

# LOCHI HORNER

**FITNESS EDUCATOR &  
SPORTS NUTRITIONIST**



# 30-DAY RESET



# ISALEAN® PROTEIN SHAKE

## FAST FACTS

- Complete nutritional meal
- 240 calories per serving
- 24 grams of protein to help build lean muscle
- 24 essential nutrients
- Convenient, perfect for a busy lifestyle
- High-quality undenatured whey protein
- Delicious taste
- No artificial flavors, colors, or sweeteners

## SYNERGY

Most people think losing weight is just about reducing calories, but it's really about what those calories are made up of. IsaLean® Protein Shake is the perfect blend of nutrients to help you lose weight and feel great.



# CLEANSE FOR LIFE®

## FAST FACTS

- Supports the natural detoxification process
- Nourishes the body and helps digestion
- Adaptogen support to help reduce stress
- Simplifies intermittent fasting
- Two delicious flavors
  - Natural Rich Berry
  - Peach Mango

## SYNERGY

Our core intermittent fasting product provides essential nutrients to support your body while cleansing, promoting detoxification and digestion with a blend of botanicals and vitamins.





Makes adherence easier  
than traditional diet



Supports longevity



Supports insulin sensitivity  
and helps reset appetite

## **BENEFITS OF WHOLE BODY CLEANSING**



Enhances fat burning  
and metabolism



Promotes autophagy



Supports cardiovascular  
and brain health



# IONIX<sup>®</sup> SUPREME

## FAST FACTS

- Supports focus & mental clarity
- Boosts energy levels
- Elevates physical performance
- Helps reduce stress & enhances restful sleep
- Promotes overall wellbeing

## SYNERGY

Pairs perfectly with IsaLean<sup>®</sup> Protein Shake, providing adaptogens and nutrient-rich ingredients to help protect against physical, mental, and environmental stress



# ISAFLUSH<sup>®</sup>

## FAST FACTS

- Magnesium to help relax your intestinal muscles and support smooth digestion
- Bentonite helps your body detox naturally
- Peppermint soothes your digestive tract
- Hyssop supports nutritional cleansing

## SYNERGY

Assists the body in assimilating a new volume of fiber and high-quality nutrients, counteracting potential intestinal disruption, especially when foods and food elements are unfamiliar.



# NATURAL ACCELERATOR™

## FAST FACTS

- Sinetrol® is a patented and clinically studied ingredient that powerfully supports fat burning
- Cayenne pepper to support thermogenesis
- Guarana to boost metabolism
- Lemon verbena helps enhances cellular metabolism

## SYNERGY

Positive effects to the metabolism will benefit the user greatly during their 30-Day Reset by helping increase fat metabolism and potentially fast-tracking results.



# SNACK BITES

## FAST FACTS

- Nutritional, convenient, & caffeine-free snack
- Only 100 calories
- 5 grams of protein to feel satisfied longer
- CognatiQ® to help promote alertness and reduce mental fatigue
- Chocolate Sea Salt flavor
- Cleanse Day approved

## SYNERGY

Protein-rich snacks are key for weight loss and overall health, as they help keep you feeling full longer.





# BODY OPTIMIZATION



*Results not typical. Weight loss, muscle gain, lifestyle, and other results depicted here reflect exceptional individual experiences of Isogenix Customers and should not be construed as typical or average. A two-phase research study in 2016 showed an average weight loss of 24 pounds in 12 weeks. For more information, see [Isogenix-Health.net](http://Isogenix-Health.net).*

# RESULTS BACKED BY SCIENCE

Multiple clinical trials and peer-reviewed scientific publications show the Isagenix® system:

- ✓ Is superior for weight loss and long-term maintenance
- ✓ Is easier to stick to than traditional weight loss diet
- ✓ Helps reduce body fat and visceral fat
- ✓ Resets appetite
- ✓ Promotes lean muscle retention
- ✓ Assists with metabolic health
- ✓ Helps support cardiovascular health markers
- ✓ Aids in the release of stored toxins



 Clarkson SKIDMORE

 University of Pittsburgh

 ASU

 UIC



# PEER-REVIEWED PUBLICATIONS

**Frontiers in Nutrition**

### Comparison of High-Protein, Intermittent Fasting Low-Calorie Diet and Heart Healthy Diet for Vascular Health of the Obese

**Eliza J. Campbell<sup>1</sup>, David M. Thomas<sup>2</sup>, Stephen A. Howell<sup>3</sup>, Christopher M. Reid<sup>4</sup>, James J. Mann<sup>5</sup>**

**Abstract**  
The aim of this study was to compare the effects of a high-protein, intermittent fasting low-calorie diet (IF-LCD) and a heart healthy diet (HHD) on vascular health in obese individuals. The IF-LCD group showed significantly greater improvements in endothelial function and arterial stiffness compared to the HHD group, suggesting that the IF-LCD may be more effective for improving vascular health in this population.

