A **Simple** Guide
to a Healthier You
Live
ISAGENIX®

WELCOME

On behalf of the hundreds of thousands of successful Isagenix product users worldwide, **we want to congratulate you** on starting a journey that can transform your health.

This guide is designed to help you achieve your goals. It is easy to follow, developed by experts and used by people like you who have successfully reached their health goals and are claiming a healthier lifestyle they can sustain for the rest of their lives.

Our goal is to put you in control of your health and help you learn how to incorporate nutritional products and healthy eating habits into your lifestyle. As you read through this guide you will be introduced to some of the many tools we have to support you. If you have a question, please don't hesitate to contact Customer Care on 1300 651 979 in Australia and 0800 451 291 in New Zealand.

To your success!

Jim and Kathy Coover
Isagenix Co-Founders

Cover image: Emma M.
Associate since 2014

"The fact that the Program holds a holistic approach to overall health means I am able to get the best out of my body. It takes into account energy levels, cellular ageing, stress and toxicity levels, so it perfectly supplements healthy eating and exercising."
Ben K.

"Isagenix has given me faith that I don't have to be worried for my future health and I can also help improve the health of the ones I love."
Emma M.

This guide encompasses:

GETTING Started

PRODUCT Facts

YOUR Program

YOUR Support

GETTING STARTED

1 Set your goals
2 Take the Pledge
3 Take your 'before' photo
4 Take your measurements

PERSONAL PLEDGE

I, _____ am fully committed to creating a breakthrough in my personal health and quality of life. My goal is to reach and maintain my target weight of _____ by releasing _____ kg of unhealthy fat while increasing my lean muscle mass.

Reasearch has shown that written goals are much more likely to be achieved. Sharing your goals with others will further support your success.

MY SUPPORT TEAM

My Program Coach is _____

My Coach is here not only to offer support, encouragement and advice but also to answer questions and guide me through my journey to a healthier lifestyle. I will surround myself with positive people who will support me and understand how important my Isagenix® Program is to me.

My Support Team includes:

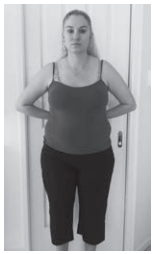
_____

Signature: _____ Date:_____

Coach signature: _____ Date:_____

YOUR PATH TO SUCCESS BEGINS HERE

Tami S.
Grand Prize Winner
IsaBody Challenge



BEFORE

Take a 'before' photo
to see the progress you've made when you reach your goal. 'Before' and 'after' photos are a great way to see just how far you've come. This picture can also serve as your 'before' picture for the IsaBody Challenge.

1. Weight loss is important, but *centimetres lost* is also an important measurement. Take your measurements and track your success with our easy-to-use measurement tracker on page 12. Focus on how you feel and how your clothes fit rather than simply focusing on the scale.

2. Share your goals with your Support Team members you identified on the previous page and invite them to join you in your transformation. Ask your Sponsor how you can get your products paid for by simply inviting others to join you.

3. Follow the monthly schedule and Shake and Cleanse Day planner on page 14 to remind you when to take each product.

4. Buy healthy foods and plan great-tasting meals. Limit temptations by removing unhealthy foods and snacks from your home including soft drinks, foods with artificial sweeteners and colouring and other junk foods. See meal planning tips on page 18.

5. Read your Personal Pledge daily.

6. Join the IsaBody Challenge to help you achieve your transformation and earn a AUD $200 product certificate upon completion. Learn more at ANZ.IsaBodyChallenge.com.

If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight-control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4 kg with an average of 1 kg of the loss from visceral fat after 30 days on Isagenix. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet.

†These products are not intended to diagnose, treat, cure, or prevent any disease.

GETTING STARTED
PAKS

These Paks are the perfect introduction to Isagenix

President's Pak

Everything you need to jumpstart your health and build your Isagenix® business. Our flagship 30-Day Nutritional Cleansing Program is complemented with an IsaBlender™ as well as Ageless Actives™ and IsaGenesis™. The President's Pak also includes a 12-month Isagenix membership and a $25 voucher to use toward an Isagenix official event of your choice.

