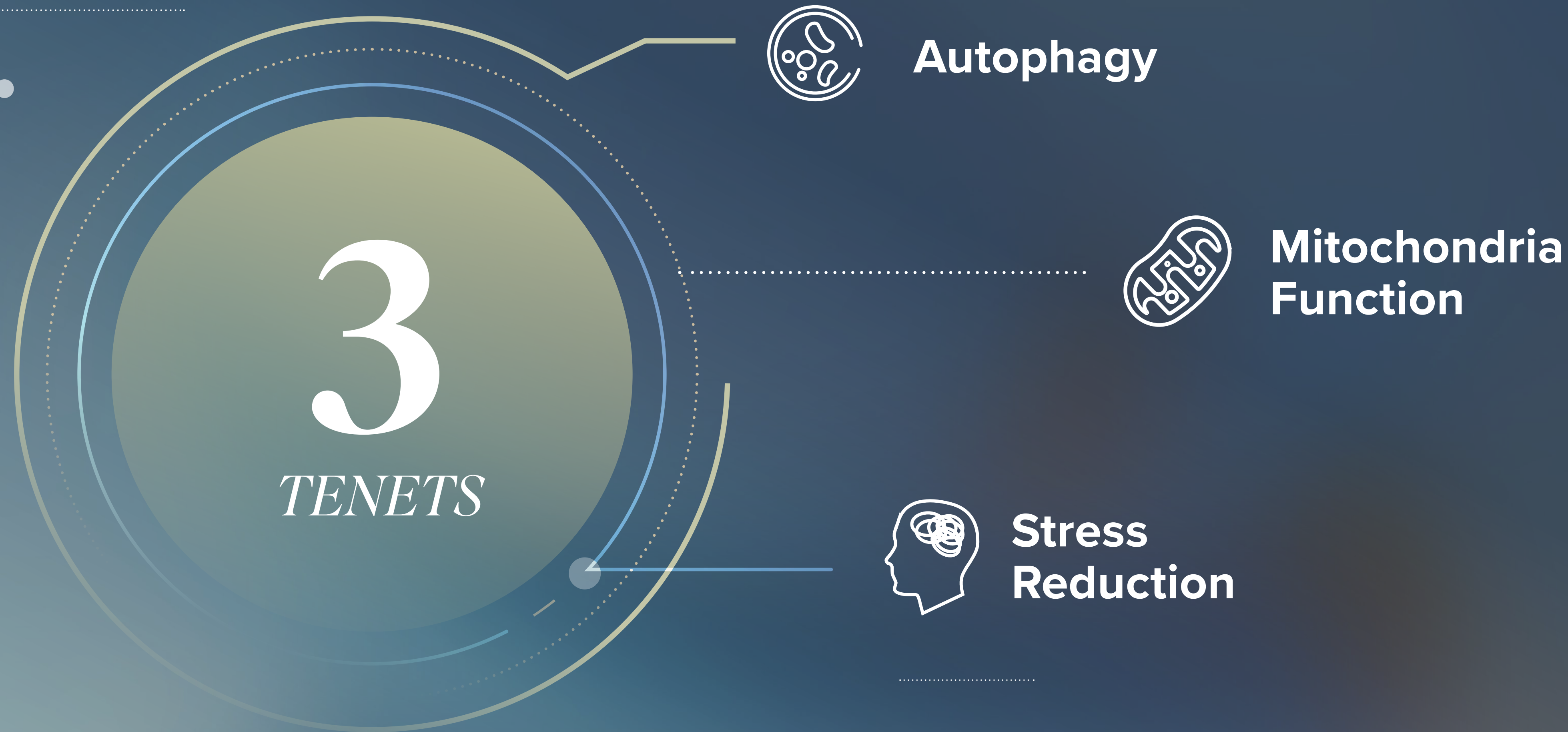
● **Over-manufacturing**



● **Economic and social challenges**

*Our approach to health revolves around being proactive and utilising biohacking strategies to take ownership of our own physiology*

**Biohacking is the act of improving performance, health and wellbeing through strategic interventions to increase overall health and support longevity.**



When it comes to supporting age-related decline, we follow the three tenets. The first is autophagy, which is the body's way of cleaning out damaged cells. The second involves optimising mitochondria function – this is the powerhouse of the cells, influencing overall cell survival. And finally, we emphasise the importance of stress reduction.



