

Healthy Maintenance Pak

Step-by-Step Guide

“*To maintain the great results I achieved with the 30 Day Nutritional Cleansing Program, the Healthy Maintenance Pak was the perfect next step. Two years on I still have the Healthy Maintenance Pak on Autoship. It's my pak of choice, I love it!*”

JACINTA TOOMEY

1 STAR SILVER CIRCLE, CRYSTAL EXECUTIVE

TOTAL WEIGHT LOSS // 5 KILOS*

*A real Isagenix® product user. Not a paid model.



Create Your Path to Success

Plan Your Balanced Lifestyle



“Isagenix has changed our health by allowing us to release a combined weight of 30kg[†] and maintain it with ease. We're full of energy again and are ready for whatever life throws at us. There is nothing better than starting your day with a nutrient rich tasty shake.”

GLEN AND KAREN O'DRISCOLL

4 Star Golden Circle, 2 Star Crystal Executive



Healthy Maintenance Pak

SHAKE OPTION:
IsaLean™ Pro

Your Path to Success

For best results, follow the steps below

- 1. Use the Healthy Maintenance Pak planner** to remind you when to take each product. Print additional copies (IsaProductAU.com) of the planner and use this tool to support your success.
- 2. Success loves company** — so be sure to enlist an accountability partner or Isagenix coach like your sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get free daily advice (ANZ.IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProductAU.com.
- 3. Buy healthy foods and plan great tasting healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including caffeinated soft drinks and coffee, foods with artificial sweeteners and colouring, and junk food.

See swapit.gov.au for helpful tips.

Healthy Maintenance Pak Overview

YOUR HEALTHY MAINTENANCE PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

(1) Cleanse for Life™ Natural Rich Berry Powder

Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove impurities.

(2) IsaLean™ Shake canisters AND/OR IsaLean™ Pro boxes*: Chocolate or Vanilla

Lose weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

(1) Ionix® Supreme: Powder or Liquid

Beat stress and increase mental and physical performance naturally with this powerful adaptogen-rich tonic.

(1) Natural Accelerator™

Help raise your metabolic rate naturally without stimulants using a blend of natural thermogenic ingredients.

(1) IsaFlush!™

Stay regular and soothe intestinal discomfort with natural herbs and minerals.

* PLEASE NOTE: Pak price will vary depending on quantity of IsaLean Pro selected

POPULAR ADD-ONS TO THE HEALTHY MAINTENANCE PAK:



(1) Isagenix Snacks!™: Chocolate

Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.



(1) FibreSnacks!™

Add fibre to your day the delicious way, stay satisfied and maintain a healthy, balanced digestive system.



(1) SlimCakes™

Tasty, low-calorie, nutritionally-packed snacks that support heart and digestive health.

[†] The weight loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 3.2 kilos during the first 9 days of the 30-Day Nutritional Cleansing Program.

Healthy Maintenance Pak Planner



Morning (1 hr before Breakfast)

Mix 1/2 scoop of Cleanse for Life™ powder with 60-120mL of purified water.

Breakfast

Enjoy 2 scoops of IsaLean™ Shake or 1 packet of IsaLean™ Pro with 240mL of purified water and ice. Drink 30mL of Ionix® Supreme liquid or mix 1 scoop of Ionix Supreme powder with 60-120mL of water to boost energy and relieve stress. Take 1 Natural Accelerator™ capsule to increase your metabolism.



Mid-Morning Snack

Pick 1 option from the 'Sensible Snack Ideas' to curb cravings. Take 1 *IsaFlush!*™ capsule.

Lunch

Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, one serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yoghurt.



Mid-Afternoon Snack

Pick 1 option from the 'Sensible Snack Ideas' to curb cravings. Take 1 Natural Accelerator™ capsule to increase your metabolism.

Dinner

Eat a healthy, low-glycemic and balanced 400-600 calorie meal. A typical plate should consist of one half fruits and vegetables, one serving of grains with at least half as whole grains, a serving of lean protein such as fish or skinless chicken, and a serving of a calcium-rich food such as fat-free or low-fat milk or yoghurt.



Evening

Take 1 *IsaFlush!*™ capsule.



Sensible Snack Ideas

- 6 almonds (unsalted, raw)
- 1 apple
- 1 IsaDelight Plus™*
- 1 serving SlimCakes™*
- 1 serving *FibreSnacks!*™*

Water

Drink 8 glasses of purified water each day.

*These Isagenix products are not included in the Healthy Maintenance Pak and must be purchased separately.

Use these tips and resources to help you along the way...

IsaProductAU.com

This easy-to-navigate site contains everything you need to know about the products in your Healthy Maintenance Pak. You'll also have access to product information sheets and fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

Autoship Rewards

Ensure you always have your Healthy Maintenance Pak right at your fingertips and at a great price! When you enrol on Autoship, our convenient, automatic shipping service, you can get up to 10% off your program or pak versus purchasing it individually at wholesale. For more details, visit the 'Library' section of your Back Office.

Your Success is Our Success!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

Education: ISAPRODUCTAU.COM

This easy-to-navigate site contains everything you need to know about the products in your Healthy Maintenance Pak. You'll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

Inspiration: ANZ.ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

Motivation: ANZ.ISADIARY.COM

Get the most out of Nutritional Cleansing with free, daily advice and motivation.

News: ANZ.ISAFYI.COM

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

Science: ISAGENIXHEALTH.NET

Learn more about the science behind our products, FAQs and more!

Training: ISAGENIXPODCAST.COM

Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

Coaching: CONFERENCE CALLS

Check out daily and weekly programs that coach, inspire and motivate. Visit ANZ.IsaFYI/calls for more information.

Community: SOCIAL MEDIA

At Isagenix, we've long recognised social networking — or what we like to call 'social entrepreneurship' — as a revolutionary way of doing business. IsaGeeks.com, and our Facebook.com/IsagenixAustraliaNewZealand, Twitter.com/IsagenixANZ and YouTube.com/IsagenixANZ sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

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“My goal is to help others achieve what I have with Isagenix”



Odette Kaggelis
2013 IsaBody Challenge®
Finalist
Total Weight Loss
12 kilos*

Visit IsaBodyChallenge.com

Do you want to learn how to get your next Healthy Maintenance Pak Pak for free?

- Do you have friends or family that would benefit by using the Healthy Maintenance Pak?
- Do you want to manage your weight or feel healthier for life?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

Go to ANZ.IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!