

Gut Feeling:

HOW TO
SUPPORT YOUR
DIGESTIVE SYSTEM
EVERY DAY





DIGESTIVE HEALTH 101:

Why Your Gut Matters

YOUR GUT IS MORE THAN JUST A FOOD-PROCESSING SYSTEM – it's central to your overall health.

In fact, scientists often refer to it as your “**second brain.**” That’s because your digestive system influences everything from energy and mood to immunity and skin.



A HEALTHIER GUT = A HEALTHIER YOU

Think of your gut as the starting point for everything else.

When it's working well, you're more likely to feel your best.

In the pages ahead, we'll show you how to support your digestive health with simple daily rituals and powerful, natural tools.

THE SECRETS TO A WELL-BALANCED GUT



FIBRE

Fibre helps food move through your digestive tract and feeds the good bacteria in your gut. Most people don't get enough – so adding daily fibre is one of the easiest ways to feel lighter, more regular, and satisfied.



BOTANICALS

Stress, poor sleep, and daily life can throw your gut off balance. Certain herbs and adaptogens (plants that help the body adapt to stress) have been used for centuries to support digestion, calm the system, and promote regularity.



PROBIOTICS

Your gut is home to trillions of bacteria – some helpful, some not. Probiotics are the friendly ones. When they're in balance, they help with digestion, support immunity, and may even boost mood.



SUPERFOODS

Nutrient-rich plants and fruits are packed with antioxidants and naturally occurring fibres that help reduce inflammation, support healthy gut lining, and nourish your microbiome.



INTERMITTENT FASTING

Giving your digestive system a break – even just for a few hours – lets your body rest, reset, and remove what it doesn't need. When done gently and intentionally, it can help reduce bloating, improve energy, and support natural detox processes.



HYDRATION

Water is essential for every system in the body – but especially for your gut. From helping fibre do its job to moving food through your digestive tract, staying hydrated is non-negotiable for regularity, nutrient absorption, and overall digestive comfort.



FIBRE

Keep Things Moving

FIBRE IS ESSENTIAL FOR DIGESTION, BUT MOST PEOPLE AREN'T GETTING ENOUGH.

It helps keep your bowel movements regular, supports the growth of healthy gut bacteria, and helps you feel fuller for longer – supporting both digestion and maintaining your bodyweight.



YOUR FIBRE SUPPORT:



IsaLean® Shake

- ✓ A nourishing smoothie full of fibre, protein, and vitamins for overall wellness.
- ✓ Supports regularity, promotes gut balance, and keeps you feeling satisfied longer.
- ✓ Choose between undenatured whey protein or plant-based options.



WHY IT MATTERS

Fibre is like fuel for your gut's good bacteria. Without it, your digestive system can slow down, leaving you feeling sluggish and bloated.

SUGGESTED USAGE:

Once or twice daily as part of a balanced lifestyle. *Make it your go-to breakfast or lunch, especially when paired with Triotic and Ionix® Supreme for all-round gut support.*



WHY IT MATTERS

Stress can slow or disrupt digestion. Supporting your nervous system helps your gut work more efficiently.

SUGGESTED USAGE:

Daily, in the morning. *Best paired with an IsaLean® Shake and Triotic for a well-rounded daily gut routine.*

BOTANICALS



Nature's Digestive Helpers

STRESS, TRAVEL, AND ROUTINE CHANGES CAN ALL IMPACT DIGESTION.

That's where calming, plant-based ingredients come in. Adaptogenic herbs help balance stress – one of the biggest triggers for digestive upset – while certain botanicals support gut motility and natural cleansing.



IsaMove: A gentle overnight formula with magnesium and herbal support from peppermint and psyllium husk for regular bowel movements.

SUGGESTED USAGE:
1-2 capsules every night before bed.



YOUR BOTANICAL SUPPORT:

Ionix® Supreme

- ✓ Rich in adaptogens like eleuthero, wolfberry and schisandra to help the body manage stress better.
- ✓ Supports clarity, energy, and a more balanced gut-brain connection.

Balancing Good Bacteria

YOUR GUT IS HOME TO A BUSTLING COMMUNITY OF BACTERIA.

The good ones – called probiotics – play a crucial role in digestion, immune health, and even mood regulation. Supporting them daily helps create balance from the inside out.



YOUR PROBIOTIC SUPPORT:

Triotic



- ✓ Delivers 3 clinically studied probiotic strains.
- ✓ Supports gut diversity, immune strength, and regular digestion.
- ✓ No refrigeration needed – just pour onto your tongue and enjoy.



WHY IT MATTERS

A healthy gut microbiome keeps your digestion smooth and your immune system strong. An imbalance can lead to bloating, irregularity, and feeling off.

SUGGESTED USAGE:

Daily, ideally on an empty stomach.

Pairs perfectly with Ionix[®] Supreme and the IsaLean[®] Shake to nourish and support your gut.



WHY IT MATTERS

Curated with gut-loving ingredients that support a healthy gut microbiome, immune support and optimal nutrient absorption.

SUGGESTED USAGE:

Enjoy once a day as desired.

Add to your current gut-health routine with Triotic or Ionix[®] Supreme or simply on its own as a delicious drink.

Wellness in a Can

YOUR FAVOURITE GUT HEALTH DRINK IS NOW AVAILABLE!

Designed with your gut, skin, and overall wellness in mind. BĒA Biotics combines gut-loving ingredients with real, functional benefits – so you can feel good, look good, and live well with every sip.