● Infrared sauna



● Intermittent Fasting



● Exercise

# BIOHACKING



● Cosmetic Treatments



● Mindfulness



● Massage



● Healthy Eating



● Supplementation

In today's world, with financial stress and an increasing demand on our time, achieving the three tenets isn't easily accessible and achievable for everyone. While common biohacking strategies such as infrared sauna, cosmetic enhancements, supplementation and exercise all hold immense potential for supporting longevity, fitting these into your schedule and budget just isn't achievable or realistic for the average person, however, a proactive and achievable approach to long-term health lies within our daily diet. Now, imagine if you could have easy access to the exact vitamins, nutrients and minerals your body needs to thrive, all in a simple-to-use daily system.

*This is where  
Isagenix enters the picture*



# 8-Step Quality Assurance

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## STEP 1

*Work closely with suppliers to research and select raw materials*

## STEP 2

*Engage with suppliers to identify sustainable sourcing methods*

## STEP 3

*Perform quality and safety audits*

## STEP 4

*Meet or exceed guidelines*

## STEP 5

*Rigorous material testing for strength sensory characteristics and purity including heavy metal, herbicide, pesticide, fungicide and microbial analysis*

## STEP 6

*Send formulas to production*

## STEP 7

*Oversee quality and finished products*

## STEP 8

*Distribute products worldwide*

In a world where the health and wellness industry constitute a multi-billion-dollar enterprise, we're constantly bombarded with low-quality products that overpromise and underdeliver. Isagenix cuts through the noise, with over two decades of steadfast commitment to manufacturing high quality products that are put through a rigorous quality assurance process.

# Biohacking Products



## IsaLean Shake

*Nutrient dense meal-replacement smoothie for longer satiety and lean muscle mass composition.*



## Collagen Elixir

*Reveal more youthful skin with marine collagen peptides, vitamin C, zinc and superfoods to optimise collagen synthesis.*



## Nootropic Elixir

*Brain-supportive phytonutrients and nootropics for instant and long-term brain health, memory and mental focus.*



## Adaptogen Elixir

*Cognitive and vitality-inducing adaptogens help the body to naturally adapt to and support stress management.*

While discovering each individual product, you'll find that while they each have their own key physiological function, they also work synergistically to flood the body with nutrients and satiety. They also enhance focus, support cognitive and memory function, immune support, metabolic support, gut and brain support, fat loss and more.



## **Ionix Supreme**

*Daily Adaptogen and nutrient tonic for stress support, metabolic function and bone and muscle strengthening.*



## **E+**

*A dynamic blend of yerba mate, green tea and adaptogens for enhanced mental and physical performance.*



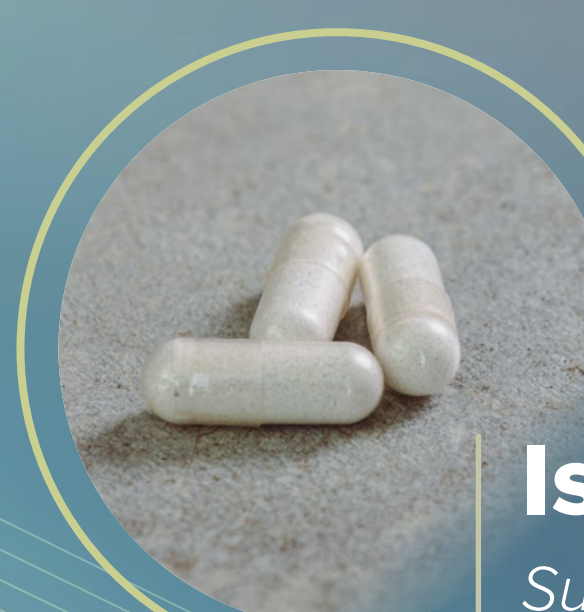
## **Cleanse for Life**

*Aloe vera-based, superplant drink to support the body's natural detoxification processes and promote autophagy.*



## **Natural Accelerator**

*Targeted support for enhancing metabolism with thermogenic botanical ingredients like Siberian ginseng, cayenne, green tea and cinnamon.*



## **IsaFlush**

*Supports optimal digestion with magnesium, peppermint leaves and bentonite clay to absorb toxins and impurities.*



## **Ageless Actives**

*Support long-term cardiovascular health and mitochondrial maintenance with cell-supportive Coenzyme Q10 and Resveratrol.*

