



SAY HELLO TO HEALTH

Achieve Weight Loss & Live Your Best Life

ISAGENIX[®]

Hello, and welcome to the IsaLife™! This is your system guide to weight loss.

We're extremely fired up to have you here and would like to take a moment to recognize you and your commitment to ultimate health. You're now a part of a growing community of like-minded individuals with similar health and wellness goals. You'll find support and encouragement here because we're all in this together!

YOUR ISAGENIX **WEIGHT LOSS SOLUTION** IS DESIGNED TO HELP YOU REACH YOUR HEALTH GOALS AND LIVE YOUR BEST LIFE.

LET'S GET STARTED!

COMMIT TO A START DATE, AND SET YOUR SCHEDULE!

Download the IsaLife™ app for step-by-step assistance customizing your Isagenix plan.

SET YOUR GOALS, AND GROW YOUR SUPPORT TEAM!

Join the IsaBody Challenge®, and crush your first Challenge with support from an amazing community. People will ask about your results, so learn how you can share your experience with friends and family!

TRUST THE PRODUCT. TRUST THE SCIENCE!

Stay on the cutting edge of product updates, videos, tools, and training sessions.

START NOW . . . HEAD TO [WELCOMETOISAGENIX.COM](https://www.welcometoisagenix.com).

Once you've visited [WelcomeTolsagenix.com](https://www.welcometoisagenix.com), unpack your box. Take a seat. Breathe in. Exhale. Then say hello to health! Start by reading this guide and reviewing the product label directions. End with wellness as a lifestyle! We're here for you every step of the way. Let's do this!

GET TO KNOW YOUR PRODUCTS

We've highlighted six core products to help boost your health and wellness journey. Depending on your selections, some products may not be in your box, or you may have the products listed below, plus some extra!

Details and descriptions for each product can be found on our online product resource at WelcomeToIsagenix.com. (Have you checked it out yet?)



1. ISALEAN® SHAKE is a balanced meal replacement that supports healthy weight loss and muscle maintenance.

**24 grams of
high-quality protein,**

**ENERGY-FUELING CARBS, GOOD FATS,
FILLING FIBER, AND VITAMINS AND MINERALS**

As part of this system, you can replace any two meals a day with IsaLean Shakes. Get ready to be blown away from the very first sip.



If you're dairy-free, don't worry — we've got you covered with plant-based options!



2. CLEANSE FOR LIFE® provides herbal and plant-based nourishment for your body. The drink can be enjoyed as part of Cleanse Days or as an everyday supplement.

†This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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WAYS TO CLEANSE

1. Everyday cleansing involves drinking one serving of Cleanse for Life as a daily supplement. Take one serving daily in the morning, at night, or between meals on Shake Days.
2. Deep cleansing involves drinking Cleanse for Life during a day of intermittent fasting. Take up to four deep cleansing servings throughout the day. Completing one or two Cleanse Days per week is an excellent way to support weight loss.



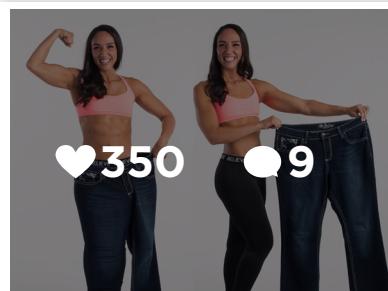
3. IONIX® SUPREME is a daily, nutrient-rich tonic that can support mental and physical performance. It features a blend of adaptogenic herbs and other ingredients to help your body resist and adapt to stress.†



4. ISAFLUSH® is a daily capsule that can aid in digestion, regularity, and overall health with the use of cleansing herbs and minerals and without harsh laxative ingredients.†

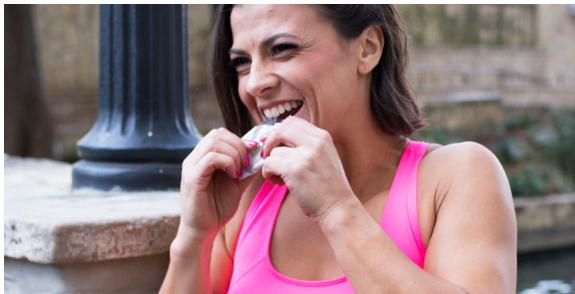
5. NATURAL ACCELERATOR™ is a daily dietary supplement that can help support thermogenesis with natural ingredients such as cayenne, green tea, and cocoa seed.†

6. ISAGENIX SNACKS™ are chewable snack wafers designed to satisfy hunger and help keep you on track with your weight loss goals.