30-Day Starter Pak

The perfect way to kick-start your journey to better health, this special Pak includes our best selling 30-Day Nutritional Cleansing Program, an IsaBlender and Slim Cakes™ as well as a 12-month Isagenix membership and $25 event voucher!

30-Day Nutritional Cleansing Program

The 30-Day Program provides the first step to taking control of your life, achieving your peak performance and managing your weight. Designed as a long-term, flexible program to help you on your journey to weight loss and complete body health, our flagship Program is a great introduction to Isagenix. It offers a range of unique products that revitalise your whole body by helping to remove impurities and create an optimal environment for improved nutrition.

9-Day Nutritional Cleansing Program

If you're ready for a new health challenge, prepare for results with the 9-Day Program. This sustainable and effective program helps you lose weight quickly by gently cleansing and nourishing your body. Graduate to the 30-Day Program to maintain your weight loss progress.

MAINTAINANCE PAKS

These Paks are designed for continuing your Isagenix journey and working towards your health goals

Youthful Ageing Pak

Promote youthful ageing from within with products that help to refresh and energise in a flexible, long-term system. Recommended for those who have completed the 30-Day Nutritional Cleansing Program and are looking for a healthy ageing solution, the Youthful Ageing Pak provides your body with essential nutrients to promote a lean, healthy body while fighting the signs of ageing at a cellular level.

Healthy Maintenance Program

Designed to assist in preserving results gained from a 30-Day Program, this ongoing program continues gentle cleansing while helping to maintain a healthy, active lifestyle. Using the included essential Isagenix products, you can enjoy continued energy, mental clarity and effective weight management.

Energy & Performance PRO Pak

Aimed at athletes and active individuals, the Energy & Performance Pro Pak is perfect for those seeking a healthy, nutrient-packed solution while on the go. Convenient to incorporate into any active lifestyle, and with a range of nutritional meal and snack options, this ongoing, flexible Pak features products that help to build and maintain lean muscle, increase performance and promote faster recovery.

Healthy Lifestyle Pak

This Pak provides your body the nutrition it needs, while helping reduce unhealthy cravings and allowing you to maximise your healthy habits.

YOUR PRODUCTS

Get to know the complete Isagenix product suite

Eden & Trent H.
Associates since 2014

IONIX® SUPREME
A nutrient-rich, rejuvenating drink that restores and protects the body. Specialised adaptogenic herbs help your body adapt to stress while vitamins, antioxidants, trace minerals and herbs help support mental and physical performance.

ISALEAN™ SHAKE
A delicious, satisfying, nutritionally complete meal replacement that contains 24g of the highest quality undenatured whey and milk protein and superior amino acid complex. IsaLean Shake helps you maintain lean body mass while providing essential vitamins and minerals. Available in chocolate, strawberry, vanilla flavours and also comes in convenient satchets.

CLEANSE FOR LIFE™
A complete nutritional body cleanse that aids the body's natural ability to remove impurities, Cleanse for Life nourishes your body; it's not a laxative or a diuretic. Ionic minerals, antioxidants, Aloe vera and gentle cleansing herbs help to support the body's vital functions and immune system.

ISALEAN™ PRO
With 36g of undenatured whey and milk protein per serve, IsaLean PRO provides a balance of protein, good fats and energy-boosting carbohydrates along with a broad spectrum of vitamins and minerals and active enzymes to aid digestion. Branched-chain amino acids boost muscle growth and maintenance while helping speed post-workout recovery.

ESSENTIALS FOR WOMEN™
This powerful multivitamin is specifically designed to sustain and promote the best possible health for women. Extra forms of calcium and B vitamins encourage strong bones, increased energy and healthier hair, skin and nails and bioflavonoids and antioxidants assist with energy production and help maintain a healthy nervous system.

