SAY HELLO TO HEALTH
Achieve Weight Loss & Live Your Best Life
Hello, and welcome to the IsaLife™! This is your system guide to weight loss.

We’re extremely fired up to have you here and would like to take a moment to recognize you and your commitment to ultimate health. You’re now a part of a growing community of like-minded individuals with similar health and wellness goals. You’ll find support and encouragement here because we’re all in this together!
YOUR ISAGENIX WEIGHT LOSS SOLUTION IS DESIGNED TO HELP YOU REACH YOUR HEALTH GOALS AND LIVE YOUR BEST LIFE.

LET’S GET STARTED!

COMMIT TO A START DATE, AND SET YOUR SCHEDULE!

Download the IsaLife™ app for step-by-step assistance with customizing your Isagenix plan.

SET YOUR GOALS, AND GROW YOUR SUPPORT TEAM!

Join the IsaBody Challenge®, and crush your first Challenge with support from an amazing community. People will ask about your results, so learn how you can share your experience with friends and family!

TRUST THE PRODUCT. TRUST THE SCIENCE!

Stay on the cutting edge of product updates, videos, tools, and training sessions.

START NOW... HEAD TO WELCOMETOISAGENIX.COM.

Once you’ve visited WelcomeToIsagenix.com, unpack your box... Take a seat. Breathe in. Exhale. And say hello to health! Start by reading this guide and reviewing the product label directions. End with wellness as a lifestyle! We’re here for you every step of the way. Let’s do this!
GET TO KNOW YOUR PRODUCTS

We’ve highlighted six core products to help boost your health and wellness journey. Depending on your selections, some products may not be in your box, or you may have the listed products below, plus some extra!

Details and descriptions for each product can be found on our online product resource at WelcomeToIsagenix.com. (Have you checked it out yet?)

1. ISALEAN™ SHAKE is a balanced meal replacement that supports weight maintenance* and muscle maintenance.

24 grams of protein, ENERGY-FUELLING CARBS, GOOD FATS, FILLING FIBRE, AND VITAMINS AND MINERALS

As part of this system, you can replace any two meals a day with IsaLean Shakes. Get ready to be blown away from the very first sip.

*Portion controlled to assist in maintaining a healthy body weight as part of healthy eating.
If you’re dairy-free, don’t worry — we’ve got you covered with plant-based options, too!

2. **CLEANSE FOR LIFE**™ provides herbal and plant-based nourishment for your body. This drink can be enjoyed as part of Cleanse Days or as an everyday supplement.

3. **IONIX® SUPREME** is a nutrient-rich botanical concentrate to help balance your body’s systems. It features a blend of adaptogens, antioxidants, and nutrients to help you strengthen your overall health.

4. **ISACOMFORT®** is a daily capsule that can aid in digestion, regularity, and overall health with the use of cleansing herbs and minerals and no harsh laxative ingredients.

5. **NATURAL ACCELERATOR**™ is a daily dietary supplement that can help support thermogenesis by way of natural ingredients such as cayenne, green tea, and cocoa seed.

6. **ISAGENIX CHEWABLES**™ are chewable wafers designed to maintain good health and help keep your weight loss goals on track.

**ISABODY™** Congratulations to one of our IsaBody Challenge® Finalists, Rachel! #IsaBody #WeAreIsagenix
ISABODY™ Meet our 2018 North American IsaBody Challenge® Grand Prize Winner, Mark Ostrowski! Check out his 107-pound weight loss story at IsaFYI.com/IsaBody. #IsaBody #Celebration2018

Results not typical. Weight loss reflects exceptional individual experience and should not be construed as typical or average. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 9 pounds after 30 days on an Isagenix System.

ISADELIGHT™ Infused with green tea to help support Cleanse Days and the maintenance of good health.

e+™ An energy shot that contains natural plant-based caffeine and adaptogens.

ISAGENIX GREENS™ A powdered supplement containing phytonutrients from more than 30 vegetables, herbs, and botanicals to promote overall health.

IF YOU RECEIVED THE WEIGHT LOSS VALUE PAK, THE CONTENTS OF YOUR BOX COULD ALSO INCLUDE:

WHEY THINS™ & HARVEST THINS™ Savoury and delicious protein-packed snacks.