ISABODY CHALLENGE®
 Congratulations to one of our IsaBody Challenge Finalists, Rachel!
 #IsaBody #WeArelisagenix

IF YOU RECEIVED THE WEIGHT LOSS VALUE PACK, THE CONTENTS OF YOUR BOX COULD ALSO INCLUDE:



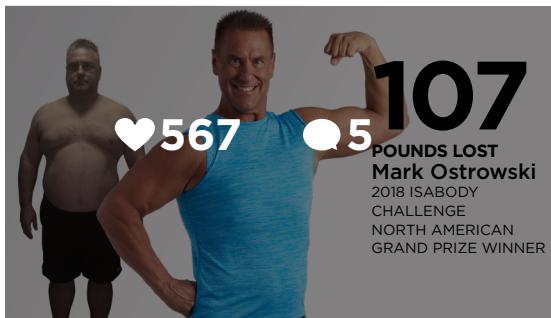
ISADELIGHT® Delectable chocolates infused with green tea to help satisfy cravings and support Cleanse Days.



e+™ An energy shot that contains natural plant-based caffeine and adaptogens.†



ISAGENIX GREENS™ A powdered supplement containing phytonutrients from more than 30 vegetables, herbs, and botanicals to promote overall health.†



ISABODY CHALLENGE® Meet our 2018 IsaBody Challenge North America Grand Prize Winner, Mark Ostrowski! Check out his 107-pound weight loss story at IsaFYI.com/IsaBody. #IsaBody #Celebration2018

Weight loss should not be considered typical. A two-phase 2016 study published by researchers at Skidmore College showed an average weight loss of 24 pounds after 12 weeks. The study evaluated the use of Isagenix products in men and women for weight loss followed by weight maintenance. As part of the weight loss phase, the participants took part in a calorie-controlled regimen of Shake Days and one Cleanse Day per week. During the weight maintenance phase, the subjects who continued the calorie-controlled program using Isagenix products better maintained their weight loss in comparison to those who transitioned to a traditional diet after 52 weeks. For more information on the study, see IsagenixHealth.net.



WHEY THINS™ & HARVEST THINS™
Savory and delicious protein-packed snacks.



ISALEAN® BAR

Premium bars that can be used as an alternative meal with balanced nutrition, including 18-19 grams of high-quality protein.



ISAGENESIS®

Designed to support your telomeres for healthier, more youthful aging.†

†This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

††Foods and supplements containing at least 0.65 g per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 1.3 g as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Heart Shake Booster supplies 0.65 g of plant sterol esters.



COMPLETE ESSENTIALS™

DAILY PACK A complete daily nutrient support with vitamins, minerals, omega-3s, antioxidants, and herbs and botanicals.†

YOU MAY ALSO FIND DELIGHT IN SOME OF THESE POPULAR ADD-ON PRODUCTS



IMMUNE SHAKE BOOSTER

A blend of science-supported ingredients that can help prime, strengthen, and balance the immune system for better overall health.†

HEART SHAKE BOOSTER

A blend of science-supported ingredients that may reduce the risk of heart disease and support overall cardiovascular health.††



ESSENCE BY ISAGENIX ESSENTIAL OIL

A collection of 100 percent pure essential oils perfect to add to your health and wellness routine. The line includes Content™, a blend designed to support “hanger” management and help you reach your weight loss goals.



ISABIOME™ DAILY DIGESTIVE HEALTH SYSTEM

A breakthrough line of uniquely formulated supplements that consists of probiotics and digestive enzymes to support your microbiome and better gut health.

NOW WHO'S READY TO CRUSH THIS?

It's pretty simple. Each day will either be a Shake Day or a Cleanse Day.

SHAKE DAY Replace two meals per day with an IsaLean® Shake, and enjoy up to two healthy, balanced snacks and one 400- to 600-calorie meal. For example, you could have a shake for breakfast, enjoy a healthy meal for lunch, and end your day with a shake for dinner. For recipe ideas, head to your IsaLife™ app.

CLEANSE DAY On a Cleanse Day, you will reap the benefits of intermittent fasting by abstaining from normal meals and foods and instead supplying your body with four deep cleanse servings of Cleanse for Life®. We have great news: Snacking is OK on Cleanse Days! We'll get into details on the next page.

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

1 CLEANSE DAY PER WEEK

Day 1 S*	Day 2 S*	Day 3 C	Day 4 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	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					

BACK-TO-BACK CLEANSE DAYS

S*	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			

If you are pregnant, nursing, diabetic, or 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.

TIPS FOR SUCCESS:

- Stick to a schedule!
- *2-5 Shake Days are recommended prior to your first Deep Cleanse Day.
- **Enroll in Lifestyle Rewards (Autoship) to ensure you have product for next month. Speak with your Coach for more details.
- When you've reached your goal weight, consider transitioning to the Daily Wellness Pack for continual nourishment.

Head over to [WelcomeTolsagenix.com](https://www.welcometolsagenix.com) to customize your Cleanse Day schedule in the IsaLife app.



SHAKE DAY

BEFORE BREAKFAST

IONIX® SUPREME 1 serving
ISABIOME™ PROBIOTICS

1 capsule

BREAKFAST

ISALEAN® SHAKE
NATURAL ACCELERATOR™

1 capsule

MIDMORNING OPTIONAL SNACK

(200 calories or less)

LUNCH

ISALEAN SHAKE OR
400- TO 600-CALORIE MEAL
NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON OPTIONAL SNACK

(200 calories or less)

DINNER

ISALEAN SHAKE OR
400- TO 600-CALORIE MEAL
ISABIOME
DIGESTIVE ENZYMES

1 capsule (with your largest meal)

BEFORE BED

ISAFLUSH® 1-2 capsules
with 8 oz water

PRO TIPS: For people 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 keep you satisfied for longer. There are many ways to customize Shake Days and Cleanse Days. Remember, these are just guidelines!

