

ISAGENIX



# weight loss

SOLUTIONS

A SIMPLE GUIDE  
TO A BETTER YOU



Follow these simple steps to get your Isagenix journey off to the strongest start and make this your healthy change for life!

**Download the IsaLife™ app**

This app will become your new accountability partner! Track your progress, get access to a free workout programme, plan your meals and order new products straight from the app.

**Set your goals**

Join the IsaBody Challenge so you can be supported by our amazing community whilst in pursuit of your goals – plus you'll win £75 / €85 in free products!

**Celebrate your achievements**

Make sure you take photos and measurements to remind yourself of how far you've come – it's not always just the scale that shows your progress. Share your results with us on our social channels!

**Maintain your results**

We're sure once you experience the power of these products, you won't want to stop using them even after you've reached your goals! All you have to do is adapt your plan – you'll learn all about how to do that in this guide.

## At Isagenix we want to help you lose weight in a way that's sustainable,

building lifelong habits that help you to keep the weight off for good. The chances are you have enough products to see you through 30 days of our programme. But it doesn't stop there! Keep going until you reach your goal, and then these healthy habits will help you to maintain your weight long term.

When you're planning your meals and snacks outside of Isagenix products, try to avoid thinking of it as a 'diet'. Our bodies need energy, so it's important that we're eating enough to help us lose weight and stay healthy.

Whenever you're planning a meal, remember the three key components:

**Protein:** like poultry, lentils, eggs, fish, beans or tofu.

**Carbohydrates:** like potatoes with their skins on, brown or wild rice or quinoa.

**Vegetables:** aim for a variety, and don't forget they can be fresh, frozen, or canned.

You don't have to ban your favourite foods, stop eating at your favourite restaurants, or miss mealtimes with family. Just make sure everything is in line with your goals and you have a healthy balance throughout the week. You can do that by logging everything on the IsaLife App! And if you do fall off track, get straight back on it at the next opportunity – don't put it off until Monday!



PETER  
KLAR

Customer since: 2021  
Challenges completed: 3  
Total weight loss: 26.9kg



# ISABODY CHALLENGE®

“

I'd tried intermittent fasting before but without eating for eight hours. I was hungry constantly. But with Isagenix being a supported fast with Nourish for Life™ and the snacks throughout the day, it completely changed my experience of intermittent fasting.”

# Shake Days

In this section you'll find a guide for how to plan your Shake Days. We recommend planning out how you can tweak the guide so it fits into your busy life and allows you to continue to enjoy meals with family and friends.

## If your goal is to lose weight...

We recommend one well-balanced meal (between 400-600 calories) and replace the other two meals with IsaLean Shakes. Feel free to also include a couple of snacks (around 100-150 calories each), and don't forget your other supplements too! One Thermo GX™ Capsule with breakfast and another with lunch, 1-2 IsaMove™ capsules before bed, and Ionix® Supreme at whichever time of day you prefer – some enjoy it in the morning, others in the evening.

## If you want to stay healthy or maintain your weight loss...

Shake Days are easily adapted depending on what you want to achieve. You can choose between one or two IsaLean Shakes per day depending on what's convenient, and depending on how active you are you may need to add a few extra calories to your day. This could be by adding some other ingredients to your IsaLean™ Shake (e.g. fruits, oats) or having a few extra calories in your snacks and meals.



Use our handy IsaLife™ app\* to keep track of your meals and snacks throughout the day!

# Shake Day Schedule example



## MORNING

### Before Breakfast

Ionix® Supreme —30ml serving

### Breakfast

IsaLean™ Shake

Thermo GX™ — 1 capsule

### Mid-Morning

See Snack Options



## AFTERNOON

### Lunch

IsaLean™ Shake

Thermo GX™ — 1 capsule

### Mid-Afternoon

See Snack Options



## EVENING

### Dinner

Healthy balanced meal  
(400-600 calories)