# Clinical Studies

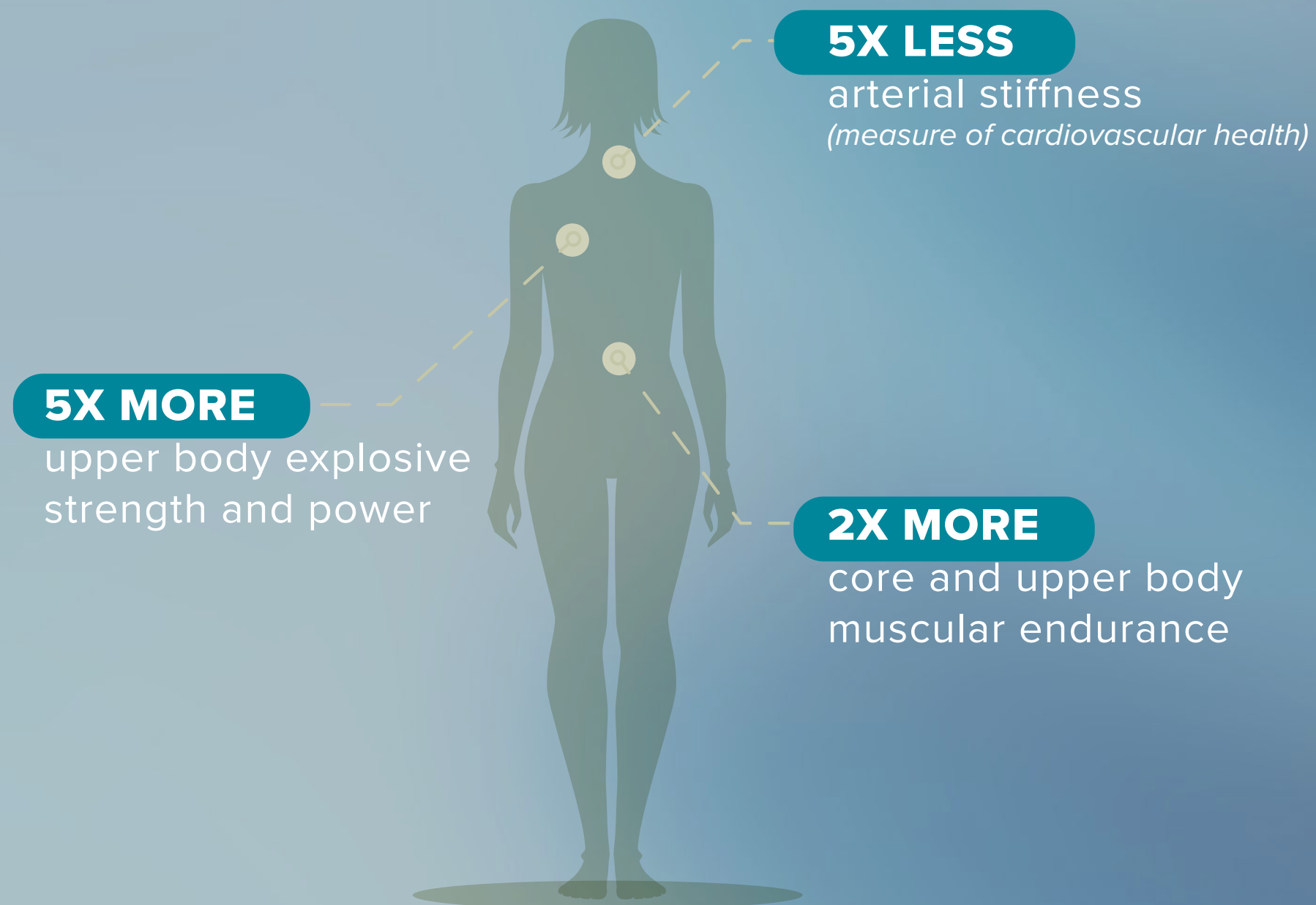
As leaders in the health and wellness space, we subject our products and systems to rigorous third-party testing and controlled studies. To date, 20+ studies have undergone peer-reviewed publication as well as 18+ human studies. We set the benchmark for world-class health solutions.