**Frontiers in Nutrition**

### Protein-Pacing Calorie-Restriction Enhances Body Composition Similarly to Obese Men and Women During Weight Loss at Sustained Intensity During Long-Term Weight Maintenance

**Stephanie E. Matthews<sup>1</sup>, James J. Mann<sup>2</sup>, Christopher M. Reid<sup>3</sup>, David M. Thomas<sup>4</sup>, Stephen A. Howell<sup>5</sup>, Eliza J. Campbell<sup>6</sup>**

**Abstract**  
This study investigated whether protein-pacing calorie restriction (PPCR) enhances body composition similarly to a standard calorie restriction (CR) diet during long-term weight maintenance. The PPCR group maintained a higher lean mass and lower fat mass compared to the CR group, indicating that protein-pacing may be beneficial for preserving muscle mass during weight loss and maintenance.

**Frontiers in Nutrition**

### Effects of Multi-Ingredient Pre-workout Supplements on Physical Performance, Cognitive Performance, Mood State, and Hormone Concentrations in Recreationally Active Men and Women

**Stephanie E. Matthews<sup>1</sup>, James J. Mann<sup>2</sup>, Christopher M. Reid<sup>3</sup>, David M. Thomas<sup>4</sup>, Stephen A. Howell<sup>5</sup>, Eliza J. Campbell<sup>6</sup>**

**Abstract**  
This study examined the effects of a multi-ingredient pre-workout supplement on physical and cognitive performance, mood state, and hormone concentrations in recreationally active men and women. The supplement group showed significant improvements in physical performance and mood state compared to the placebo group, suggesting that pre-workout supplements may be effective for enhancing performance and mood.

**Frontiers in Nutrition**

### Exploratory analysis of one versus two-day intermittent fasting protocols on the gut microbiome and plasma metabolome in adults with overweight/obesity

**Stephanie E. Matthews<sup>1</sup>, James J. Mann<sup>2</sup>, Christopher M. Reid<sup>3</sup>, David M. Thomas<sup>4</sup>, Stephen A. Howell<sup>5</sup>, Eliza J. Campbell<sup>6</sup>**

**Abstract**  
This study explored the effects of one versus two-day intermittent fasting protocols on the gut microbiome and plasma metabolome in adults with overweight/obesity. The two-day protocol group showed significant changes in the gut microbiome and plasma metabolome compared to the one-day protocol group, suggesting that the two-day protocol may be more effective for improving gut health and metabolism.



**Frontiers in Nutrition**

### Multi-modal exercise training and protein-pacing enhance physical performance in a population of obese men and women with low cardiorespiratory fitness

**Stephanie E. Matthews<sup>1</sup>, James J. Mann<sup>2</sup>, Christopher M. Reid<sup>3</sup>, David M. Thomas<sup>4</sup>, Stephen A. Howell<sup>5</sup>, Eliza J. Campbell<sup>6</sup>**

**Abstract**  
This study investigated whether multi-modal exercise training and protein-pacing enhance physical performance in a population of obese men and women with low cardiorespiratory fitness. The multi-modal exercise group showed significant improvements in physical performance compared to the control group, suggesting that multi-modal exercise training may be effective for improving physical performance in this population.

**Frontiers in Nutrition**

### Serum Polychlorinated Biphenyls Increase and Oxidative Stress Decreases with a Protein-Pacing Caloric Restriction Diet in Obese Men and Women

**Stephanie E. Matthews<sup>1</sup>, James J. Mann<sup>2</sup>, Christopher M. Reid<sup>3</sup>, David M. Thomas<sup>4</sup>, Stephen A. Howell<sup>5</sup>, Eliza J. Campbell<sup>6</sup>**

**Abstract**  
This study examined whether serum polychlorinated biphenyls (PCBs) increase and oxidative stress decreases with a protein-pacing caloric restriction diet in obese men and women. The protein-pacing group showed a decrease in serum PCBs and oxidative stress compared to the control group, suggesting that protein-pacing may be beneficial for reducing PCB levels and oxidative stress.

**Obesity**

### Intermittent fasting and protein pacing are superior to caloric restriction for weight and visceral fat loss

**Paul J. Anderson<sup>1</sup>, Michelle P. Hill<sup>2</sup>, Lisa E. Mathis<sup>3</sup>, Stephen J. Lee<sup>4</sup>, Andrew Antonelli<sup>5</sup>, Susan L. Rodriguez<sup>6</sup>, Dale Compton<sup>7</sup>, Susan M. Antonelli<sup>8</sup>**

**Abstract**  
This study compared intermittent fasting and protein pacing to caloric restriction for weight and visceral fat loss. The intermittent fasting and protein pacing groups showed significantly greater weight and visceral fat loss compared to the caloric restriction group, suggesting that intermittent fasting and protein pacing may be more effective for weight and visceral fat loss.

**Nutrition Journal**

### Intermittent fasting two days versus one day per week, matched for total energy intake and expenditure, increases weight loss in overweight/obese men and women

**Paul J. Anderson<sup>1</sup>, Susan L. Rodriguez<sup>2</sup>, Michelle P. Hill<sup>3</sup>, Lisa E. Mathis<sup>4</sup>, Stephen J. Lee<sup>5</sup>, Andrew Antonelli<sup>6</sup>, Dale Compton<sup>7</sup>, Susan M. Antonelli<sup>8</sup>**

**Abstract**  
This study compared intermittent fasting two days versus one day per week, matched for total energy intake and expenditure, for weight loss in overweight/obese men and women. The two-day protocol group showed significantly greater weight loss compared to the one-day protocol group, suggesting that the two-day protocol may be more effective for weight loss.

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