### Before Bed

IsaMove™ — 1 capsule

## SNACK OPTIONS

1 bag of Harvest Thins™

½ Plant-Based IsaLean® Protein Bar

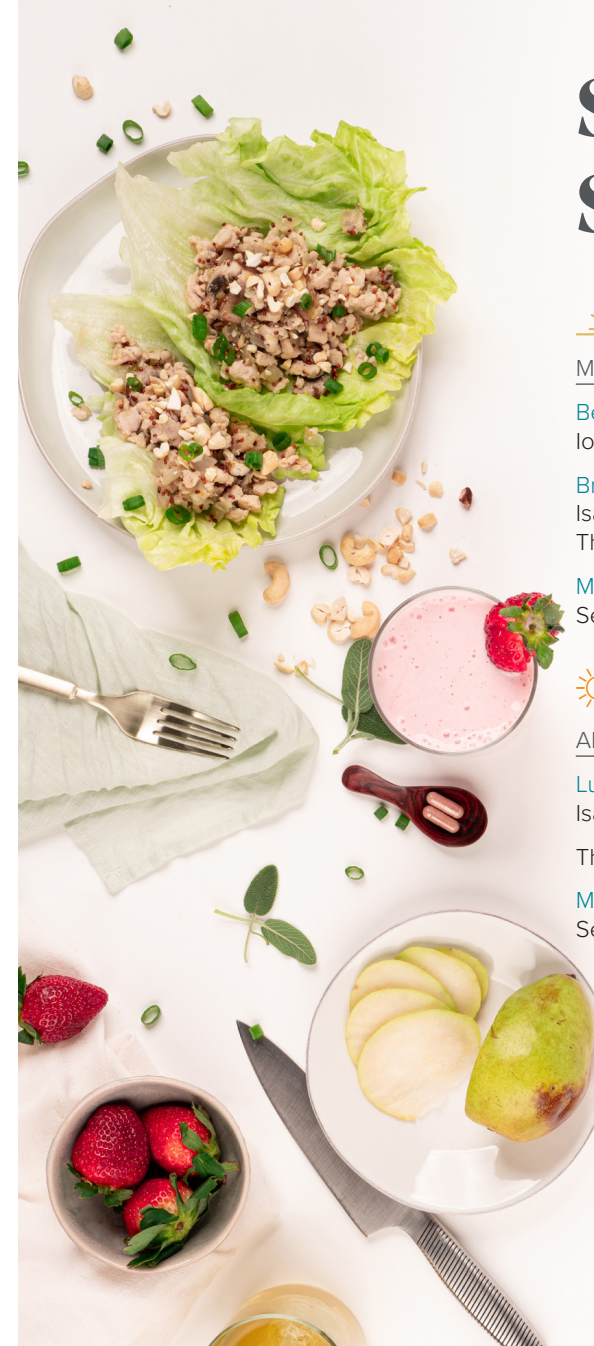
1 e-Shot™

1 AMPED™ Hydrate

1 Snack Bites

1 piece of fruit

1 serving of Greens



# Cleanse Days

First, let's talk about why we should cleanse. Most people know that's a job for our liver, but our livers weren't designed with an industrial world in mind. We're exposed to pollutants in the air, water, food, and even in our home. Though we try hard to reduce exposure to toxins and pollutants, we can't escape them all. To help us stay healthy, Isagenix created Cleanse Days, our form of intermittent fasting (which we've been doing long before it became trendy!).

Isagenix created an easier way to fast. You'll drink Nourish for Life four times during the day to maintain energy and focus. Then choose from several tasty snack options to help you out. And remember to always drink plenty of water. You can even satisfy your sweet tooth on a Cleanse Day...as long as it's Snack Bites!

## 3 WAYS TO CLEANSE

### 1. Single Cleanse Day

You'll fast for the whole day, with 4 servings of Nourish for Life and your chosen snacks. We recommend up to 4 of these per month.

### 2. Double Cleanse Day

You'll do two back-to-back Cleanse Days, repeating the exact same schedule for a single Cleanse Day... only twice! We recommend up to 2 of these per month.

### 3. Daily Cleansing

Instead of fasting for the whole day, drink one serving of Nourish for Life daily (59ml / 1 scoop mixed with 60-120ml water) – either first thing in the morning or before bed. This is the perfect solution if you're not ready for your first Cleanse Day or if Cleanse Days aren't for you.



Intermittent fasting is well known for its benefits for weight loss, but it's also a great way to maintain your weight loss long term and stay healthy. You can always reduce the number of Cleanse Days you're doing per month – maybe every second week or a double Cleanse Day per month, it's up to you.

# Cleanse Day Schedule example



## MORNING

### Before Breakfast

Ionix Supreme —30ml serving

### Breakfast

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water  
Thermo GX — 1 Capsule



## AFTERNOON

### Lunch

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water

### Mid-Afternoon

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water



## EVENING

### Evening

Nourish for Life - 118ml / 2 scoops mixed with 120-240ml water  
IsaMove™ — 1 Capsule

In addition to enjoying Nourish for Life and Ionix Supreme on Cleanse Days, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

## TOP TIPS FOR CLEANSE DAYS

### 1. Start with shake days

Make sure you plan at least two Shake Days before your first Cleanse Day.

### 2. Rely on your tools

Cleanse Days aren't about going without, it's about nourishing your body with small amounts throughout the day. The snacks are there to support you!

### 3. Listen to your body

As you're consuming fewer calories on a Cleanse Day, you may feel more tired than usual. Take it easy, make sure you're well hydrated, and have a Cleanse Day snack.

### 4. Have an early night

Going to bed earlier on Cleanse Days can help to avoid any urges for late night snacking.



# Cleanse Day Tracker

Cleanse & stay on track with 10 credits per Cleanse Day

In addition to enjoying Nourish for Life™ and Ionix® Supreme on a Cleanse Day, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

One serving of Nourish for Life is either

(We recommend having four servings of Nourish for Life throughout the day.)