ESSENTIALS FOR MEN™
This powerful multivitamin is specifically designed to sustain and promote the best possible health for men. Zinc and selenium help support prostate health and B vitamins support a healthy immune system.

AGELESS ACTIVES™
Formulated to help you to diminish the signs of ageing from the inside out, Ageless Actives works to protect your body at the cellular level and can help combat effects of free radical damage. It also helps support the body to rebuild and restore its vital systems, support energy production and protect cells.

ISAOMEGA™
Contains pure, high quality fish oil sourced from small fish in deep Chilean waters. Each serving contains 2000mg of Omega-3 essential fatty acids to support brain, heart, eye and joint health. The softgel capsules have a pleasant, lemon flavour.

ISAPRO™
27g of protein per serve helps build lean muscle mass, increase metabolism and manage hunger. This undenatured whey protein concentrate is sourced from cows that are pasture-fed and not treated with hormones or antibiotics and contains increased lactose enzymes for easier digestion.

ISAGENIX SNACKS™
These high quality whey and milk protein snacks at only 121kJ per serve help reduce cravings and keep you satisfied. Snacks contain high quality undenatured protein and a high amino acid profile. Perfect for providing a quick energy boost on Cleanse Days.

ISAFLUSH™
This combination of cleansing herbs and minerals helps support and maintain a healthy digestive system. Includes 210mg of magnesium, which may help to relieve mild constipation and gentle cleansing herbs to support digestion and encourage regularity.

NATURAL ACCELERATOR™
A combination of traditionally used herbs including cayenne, green tea, cinnamon and ginseng that help accelerate fat and protein metabolism without synthetic stimulants. Contains antioxidants that help fight free radical damage and maintain a healthy body.

REPLENISH™

A drink powder formulated to support hydration and faster recovery. With 20% more electrolytes than Want More Energy™, Replenish is enriched with C and B vitamins to replace nutrients lost during exercise. Available in Juicy Orange and Lemon Lime flavours.

ISALEAN™ BAR

Power your way through the day with nutritionally complete, delicious bars, which contain 18g of high-quality protein. Rich in branched-chain amino acids, IsaLean Bars are great for curbing hunger, after workouts and healthy snacking. Available in Chocolate Creme Crisp, Chocolate Decadence and Natural Oatmeal Raisin.

ISAGENESIS™

This powerful formula of complex botanicals and vitamins is designed to aid in the reduction of oxidative stress. The new vegetable softgel capsule enables improved absorption.

SLIM CAKES™

At only 360kJ per serve, these tasty, nutritionally packed snacks support heart and digestive health. SlimCakes contains 5g of fibre and omega-3s from whole oats, inulin and flaxseed and has only 3g fat, 20mg cholesterol and no artificial sweeteners.

E+

A healthy energy boost that helps take your performance to the next level, e+ contains natural caffeine derived from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.

ISADELIGHT

At just 250kJ a serve, these deliciously rich chocolates contain feel-good nutrients and boost energy, mood and metabolism. Green tea extract, amino acids, antioxidants, B vitamins and minerals help ease hunger and sugar cravings. Available in dark chocolate and milk chocolate flavours.

FIBRE SNACKS™

This delicious, gluten-free, fibre-packed snack contains 6g of two types of premium hunger-curbing fibre that contribute to regular laxation.

ISAGENIX GREENS™

This superior blend of 33 nutrient-rich vegetables and herbs includes spirulina and chlorella to support wellbeing. Greens contains antioxidant-rich extracts including green tea and grape seed to support immune health and help fight free radicals as well as a proprietary blend of Ionic Alfalfa™, rice bran and prebiotics to help enhance digestive health.