YOUR PROBIOTIC SUPPORT:

BĒA Biotics

- ✓ Enriched with probiotics, prebiotic plant fibre, aloe vera, apple cider vinegar, and ginger.
- ✓ Supports mental clarity and focus with adaptogens and botanicals.
- ✓ A delicious sparkling beverage packed with natural good-for-your-gut ingredients.



SUPERFOODS

Supercharge Your Health

YOUR DAILY DOSE OF MORINGA - SOURCED FROM SOME OF THE BEST MORINGA GROWING LOCATIONS WORLDWIDE.

Packed with moringa, a natural source of prebiotic fibre. Helps nourish gut bacteria and support energy naturally.



YOUR SUPERFOOD SUPPORT:



SuperMix®

- ✓ An easy way to incorporate moringa, one of the world's most nutrient-dense green superfoods, into your daily diet.
- ✓ Convenient powdered beverage - just add water, stir and enjoy the wellness wonders of Moringa.
- ✓ Delicious natural pineapple flavour.

WHY IT MATTERS

Supports healthy body function and overall wellbeing with essential nutrients from one of the world's most nutrient-dense green superfoods, Moringa.

SUGGESTED USAGE:

Once a day, mixed with water. Ideally on an empty stomach.

Enjoy daily alongside *Xango Reserve* and *BĒA Bitoics* for a balanced gut microbiome and overall wellness.



WHY IT MATTERS

Think of superfoods as your gut's daily nourishment. They help protect the digestive system from stress and oxidative damage.

SUGGESTED USAGE:

Enjoy 30-90ml every day.

Xango Reserve and *SuperMix* work hand-in-hand with *Triotic*, *IsaLean Shake*, and *Ionix Supreme* to build a healthy gut foundation.

SUPERFOODS



Nourish from Within

SUPERFOODS ARE NUTRIENT-RICH POWERHOUSES THAT DELIVER ANTIOXIDANTS, PHYTONUTRIENTS, AND NATURAL PREBIOTIC FIBRES.

They can support gut lining health, reduce inflammation, and fuel the good bacteria your gut relies on to thrive.



YOUR SUPERFOOD SUPPORT:

Xango® Reserve

- ✓ Made from mangosteen fruit, rich in xanthenes (a powerful antioxidant family).
- ✓ Supports a healthy inflammatory response and overall wellness.

Rest & Reset

LETTING YOUR DIGESTIVE SYSTEM REST CAN BE ONE OF THE MOST POWERFUL TOOLS FOR IMPROVING GUT HEALTH.

Intermittent fasting helps reduce bloating, promotes cellular cleansing, and resets your gut for better nutrient absorption and energy use.



YOUR INTERMITTENT FASTING SUPPORT:

Nourish for Life®



- ✓ Gently supports your body during intermittent fasting or Cleanse Days.
- ✓ Provides key nutrients and botanical support while giving your gut a rest.



WHY IT MATTERS

Digestion takes energy. Fasting occasionally gives your system time to heal, reduce inflammation, and perform natural detox processes.

SUGGESTED USAGE: Up to 4 Cleanse Days per month. Alternatively consume daily before bed or first thing in the morning.

Works best when supported by daily healthy habits, like IsaLean® Shake, SuperMix and Triotic.

WHY IT MATTERS

Dehydration is one of the top causes of bloating, constipation, and fatigue. Supporting your gut means more than sipping – it means hydrating smarter.

SUGGESTED USAGE: Daily – especially in warm weather, after exercise, or anytime you're feeling low on energy or sluggish.

Combine with IsaLean Shake, Triotic and Xango® Reserve for a fully hydrated, fully supported gut.

Unsung Hero for Gut Health

WATER IS INVOLVED IN ALMOST EVERY STEP OF DIGESTION, FROM HELPING BREAK DOWN FOOD TO SUPPORTING COMFORTABLE, NATURAL ELIMINATION.

But without the right electrolytes and supportive nutrients, water can pass through your body without fully hydrating your cells.



YOUR HYDRATION SUPPORT:

Hydrate + Hyaluronic Acid

- ✓ A refreshing electrolyte drink with added hyaluronic acid to support cellular hydration.
- ✓ Helps your body absorb and hold onto water more effectively.
- ✓ Supports healthy skin, joints, and digestive comfort.

We've Got Your Gut

FROM FIBRE-PACKED NOURISHMENT TO TIME-TESTED BOTANICALS, LIVE CULTURES TO ANTIOXIDANT-RICH SUPERFOODS, ISAGENIX OFFERS A COMPLETE, HOLISTIC APPROACH TO DIGESTIVE AND GUT HEALTH.

Whether you're supporting regularity, nurturing your microbiome, or embracing the benefits of intermittent fasting, our products are designed to work in harmony with your body.



YOUR FIBRE SUPPORT:
IsaLean® Shake



YOUR BOTANICAL SUPPORT:
Ionix® Supreme



YOUR PROBIOTIC SUPPORT:
BĒA Biotics
(OR TRIOTIC)



YOUR SUPERFOOD SUPPORT:
Xango® Reserve
(OR SUPERMIX®)



YOUR INTERMITTENT
FASTING SUPPORT:
Nourish for Life®



YOUR HYDRATION SUPPORT:
**Hydrate+
Hyaluronic Acid**



With Isagenix, looking after your gut isn't complicated – it's a daily act of self-care that supports energy, balance, and feeling your best, from the inside out.

Your journey to better digestion and wellbeing starts here – and we're with you every step of the way.



ISAGENIX®
THE ART OF WELLBEING.