Wellbeing & Weight Loss

Introducing the method that’s helped millions
Congratulations & welcome to the pack!

How you feel in your skin is a vital part of wellbeing. Whether you’re here for weight loss or weight “wins” like moving easier and performing better, you’re not alone.

The Isagenix method has helped hundreds of thousands of people lose millions of pounds and jump-start their lives.

More than half a million happy Customers

7+ scientific studies

50 million shakes sold

Follow along digitally at WelcomeToIsagenix.com
Healthy weight loss isn’t about finding a magical new trick. It’s about finding a system that works and sticking to it. There are going to be ups and downs, but we know a thing or two about helping you through.

The Isagenix Method
The Isagenix method is an innovative form of intermittent fasting. It’s incredibly simple but wonderfully successful.

It’s as easy as waking up and asking yourself, “Is today a Shake Day or a Cleanse Day?”

“This is the best intermittent fasting I have found. I feel fantastic!”
— Amy P.
Meet your new best friends (and blends)

IsaFlush®
Cleansing herbs and minerals to aid in digestive regularity and overall health.†

IsaLean® Shake
Our famous, nutritious superfood shake.

Ionix® Supreme
Botanical adaptogens to combat the negative effects of stress.†

Cleanse for Life®
The detox tonic. Nutritional support for your body’s natural detox process.†

Natural Accelerator™
Kick-start your body’s thermogenesis.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Snack Bites:
Upgraded satisfaction. Stay on track with individually packaged deliciousness.

AMPED™ Hydrate
Hydrate right with electrolytes and 0 grams of added sugar.

e+™
The elevated energy shot with naturally sourced caffeine and plant-based adaptogens.†

IsaDelight® Super-Chocolate
Super chocolates that satisfy cravings and keep you cleansing.

Complete Essentials™ Daily Pack
Treat your cells to treat yourself.

Snack Bites:
Upgraded satisfaction. Stay on track with individually packaged deliciousness.

Products in your system will vary according to the system purchased.
Shake Day

The perfect method for premium health
We call them Shake Days. Choose your favorite flavor, and have two shakes per day in addition to a healthy meal. You choose the order that works best for your lifestyle. Mix in some approved snacks and premium supplements, and you’ve got yourself a satisfying and sustainable Shake Day. Here’s an example.

🌞

EARLY MORNING
Ionix® Supreme (1 serving)

MORNING
Whole Blend IsaLean® Shake
Natural Accelerator™ (1 capsule)

MIDMORNING
OPTIONAL snack (200 calories or fewer)

🌞

LUNCH
Whole Blend IsaLean Shake

MIDAFTERNOON
OPTIONAL snack (200 calories or fewer)
OPTIONAL Natural Accelerator (1 capsule)

LATE AFTERNOON
e+™

 spel

DINNER
400-to-600-calorie meal

BEFORE BED
IsaFlush® (1-2 capsules with 8 fluid ounces of water)
Cleanse Day

Some call it intermittent fasting
We call them Cleanse Days, the better way to fast. We combine fasting with targeted nutritional support from groundbreaking products. Congrats, you’ve found the better way to burn fat and help your body naturally rid itself of toxins. Here’s an example of a killer Cleanse Day.

☀️

EARLY MORNING
Ionix® Supreme (1 serving)

MORNING
Cleanse for Life®
Cleanse Day-approved snack**
Natural Accelerator™ (1 capsule)

MIDMORNING
Cleanse Day-approved snack**

サー

MIDDAY
Cleanse for Life*
Cleanse Day-approved snack**
OPTIONAL Natural Accelerator (1 capsule)

MIDAFTEERNON
Cleanse for Life*
Cleanse Day-approved snack**

🌙

EVENING
Cleanse for Life*
Cleanse Day-approved snack**

BEFORE BED
IsaFlush® (1-2 capsules with 8 fluid ounces of water)

*4 fluid ounces of liquid or 2 scoops of powder
**See Page 8 for Cleanse Day-approved snacks
Use credits for A+ Cleanse Days

Stay on track with 10 Cleanse Credits per Cleanse Day

In addition to enjoying Cleanse 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!

Track your Cleanse Credits below.

<table>
<thead>
<tr>
<th>0 Cleanse Credits</th>
<th>1 Cleanse Credit</th>
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<tbody>
<tr>
<td>Black coffee</td>
<td>BĒA™ Sparkling Energy Drink</td>
</tr>
<tr>
<td>Black, green, or herbal tea</td>
<td>AMPED™ Hydrate</td>
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<td>Still or sparkling water</td>
<td>Xango® or Xango Reserve</td>
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<tr>
<th>2 Cleanse Credits</th>
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<tr>
<td>Isagenix Snacks™ (2 wafers)</td>
<td>Harvest Thins™</td>
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<tr>
<td>Greens</td>
<td>Whey Thins™</td>
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<td>e+™</td>
<td>Snack Bites</td>
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<td>Collagen Elixir™</td>
<td>Nature Oat Bakes™</td>
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<td>Collagen Bone Broth</td>
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<td>IsaDelight® Super-Chocolate</td>
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<td>Isagenix Fruits</td>
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“It’s easier to dismiss random cravings when I’m tracking my nutrition.”

— Ashley L.

**You should consult your physician or other healthcare professional before engaging in exercise on a Cleanse Day. Do not engage in strenuous exercise on a Cleanse Day if your physician or healthcare provider advises against it. 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.
Is today a Shake Day or a Cleanse Day?

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

### 1 Cleanse Day Per Week

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<tr>
<th>1</th>
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Stories of success
Whatever your weight wellbeing, Isagenix makes it easy

“It’s been easier than I thought because I feel so supported. By the products, and especially by the people.”
— Shayla C.

“Each day begins with Ionix® Supreme. When I choose to put my health and wellbeing first, I know I can handle anything.”
— Trista S.

“This is what I needed to feel in control again. And it has flowed over into so many areas of my life.”
— Juan P.
Wellbeing working together

Small successes in other areas of wellbeing can often drive us to big-time weight wins. See what’s possible with the Art of Wellbeing™.

Feel Better
Have it all: whole-body health and total peace of mind

Eat Better
Before and afters that last with simple methods and proven products.

Move Better
From walkers to runners and dancers to powerlifters, a stronger tomorrow starts today.

Look Better
Self-care that revitalizes for confidence that shines.
We’ve got your back

It’s looking good already