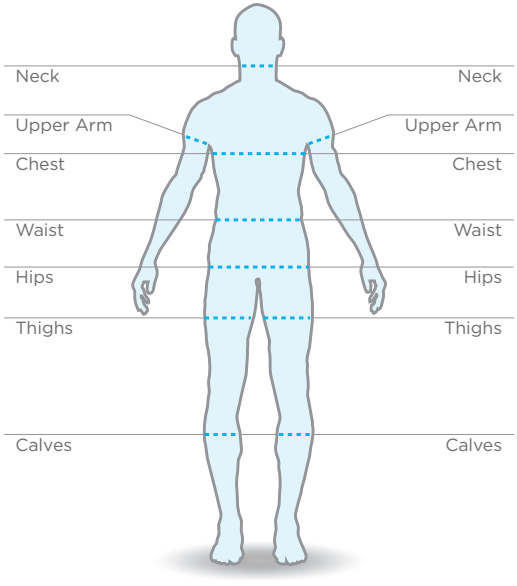
YOUR
PROGRAM

Start your program with clearly defined goals and track your progress

MEASUREMENT TRACKER

Tracking your measurements is a great way to measure your success in reaching your goals.

	Goal	Start	Day 9	Day 20	Day 30
Weight					
Neck					
Upper Arm L					
Upper Arm R					
Chest					
Waist					
Hips					
Thigh L					
Thigh R					
Calf L					
Calf R					



30-DAY STANDARD CALENDAR

These calendars will help you organise your programs. To design your own program please see the back page.

Day 1 **S**	Day 2 **S**	Day 3 **C**	Day4 **S**	Day 5 **S**	Day 6 **S**	Day 7 **S**
Day 8 **S**	Day 9 **S**	Day 10 **C**	Day 11 **S**	Day 12 **S**	Day 13 **S**	Day 14 **S**
Day 15 **S**	Day 16 **S**	Day 17 **C**	Day 18 **S**	Day 19 **S**	Day 20 **S** *** Place Order**	Day 21 **S**
Day 22 **S**	Day 23 **S**	Day 24 **C**	Day 25 **S**	Day 26 **S**	Day 27 **S**	Day 28 **S**
Day 29 **S**	Day 30 **S**					

S - Shake Day **C** - Cleanse Day

* To ensure you have product for the next month, be sure to order no later than Day 20 or enrol in the Autoship Rewards program. If you order your systems on a weekly basis, be sure to order in advance so you have enough product to carry you through the weekend.

9-DAY CALENDAR

PREP **S**	PREP **S**	Day 1 **C**	Day 2 **C**	Day 3 **S**	Day 4 **S**	Day 5 **S**
Day 6 **S**	Day 7 **S**	Day 8 **C**	Day 9 **C**			

SHAKE DAY GUIDE

If you are following the 30-Day Nutritional Cleansing Program or a Getting Started Pak, replace 2 daily meals with IsaLean™ Shake or IsaLean™ PRO. If you are following a Maintenance Pak replace 1 daily meal with IsaLean Shake or IsaLean PRO.

Step 1

For weight loss, replace two conventional meals per day with IsaLean Shake. For maintenance, replace one meal per day with IsaLean Shake. You can replace any meal with IsaLean Shake; many recommend enjoying a Shake for breakfast and/or lunch. Ensure your conventional meals contain 1600-2500kJ, are healthy, low-glycaemic and contain lean proteins, whole grains, fruits and vegetables.

Step 2

Drink 1 serve of Ionix® Supreme every morning.
Drink plenty of water throughout the day. Aim for 8 glasses per day. Take 2 Natural Accelerator capsules and 2 IsaFlush.

Step 3

Enjoy 1 e+ any time during the day for a quick energy boost. Many people substitute their daily coffee for an e+.

Step 4

If you choose to follow a daily cleansing routine, Drink 1 serve of Cleanse for Life™ either first thing in the morning or before bed to help your body remove impurities.

Shake Day Snack Ideas – products may not be included in all Paks and may have to be purchased separately.