*Whey Thins and Harvest Thins are now approved for Cleanse Days. Limit to one bag throughout the day.

CLEANSE DAY

BEFORE BREAKFAST

IONIX SUPREME 1 serving
ISABIOME PROBIOTICS

1 capsule

BREAKFAST

CLEANSE FOR LIFE® 4 oz liquid or 2 scoops
powder
ISAGENIX SNACKS™ 2 wafers
NATURAL ACCELERATOR 1 capsule

MIDMORNING CLEANSE DAY APPROVED SNACK

(See snack options.)

LUNCH

CLEANSE FOR LIFE
4 oz liquid or 2 scoops powder
ISAGENIX SNACKS 2 wafers
NATURAL ACCELERATOR

1 capsule (optional)

MIDAFTERNOON CLEANSE FOR LIFE

4 oz liquid or 2 scoops powder
CLEANSE DAY APPROVED SNACK
(See snack options.)

DINNER

CLEANSE FOR LIFE
4 oz liquid or 2 scoops powder
ISAGENIX SNACKS 2 wafers

BEFORE BED

ISAFLUSH 1-2 capsules
with 8 oz water



SNACK OPTIONS

IsaDelight®, e+™, Isagenix Greens™, Isagenix Fruits, Slim Cakes®, Whey Thins™, Fiber Snacks™, Harvest Thins™

Isagenix Snacks,
1-2 IsaDelight chocolates, ¼ apple or pear, 1 serving of AMPED™ Hydrate (if exercising),
1-2 servings of e+,
1 bag of Harvest Thins,*
1 bag of Whey Thins*

Q: I'm nervous to start! How can I keep myself on track?

A: Accountability, accountability, accountability! You'll find that this journey is much easier when you surround yourself with support. Try joining the IsaBody Challenge® where you can be part of a large global community of people who are embarking on this same life-changing journey. We're all here to support one another. Head to [WelcomeToIsagenix.com](https://www.welcometolsagenix.com) for more information.

Q: How can I satisfy my hunger during Cleanse Days?

A: Simple! Try any of our Cleanse Day approved snack options, such as savory Whey Thins™ or sweet IsaDelight® chocolates. Who doesn't want chocolate on a Cleanse Day?

Q: Why should I cleanse?

A: Cleanse Days can help kick-start your body's own detoxification systems. Isagenix Cleanse for Life® is specifically formulated to provide your body with extra support as it prepares for the benefits of intermittent fasting.†

Q: Can I use IsaLean Shake Plant-Based with my current system?

A: Yes! You can easily swap IsaLean® Shakes for dairy-free IsaLean Shakes if you choose.

Q: How can I get creative with my IsaLean Shakes?

A: Easy! Try adding fresh fruit, spices like cinnamon, or Isagenix products like Isagenix Coffee, Isagenix Greens™, or Isagenix Fruits. Just keep in mind that customizing your IsaLean Shake can increase its caloric value.

Q: If I feel tired or have a headache, should I stop using my system?

A: Have a small snack if you are experiencing these symptoms. If your symptoms are serious or persistent, seek medical attention.

Q: I just completed two Cleanse Days in a row and want to do more! Can I continue to complete Cleanse Days to maximize my success?

A: Kudos for crushing your Cleanse Days, but don't overexert yourself. Keep it nice and steady. Remember, cleansing one day per week is recommended. You may choose to cleanse up to two consecutive days, but do not exceed more than that per week. We also recommend not exceeding four Cleanse Days a month.

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

A: Sounds like you're in! We suggest swapping out one or both of your IsaLean Shakes for IsaLean PRO Shakes or simply adding a scoop of IsaPro® to 1½ scoops of IsaLean Shake to increase your protein intake. The extra protein will help fuel your body with the nutrients and calories it craves while you're working out.

Weight loss, muscle gain, lifestyle, and other results depicted here reflect exceptional individual experiences of Isagenix Customers and should not be construed as typical or average. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup.

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ONE DAY,
OR DAY ONE?
YOU DECIDE.

NEXT STEPS . . .

First, bravo for finishing your system!

If you haven't hit your goals yet, the best results will come from continuing with one of our full systems, whether that be the Weight Loss Value Pack, Weight Loss Premium Pack (30-Day Premium Pack), or Weight Loss Basic Pack (30-Day System).

If you have reached your weight loss goals, the Daily Wellness Pack is the perfect pack to graduate to for continual daily nourishment and to help you stay on track with the results you've achieved.

COMMIT

to your success, and maintain your results!

CONTINUE

to set goals, and share your experiences.

CHANGE

doesn't come without challenging yourself; join the IsaBody Challenge®!





Peak Performance
Begins at **Isagenix.com**



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