SKIDMORE COLLEGE

## PERFORMANCE WOMEN'S STUDY

*Publications in: Nutrients*

*Key findings after 12 weeks  
comparing increased protein with Isagenix products vs. lower protein intake with supermarket brands*

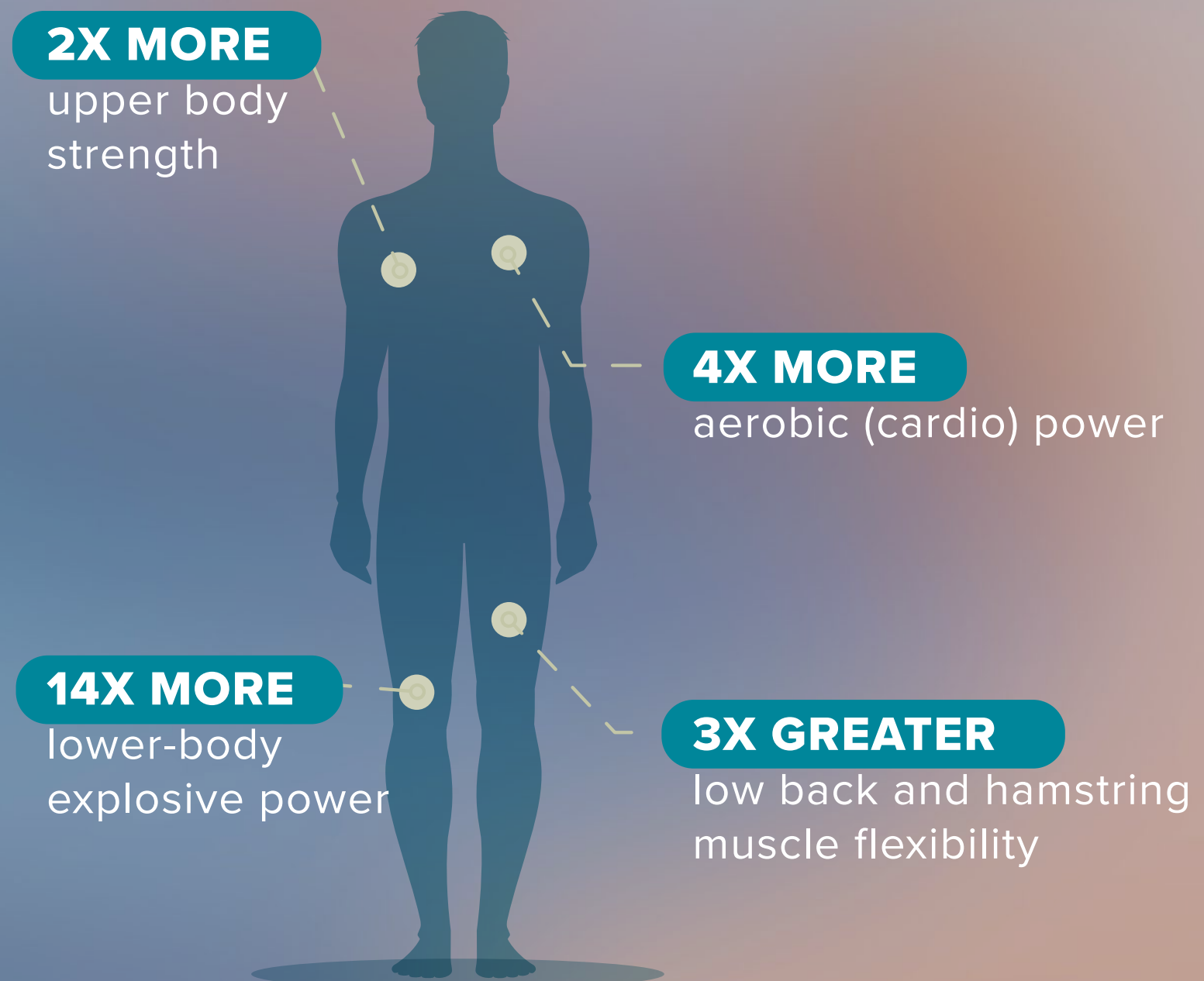


SKIDMORE COLLEGE

## PERFORMANCE MEN'S STUDY

*Publications in: Growth Hormone & IGF Research*

*Key findings after 12 weeks  
comparing increased protein with Isagenix products vs. lower protein intake with supermarket brands*



# Clinical Studies

UNIVERSITY OF ILLINOIS AT CHICAGO

## WEIGHT-LOSS STUDY

Key findings after **8 weeks** of following the Isagenix Weight-Loss System compared to a heart-healthy diet