1 Slim Cakes™†
OR 1-2 IsaDelight™ chocolates
OR 1 e+†
OR 6 raw, unsalted almonds
OR 1 hard boiled egg
OR 1 piece of fruit or vegetable

AND if you are exercising, 1-2 servings of Replenish™†

PRO TIPS

- If you're engaging in physical activity, consider increasing your protein by enjoying an IsaLean PRO Shake instead of an IsaLean Shake, or add a scoop of IsaPro™ to your favorite IsaLean Shake. Extra protein can help curb hunger and satisfy longer.
- Plan your 1600-2500kJ meals in advance. Use the calendar to plan your meals; the most successful people plan a full week of meals at one time.

CLEANSE DAY GUIDE

Deep Cleansing involves abstaining from eating normal meals and food for one or two days at a time. Take Cleanse for Life throughout the day and use the recommended Cleanse Day Support products to overcome cravings and help maintain healthy blood sugar levels.

Step 1

4 serves of Cleanse for Life™: 1 in the morning, 1 at midday, 1 late afternoon, 1 in the evening

Step 2

Drink 1 serving of Ionix Supreme when you wake up and (optional)
in the early evening + take 2 Natural Accelerator capsules *(1 in the morning and 1 in the afternoon).*

Step 3

Drink plenty of water. Aim for at least 8-10 glasses throughout the day.

Step 4

Cleanse Day Support
For a Cleanse Day energy boost, choose one or two of the following:
2 Isagenix Snacks **OR** 1-2 IsaDelight chocolates (maximum 2 per day) **OR** 1-2 e+
If you are exercising, 1-2 servings of Replenish
¼ of an apple or pear (to maintain blood sugar)

Should I cleanse for 1 or 2 Days?
Within our 30-Day Nutritional Cleansing Program, you should deep cleanse at least one day a week, but you can certainly cleanse two days (back-to-back) to maximise your weight-loss results. However, you should never exceed two consecutive Deep Cleanse Days.

PRO TIPS

Cleansing is like a skill; the more you do it, the easier it becomes.

FAQs

Q: Why do I need to cleanse?

A: Cleansing helps kick-start your metabolism and supports healthy digestion. Cleanse For Life is specially formulated to provide your body with the nourishment it needs while it rids itself of harmful impurities.

Q: What should I expect during the first few days of my journey?

A: Understand you are at the beginning of a transformation and that the introduction of nutritious and scientifically supported Isagenix products will begin to give your body what it needs to be healthy. The program will help you prepare for efficient, sustainable weight loss. If you follow your program as outlined, you should begin to experience results and feel the difference.

Q: Should I still cleanse if I'm exercising?

A: Yes, you should follow the recommended cleanse schedule for your program. On Cleanse Days, we recommend you minimise your physical activity. If you choose to be active, do so in moderation and support your body throughout the day with Replenish, IsaDelight and Isagenix Snacks. It may also prove helpful to go to bed earlier on Cleanse Days to avoid any urge for late-night snacking.

Q: If I'm not hungry can I skip a meal or Shake?

A: We recommend you not skip a meal or IsaLean Shake. Even though you may not feel hungry, your body needs ongoing nourishment. Wait a while to see if you begin to feel hungry, but always ensure you consume two IsaLean Shakes and one meal on every Shake Day.

Q: Can I add fruit to my IsaLean Shake?

A: You can customise your Isagenix program to meet your needs. Keep in mind that adding ingredients to your IsaLean Shake increases your kilojoule intake.

Q: If I feel tired or have a headache, should I discontinue my program?