- 118ml of Natural Rich Berry flavour (liquid) or Peach Mango flavour (liquid). You can have this on its own, or mixed with cold or warm water
- 2 scoops of Peach Mango flavour mixed with 240-120ml water.

Track your Cleanse Credits below. Check one box for each Cleanse Credit consumed during a Cleanse Day.

## 0 Credits

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

## 1 Credit

- Xango Reserva
- Nootropic Elixir™

## 2 Credits

- Isagenix Snacks™ (2 wafers)
- Isagenix Greens
- e-Shot™
- Collagen Elixir™
- AMPED™ Nitro\*
- AMPED™ Hydrate
- AMPED™ Post-Workout\*

## 3 Credits

- Harvest Thins™
- Snack Bites
- Energy Bites

## MONTHLY CLEANSE DAY TRACKER

### CLEANSE DAY 1

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

### CLEANSE DAY 2

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

### CLEANSE DAY 3

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

### CLEANSE DAY 4

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

# Are you ready to get started?

Your monthly system might look like one of these...

## SINGLE CLEANSE DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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					

## BACK-TO-BACK CLEANSE DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
15	16	17	18	19	20	21

Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

\*Vigorous or intense exercise is not recommended on Cleanse Days. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.



SHAKE DAY



CLEANSE DAY

# Frequently asked questions

## How can I keep myself on track?

The first step is to decide what you want to achieve, and then join the IsaBody Challenge to keep yourself accountable. You'll be part of a large and global community who are on the same journey and supporting one another. Head to [IsaBodyChallenge.com](https://IsaBodyChallenge.com) to find out more!

## Can I exercise on my Cleanse Days?

You can still be active on your Cleanse Days, but as you're consuming very few calories it's best this is very light activity – like walking or gentle yoga. Don't forget to rely on products like AMPED Hydrate, Snack Bites and Isagenix Snacks to help you get through the day.

## What can I add to my IsaLean Shake?

It's simple! Try adding fresh or frozen fruit like berries, bananas or mangoes for a refreshing and fruity twist. You can even turn this into a delicious smoothie bowl by topping with a handful of nuts, seeds, granola, fruits or spices like cinnamon for extra nutrients, texture and flavour! Or blend with avocado, spinach, kale or Isagenix Greens for a nutrient-rich green smoothie!

In need a morning pick-me-up? Blend your IsaLean Shake with chilled coffee or espresso for a caffeinated shake. Or try adding AMPED Post Workout if you need some additional support after the gym.

\*Customising your IsaLean Shake can increase the calories.

If you fancy something a little more indulgent, blend your IsaLean Shake with frozen bananas, then freeze the mixture for a couple of hours to create a creamy and protein-packed ice cream alternative. Or why not try our frozen bark recipes? Simply spread a layer of shake onto a baking tray and top with fruit of your choice then freeze. Once frozen, snap into bark-size pieces for a fruity and crunchy snack.

The possibilities are endless!\*

## Since I started, I've been gradually increasing my workouts. Should I eat more if I'm hungry?

This is music to our ears! Yes, if you're hungry that's your body asking for more fuel. You could add ingredients like oats, fruits, or nut butters to your IsaLean Shake, or you could have some extra snacks.

## Can I continue using the Weight Loss System after I have reached my weight loss goal?

Absolutely! This is a great way to help you to maintain your results. We recommend continuing with at least one IsaLean Shake per day (they make a great on-the-go breakfast!) and doing a couple of Cleanse Days each month too!

# IsaBody® Kickstart 90

Want to take your 30-Day Reset to the next level?

IsaBody® Kickstart 90 is a transformational programme designed to provide the community and accountability you need to drive your healthy change. Whether your goal is to look better, feel better, eat better, or move better, this is your opportunity to change your life for the better, whatever your goals may be.

## Don't go at it alone

Connecting with like-minded people on your path to wellbeing can create a greater sense of community and accountability. With the IsaBody Kickstart 90 comes an online support system of more than 40,000 people strong – sharing motivating stories and celebrating wins.



**LEARN MORE\***

Are you up for the challenge?

\*Terms and conditions apply. Scan the code for full details.

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](https://IsagenixHealth.net).

# ISABODY

## CHALLENGE®

“

“During the challenge I started running with my dog and I now do HIIT training three times a week. I’d never believed I would be doing this when I started.”

Mum of two Suzanne Bos turned to the IsaBody Challenge to get her life on track. After tragically losing her Mother at the age of just 55, she started to think about her own lifestyle and knew something had to change.

“I absolutely love the products now especially Isagenix Greens, AMPED Nitro pre workout, and of course I have an IsaLean Shake every morning. Now, I’m happy with my body. Of course there is still more I can achieve but I’m on the right track. I’m sure my mom is proud to be watching me from above!”



## SUZANNE BOS

Customer since: **2021**  
Challenges completed: **3**  
Total weight loss: **4kg**



THE ART OF  
WELLBEING™



# We've got your back

IT'S LOOKING GOOD ALREADY



501101542

2100\_EU4\_Weight\_Loss\_220824