POUNDS LOST

Mark Ostrowski
2018 ISABODY CHALLENGE NORTH AMERICAN GRAND PRIZE WINNER

Heart 567

107

POUNDS LOST

Mark Ostrowski
2018 ISABODY CHALLENGE NORTH AMERICAN GRAND PRIZE WINNER
You may also find delight in some of these popular add-on products:

**Complete Essentials™ Daily Pack** A complete daily nutrient support with vitamins and minerals, omega-3s, antioxidants, and herbs and botanicals.

**Isagenesis®** Designed to support telomeres for the overall maintenance of good health.

**IsaLean™ Bar** Premium bars with 18–19 grams of protein that are great for while you’re on the go!

**IsaBody™** After playing football throughout college, Kareem took a corporate job and fell out of his athletic routine. When his partner, Taylor, started Isagenix, Kareem jumped on board and began to change his habits, too. With IsaBody by his side, he completed an incredible feat — an 88K ultramarathon — and was named one of our 2016 IsaBody Challenge® Finalists! #IsaBody

**Immune Shake Booster** A blend of science-supported ingredients that can help prime, strengthen, and balance the immune system for better overall health.

**Heart Shake Booster** A blend of science-supported ingredients that helps lower blood total and LDL cholesterol and helps maintain healthy cholesterol levels.

**Essence Essential Oils**
A collection of 100 percent pure essential oils that’s perfect to add to your health and wellness routine. Includes Content™, a blend designed to support your weight loss journey.

**Heart**
A serving size (4 g) of Heart Shake Booster provides 33 percent of the daily amount of plant sterols shown to help reduce/lower cholesterol in adults.

1. Plant sterols help lower cholesterol.
2. High cholesterol is a risk factor for heart disease.
NOW WHO’S READY TO CRUSH THIS?

It’s pretty simple. Each day will either be a Shake Day or a Cleanse Day.

**SHAKE DAY** Replace two meals per day with an IsaLean Shake, and enjoy up to two healthy and balanced snacks and one 400- to 600-calorie meal. For example, you could have a shake for breakfast, enjoy a healthy meal for lunch, then end your day with a nutritious, delicious shake for dinner. For recipe ideas, head to your IsaLife™ app.

**CLEANSE DAY** On a Cleanse Day, you will reap the benefits of intermittent fasting by abstaining from normal meals and foods and instead supply your body with four deep cleansing servings of Cleanse for Life™. We have great news: Snacking is OK on Cleanse Days! We’ll get into details on the next page.

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

### 1 CLEANSE DAY PER WEEK

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
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<th>Day 8</th>
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<th>Day 11</th>
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<th>Day 18</th>
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<th>Day 29</th>
<th>Day 30</th>
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### BACK-TO-BACK CLEANSE DAYS

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<th>Day 1</th>
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<th>Day 6</th>
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**TIPS FOR SUCCESS:**

- Stick to a schedule!
- *2–5 Shake Days are recommended prior to your first Deep Cleanse Day.
- **To ensure that you have product for next month, be sure to enroll in Lifestyle Rewards (Autoship). Speak with your Coach for more details.
- When you’ve reached your goal weight, consider transitioning to the Life Wellness Pak for continual nourishment.

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

Head over to WelcomeToIsagenix.com to customize your Cleanse Day schedule in the IsaLife app.
**Whey Thins and Harvest Thins are now approved for Cleanse Days. Limit one bag throughout the day.**

**PRO TIPS:** For people engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro™ to your favourite IsaLean Shake. Extra protein can help keep you satisfied longer. There are many ways to customize Shake Days and Cleanse Days. Remember, these are guidelines!