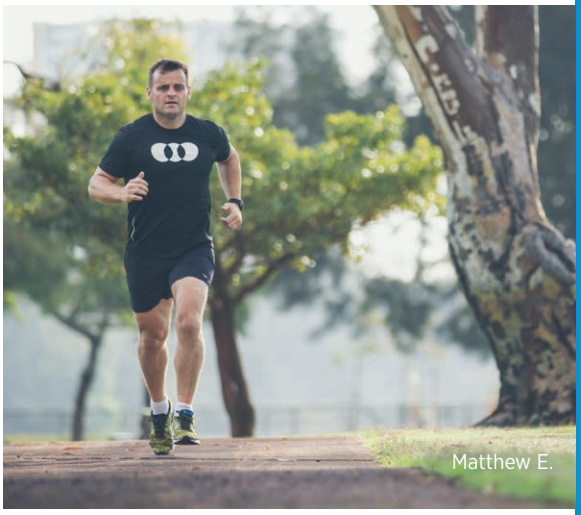
A: It is not uncommon when cleansing or changing your normal eating habits to experience side effects. These may include headache, fatigue or constipation. Depending on your side effect, you may try drinking more water or eating a snack. Fatigue and headache may be signs you may be experiencing low blood sugar. Avoid overhydrating as this may cause nausea and dizziness. Consult your physician should you have concerns.

Q: Can I deep cleanse more than two consecutive days?

A: Cleansing two consecutive days can help you maximise your weight-loss results but you should never cleanse more than two days in a row.

Q: I'm a very active person and I have been progressively increasing my workouts during my program. Should I eat more if I'm hungry?

A: There are several things you can do. We recommend you switch out one or both of your IsaLean Shakes with IsaLean PRO or add a scoop of IsaPro to your IsaLean Shake. This will increase your protein and kilojoule intake safely. The extra protein will fuel your body for working out while helping to keep you feeling full between meals.


Matthew E.

YOUR SUPPORT

Use the tools provided at IsaProductAU.com to achieve success with your program

Plan ahead. For many people, starting an Isagenix program is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before starting the program, we recommend consulting your physician to ensure the program is right for you and also to make them aware of the changes you're making.

Set realistic expectations. Most people don't put weight on in just a few days, so remember that it will take more than a few days to release it. It's not a race; it's about developing a healthy lifestyle.

Schedule Cleanse Days when you can ensure success. Cleansing on busy days keeps your mind off snacking.

Drink plenty of water. The National Health and Medical Research Council of Australia recommends 2.1L per day for women and 2.6L per day for men. This will need to be increased during exercise and during warmer weather.

Balanced nutrition reduces food cravings. Use all of your Isagenix products as recommended and consume a diet of fresh, nutritious foods to ensure your body is getting the right nutrition every day.

Increase your daily activity to maximise your weight-loss results. You don't have to start training for a marathon, just move more throughout the day and make a conscious effort to raise your heart rate regularly in striving to achieve the best possible results.

Phillip L., Emma M. & Ben K.

ONLINE TOOLS AND RESOURCES

Isagenix has developed an extensive library of online tools with our product users in mind. We encourage you to explore our websites and engage with the many tools available to help you better understand our culture, products and philosophies about health and wellness. The following are your go-to resources to find answers and tips on getting the most from your Isagenix experience.

IsaProductAU.com

This is your one-stop resource for all product information and tools. It provides guides to all the Isagenix products and programs and informative videos to improve your product training.

Isagenix.com

Experience Isagenix and introduce yourself to What Drives Us, the Isagenix core values. Meet the founders and company leaders and read success stories from other product users.

ANZ.IsaFYI.com

Subscribe to the official Isagenix ANZ blog for regular updates, recipes, news, information and the latest science.

ANZ.IsaBodyChallenge.com

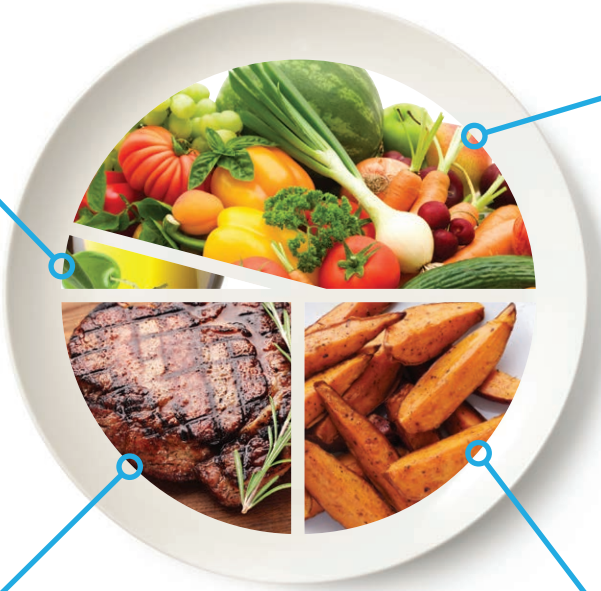
Begin your ultimate lifestyle transformation journey. Find out all you need to know about the 16-Week Challenge, where you can not only transform your body and life, you can also win exciting prizes.

