

The Isagenix Training Program

Going From “Yes!” To Executive and Beyond

Belief in the Products

– Trusting the Proven Science –

Now let's go to work on building your belief in the Products.

Allow me to be among the first to say congratulations on your commitment to your health! We are excited to introduce you to our outstanding range of nutritional products. Just like tens of thousands of people worldwide, you will soon see how our products and systems can be your key to achieving your health goals and becoming the best version of yourself.

As you begin your health and wellness journey, you might have questions about our products or systems. To assist you, we have developed a comprehensive website designed to guide you every step of the way. After all, building confidence in the products you use, and share, is essential to your success – both physically and financially.

To help you get started, take some time to explore isagenixhealth.net. This resource offers valuable information about our weight management systems, natural beauty collection, fitness and energy products, gut health, and more. You will also find answers to frequently asked

questions and discover how our solutions can benefit you, as well as the people you care about most.

Isagenixhealth.net also features a range of podcasts covering topics such as:

- Ensuring You're Getting Enough Protein
- Strategies to Shed Stubborn Weight
- How to Curb Cravings
- Understanding Adaptogens and Their Benefits for Stress
- Tips to Overcome the Afternoon Slump
- The Importance of Fiber
- Enhancing Gut Health with Isagenix
- The Benefits of Collagen and...
- Tips for Achieving Your Best Sleep Ever ...just to name a few.

In addition to these resources, our site also includes 24 peer-reviewed scientific studies that validate the effectiveness of our most popular products and systems.

If you're not familiar with peer-reviewed scientific studies, they are research articles that have undergone a rigorous evaluation process by experts in the same field before being published in a scientific journal. These published studies represent research that has been critically evaluated and has met the high standards required for publication. This peer-reviewed process helps ensure the quality and credibility of scientific knowledge.

Here are three highlighted examples taken from our 24 published studies:

First, we would like to highlight our **Weight Loss Study**. In this study participants who were using an Isagenix System for eight weeks achieved 56% more weight loss, 47% more fat loss, twice as much visceral fat loss, and showed better improvements in cardiovascular health markers compared to those on a heart-healthy diet.

Next, we would like to highlight our **Collagen Elixir Study**. In this study those consuming our Isagenix Collagen Elixir daily for four weeks noticed a 100% increase in facial collagen density, and 70% of the participants experienced a reduction in fine lines and wrinkles, improvements in skin moisture, elasticity, and reduction in visible UV spots.

Lastly, we would like to highlight our **E+ Natural Balanced Energy Shot Study**. In this study, E+ improved cognitive reaction time more effectively than synthetic caffeine, particularly benefiting individuals with low initial energy levels and high mental fatigue.

To explore all 24 peer-reviewed studies in detail, visit [Isagenixhealth.net/research](https://isagenixhealth.net/research).

Isagenixhealth.net is a great resource to learn more about product solutions that can help you feel better, eat better, move better, and look better. Familiarize yourself with the content, and then to further expand your product knowledge and enhance your belief in our products and systems, begin

listening to the product podcasts available in the Learn section of this app.

And as you do, remember the simple three-step system I shared in our first *Getting Started* training: **learn, apply, repeat**. Here's how that would work: Listen to one of the podcasts, that's the **learn** step. Then **apply** what you learned by reaching out to those who could benefit from these amazing products, that's the action step. And lastly, **repeat** the process by listening to another podcast.

Remember – learn, apply, repeat.

Invest some time on isagenixhealth.net. Continue learning more about our great products. Read the articles, watch the videos, or listen to the podcasts, and see how quickly your increased product knowledge also increases your belief.

As you continue your journey, keep learning more about the products by listening to the podcasts, and by attending the recommended trainings and events. Make it your goal to become a solid 10 in this area too.

With that being said, let's go to work on the next area. Building your belief in the opportunity. When you're ready, continue to the next segment.