<table>
<thead>
<tr>
<th>Time</th>
<th>Shake Day</th>
<th>Cleanse Day</th>
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<tbody>
<tr>
<td><strong>Before Breakfast</strong></td>
<td><strong>Ionix® Supreme 1 serving</strong></td>
<td><strong>Ionix SUPREME 1 serving</strong></td>
</tr>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>IsaLean™ Shake</strong></td>
<td><strong>Cleanse For Life™ 4 oz liquid or 2 scoops powder</strong></td>
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<td></td>
<td><strong>Isagenix Chewables 2 wafers</strong></td>
<td><strong>Isagenix Chewables 2 wafers</strong></td>
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<tr>
<td></td>
<td><strong>Natural Accelerator 1 capsule</strong></td>
<td><strong>Natural Accelerator 1 capsule</strong></td>
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<tr>
<td><strong>Midmorning</strong></td>
<td><strong>Optional Snack (200 calories or less)</strong></td>
<td><strong>Cleanse Day Approved Snack (See snack options.)</strong></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>IsaLean Shake or 400- to 600-Calorie Meal</strong></td>
<td><strong>Cleanse For Life</strong> 4 oz liquid or 2 scoops powder</td>
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<td></td>
<td><strong>Isagenix Snacks 2 wafers</strong></td>
<td><strong>Isagenix Snacks 2 wafers</strong></td>
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<td></td>
<td><strong>Natural Accelerator 1 capsule (optional)</strong></td>
<td><strong>Natural Accelerator 1 capsule (optional)</strong></td>
</tr>
<tr>
<td><strong>Midafternoon</strong></td>
<td><strong>Optional Snack (200 calories or less)</strong></td>
<td><strong>Cleanse Day Approved Snack (See snack options.)</strong></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>IsaLean Shake or 400- to 600-Calorie Meal</strong></td>
<td><strong>Cleanse For Life</strong> 4 oz liquid or 2 scoops powder</td>
</tr>
<tr>
<td></td>
<td><strong>Isagenix Chewables 2 wafers</strong></td>
<td><strong>Isagenix Chewables 2 wafers</strong></td>
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<tr>
<td></td>
<td><strong>Before Bed</strong></td>
<td><strong>Before Bed</strong></td>
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<td></td>
<td><strong>Isacomfort 1–2 capsules with 8 oz water</strong></td>
<td><strong>Isacomfort 1–2 capsules with 8 oz water</strong></td>
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</tbody>
</table>

**Snack Options**

- IsaDelight™, e+™
- Isagenix Greens™
- Isagenix Fruits
- Slim Cakes™
- Whey Thins™, Fibre Snacks™, Harvest Thins™
- Isagenix Chewables, 1–2 IsaDelights, ¼ apple or pear, 1 serving of AMPED™ Hydrate (if exercising), 1–2 servings of e+, 1 bag of Harvest Thins™, 1 bag of Whey Thins™
Q: I'm nervous to start! How can I keep myself on track?
A: Accountability! Accountability! Accountability! You’ll find that this journey is much easier when you surround yourself with support. Try joining the IsaBody Challenge® where you can be part of a large global community of others who are embarking on this same life-changing journey. We’re all here to support one another. Head to WelcomeToIsagenix.com for more information.

Q: How can I satisfy my hunger during Cleanse Days?
A: Simple! Try any of our Cleanse Day approved snack options such as savoury Whey Thins™ or sweet (and salty!) IsaDelight™. Who doesn’t want to treat themselves on a Cleanse Day?

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 dairy-free IsaLean Shakes if you choose.

Q: How can I get creative with my IsaLean Shakes?
A: Easy! Try adding fresh fruit, spices like cinnamon, or Isagenix products like Isagenix Coffee, Greens, or Fruits. Just keep in mind that customizing your IsaLean Shake can mean increasing 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 persist, please 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 maximize my success?
A: Kudos for crushing your Cleanse Days, but don’t overexert yourself. Keep it nice and steady. Remember, 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: Sounds like you’re in! 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.

Q: What do I do after I complete my Weight Loss System?
A: If you are still on your weight loss journey, using one of our complete Weight Loss Paks will help you continue to reach your goals. If you have reached your goals and are looking for lifelong wellness, try the Life Wellness Pak for daily nourishment and to stay on track with the results you’ve already achieved.

Weight loss, muscle gain, lifestyle, and other results depicted here reflect exceptional individual experiences of Isagenix Customers and should not be construed as typical or average. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup.
Peak Performance Begins at Isagenix.com