HealthyMindAndBody.com

Discover an interactive 60-day program to transform your mind while your transform your body. Once you've researched the program, sign up through your Back Office.

PLATE PLANNER

Your third meal on a Shake Day should be balanced, like an IsaLean Shake. Ideally, it should contain 1600-2500kJ and should include protein, complex carbohydrates and a variety of vitamins and minerals.



GOOD FATS
Portion size: Thumb
Coconut oil
Olive oil
Avocado
Other cooking oil

VEGETABLES – ½ of plate
Portion size: two fists
Salad
Cooked coloured vegies (not potatoes)
Vegie soup
Fresh fruit

PROTEIN – ¼ of plate
Portion size: palm of hand
Chicken
Beef
Lamb
Fish
Eggs
Dairy
Tofu

COMPLEX CARBOHYDRATES – ¼ of plate
Portion size: One fist
Noodles
Rice
Wholegrain breads
Sweet potatoes
Potatoes

Visit www.nutritionaustralia.org for more information

SALMON STIR FRY

200g Atlantic salmon fillets, skin off, cut into cubes
2 cloves garlic, finely chopped
3cm chunk ginger, peeled and grated
1 red chilli, finely chopped
2 tbsp tamari
½ tbsp olive oil
¼ cup fresh peas
10 green beans chopped in 2cm lengths
2 spring onions, roughly chopped
1 small potato, boiled, cooled and cut into wedges
10 cherry tomatoes halved

Combine salmon, garlic, ginger, chilli and tamari in a bowl and stir to cover.
Preheat oil in a wok over medium-high heat and add salmon, pouring marinade into the wok. Stir fry for 5 minutes. Remove salmon pieces from wok, place on a plate and cover.
Add vegies to the wok and stir fry for 5 minutes.
Serve vegies topped with salmon and garnish with spring onion. Serves 2.

Per serve:
1565kJ; 17.7g fat; 9.7g carbs; 26.8g protein.

ROAST PUMPKIN QUINOA SALAD

500g butternut pumpkin, peeled and cut into 2cm cubes

1 beetroot, peeled and cut into wedges

1 tbsp extra virgin olive oil

1 tsp cumin

1 tsp paprika

½ cup quinoa, rinsed and drained

¼ cup organic raisins

2 tbsp lemon juice

1 cup baby spinach leaves, roughly chopped

¼ cup walnuts, roughly chopped

Preheat oven to 200°C. Line a baking tray with baking paper. Place pumpkin, oil and spices in a bag and shake to coat, then pour onto the baking tray. Scatter beetroot on the baking tray as well. Roast for 20 minutes, turning once, until browned and softened.

Place quinoa and 1 cup of water in a saucepan over high heat. Cover and bring to the boil. Reduce heat to low and simmer for 10 minutes or until water is absorbed and quinoa is fluffy.

Place all ingredients in a bowl, season to taste with salt and pepper and toss to combine. Serves 2.

Per serve:
2272kJ; 22.45g fat; 52.1g carbs; 14g protein

YOUR 30-DAY PLANNER

Customise this calendar to suit your Program. Include your meal plan, Shake and Cleanse Days, exercise and any events you need to factor in.

Tear out your Calendar and display it where you'll see it every day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

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For information, motivation and support, visit:
@IsagenixANZ
IsaFYI
SOUNDCLOUD
YouTube
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