**56%** MORE WEIGHT LOSS

**2X** AS MUCH VISCERAL (ABDOMINAL) FAT LOSS

 **BETTER IMPROVEMENTS IN CARDIOVASCULAR HEALTH MARKERS**

Publications in: *Nutrition Journal* and *Nutrition and Metabolism*

SKIDMORE COLLEGE

## WEIGHT-LOSS & WEIGHT-MAINTENANCE STUDY (PHASE 1)

Key findings after **12 weeks** of following the Isagenix Weight-Loss System



 **Cardiovascular health markers SIGNIFICANTLY IMPROVED**

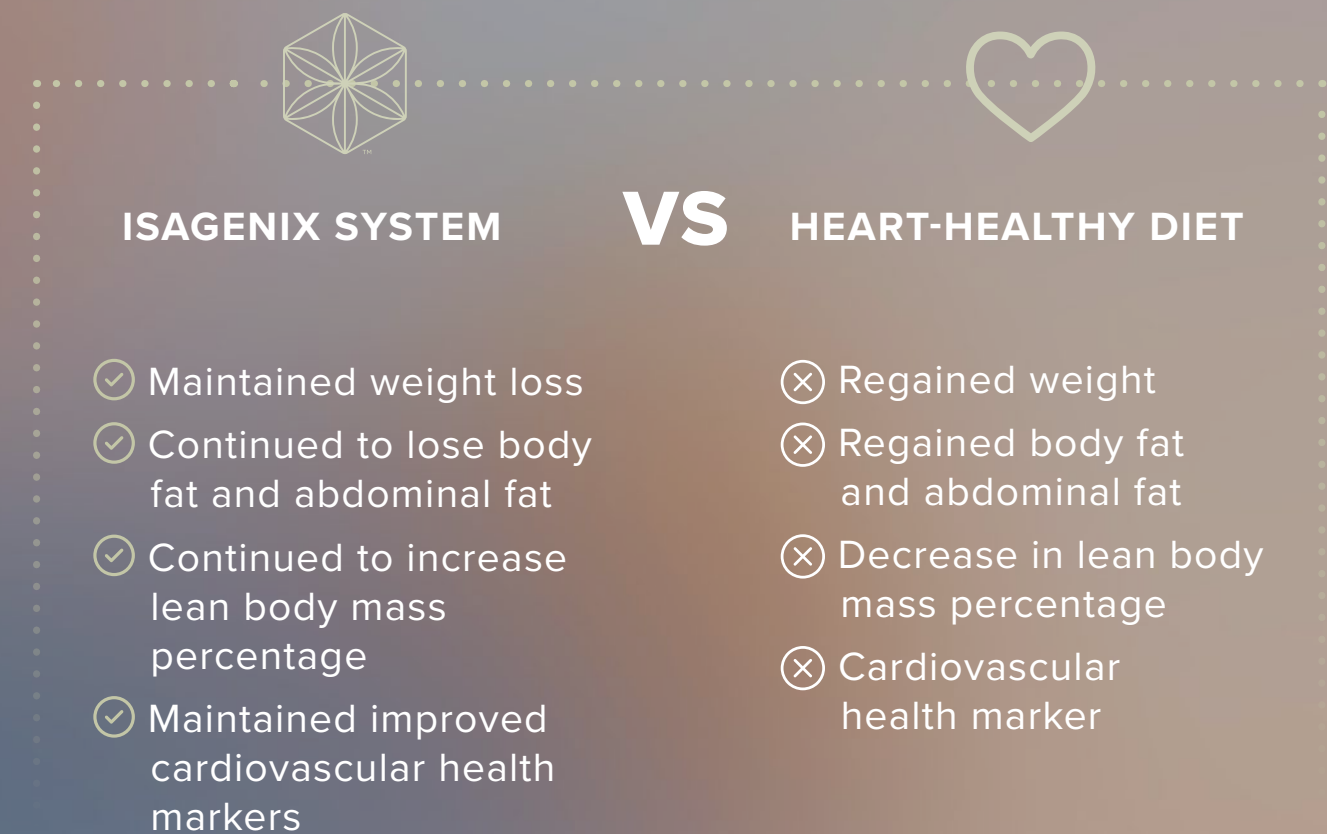
### Key findings on toxin release:



33% increase in total toxins (PCBs) released and 25% decrease in oxidative stress

SKIDMORE COLLEGE

## WEIGHT-LOSS & WEIGHT-MAINTENANCE STUDY (PHASE 2)

Key findings after **52 weeks** comparing weight maintenance using the Isagenix System vs. heart-healthy diet



 ISAGENIX SYSTEM	<b>VS</b>	 HEART-HEALTHY DIET
✓ Maintained weight loss		✗ Regained weight
✓ Continued to lose body fat and abdominal fat		✗ Regained body fat and abdominal fat
✓ Continued to increase lean body mass percentage		✗ Decrease in lean body mass percentage
✓ Maintained improved cardiovascular health markers		✗ Cardiovascular health marker

Publications in: *Nutrients*, *Frontiers in Physiology*, and *International Journal of Environmental Research and Public Health*

Along with the technical scientific studies, we also have over 21 years of physical, financial and emotional results from our incredible customers.



*Weight loss should not be considered typical. Individual results will vary. In a 2012 study performed by University of Illinois at Chicago researchers, subjects lost an average of 4.1 kg after 30 days using an Isagenix system.*



# Flagship Packs

Reset

**GOOD**

## 30-DAY RESET PACK

Balanced nutritional framework to support gut health, weight management and stress reduction for overall wellbeing



- 4 superfood smoothie shakes (56 meals)
- 2 phytonutrient drinks for fasting days (14 serves)
- 1 adaptogenic stress tonic (32 serves)
- 1 chocolate-flavoured nourishment snacks (30 serves)
- 1 thermogenic metabolism support tablets (60 serves)
- 1 magnesium-based tablets for digestive health (60 serves)

**BETTER**

## UTIMATE RESET PACK

For improved energy levels and healthy, glowing skin, in addition to gut function, weight control, stress relief and overall vitality.



- 4 superfood smoothie meals (56 meals)
- 2 phytonutrient drinks for fasting days (14 serves)
- 1 adaptogenic stress tonic (32 serves)
- 1 chocolate-flavoured nourishment snacks (30 serves)
- 1 plant-based, protein snack balls (8 serves)
- 1 thermogenic metabolism support supplement (60 serves)
- 1 magnesium-based supplement for digestive health (60 serves)
- 2 yerba mate and green-tea based energy shot (12 serves)
- 3 marine collagen elixir packs (30 doses)

Longevity

**FULL BODY**

## TOTAL BODY WELLNESS PACK

Comprehensive nourishment for brain, body, and skin, promoting healthy aging from the inside out.



- 2 superfood smoothie meals (28 meals)
- 1 phytonutrient drinks for fasting days (8 serves)
- 3 marine collagen elixir packs (30 doses)
- 3 brain-supportive Nootropic Elixir packs (30 serves)
- 2 stress-reducing Adaptogen Elixir packs (20 serves)
- 1 plant-based, protein snack balls (8 serves)
- 1 cell-supportive Coenzyme Q10 and Resveratrol supplement (60serves)
- 2 yerba mate and green-tea based energy shots (12 serves)

Our flagship packs are the simplest, most cost-effective way to support wellbeing through consistent, easy-to-follow, clinically validated, delicious, nutrient-dense products. Whether you simply want to revamp your daily nutrition, support body composition changes and skin integrity or utilise the full spectrum of biohacking products to support longevity and healthy ageing, each of our packs are thoughtfully selected to target a range of health and wellbeing needs.

# SCIENTIFICALLY VALIDATED WELLNESS

21<sup>+</sup>

## Years of Results

*Since 2002, Isagenix has been a world leader in creating results-driven holistic health products.*

175<sup>+</sup>

## Products Globaly

*Spanning nutritional, beauty, ageing, stress, sleep, energy and recovery health needs.*

20<sup>+</sup>

## Peer-Reviewed Publications

*Independent scientists review and approve clinical research on our products to publish them in journals.*

18<sup>+</sup>

## Human Studies

*Our clinical research as well as in-house pilot studies validate our transformative results.*

At Isagenix, cutting-edge science and clinically validated studies intersect to create powerful health and wellness products designed to maximise the time in our life spent in good health. We take the guesswork out living well, allowing you to perform at your best each day.



ISAGENIX®  
THE ART OF WELLBEING™

# Flagship Packs

## GOOD

### 30-DAY RESET PACK

Balanced nutritional framework to support gut health, weight management, and stress reduction for overall wellbeing.



## BETTER

### UTIMATE RESET PACK

For improved energy levels and healthy, glowing skin, in addition to gut function, weight control, stress relief and overall vitality.



## BIOHACKING

### TOTAL BODY WELLNESS PACK

Comprehensive nourishment for brain, body, and skin, promoting healthy aging from the inside out.



RESET

LONGEVITY