

A Simple Guide to a Healthier You

Weight Management Solutions





Welcome to Isagenix!

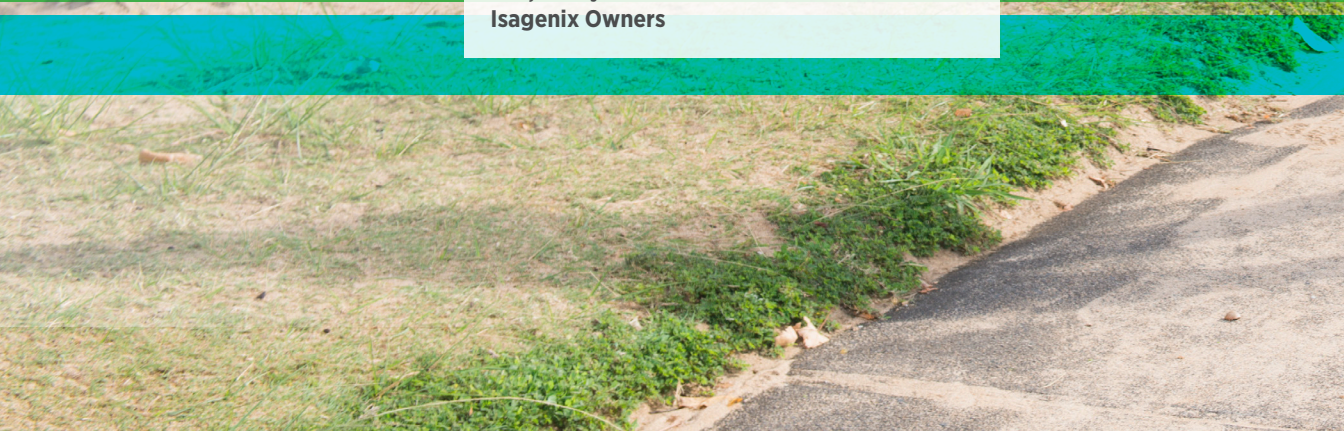
On behalf of the hundreds of thousands of successful Isagenix product users worldwide, we want to congratulate you on starting a journey that can transform your health.

This guide is designed to help you amplify your success. It is simple, easy to follow, developed by experts and used by people like you who have been successful at reaching their goals and 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 to help you learn how to incorporate these nutritional products and healthy eating habits into your lifestyle. As you read through this guide, you will learn about many of the tools we have in place to support you. No matter what, if you have a question about a product, contact 0808 189 0490 (freephone), or visit Isagenix.com.

To your success!

Jim, Kathy and Erik Coover
Isagenix Owners





This guide is divided into six sections:

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Jenn Lenz

Isagenix Customer since 2013

GETTING STARTED

- ☐ Set Your Goals
- ☐ Take the Pledge
- ☐ Take Your Picture
- ☐ Take Your Measurements

Your Personal Pledge & Vision Statement will help you solidify your commitment and identify who your Support Team is. This is one of the most important steps to getting started, so take your time and be thoughtful.

PERSONAL PLEDGE & VISION STATEMENT

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 losing _____ pounds while increasing my muscle mass.

My 'Why'

I know that my success will greatly improve my health and overall quality of life, and help me to reach my weight goals. My life will be better with each day that I get closer to reaching my goal, because I will be able to _____.

My Support Team

My Sponsor is _____. My Sponsor is there not only to offer support, encouragement, and advice, but also to answer questions and guide me through my journey to a healthier, new lifestyle.

I will surround myself with positive people who will support me and understand how important my Isagenix programme is to me. My Support Team includes:

Signed: _____ Date: _____

Sponsor Signature: _____ Date: _____



“After following a consistent exercise routine and utilising the Isagenix System, I am now able to lift more weight in the gym and recover faster.”

Amyra Mondon



2014 North America
IsaBody Challenge®
Grand Prize Winner



**COMPLETED
CHALLENGES: 3**

ISAGENIX SOLUTION UTILISED:
WEIGHT MANAGEMENT

YOUR PATH TO SUCCESS BEGINS HERE.

- 1 Weight loss is important, but centimetres/inches lost is also important. Take your measurements, and track your success with our easy-to-use measurement tracker (back panel). Focus on how you feel and how your clothes fit rather than just the number on the scale.
- 2 Share the goals that you identified on your Personal Pledge & Vision Statement with your Support Team members, and invite them to join you in your transformation. Ask your Sponsor how you can get paid for sharing Isagenix products with others.
- 3 Follow the monthly schedule and Shake and Cleanse Day¹ planner on Pages 10 and 11 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 fizzy drinks, sugary snacks and other “junk” foods. See meal planning tips on Page 12.
- 5 Read your Vision Statement daily.
- 6 Join the IsaBody Challenge to help you achieve your transformation and earn a £150 product coupon. Learn more at UK.IsaBodyChallenge.com.

¹ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.

The weight loss and lifestyle results depicted in this publication may vary depending on level of effort, adherence to a controlled-calorie dietary regime, and physical constitution. The results were achieved when Isagenix products were included as part of a healthy lifestyle that incorporates regular exercise, appropriate portion control, and a varied and balanced diet to meet desired goals. Those who are pregnant, breastfeeding, or have a medical condition are advised to consult a doctor before using Isagenix products or making any other dietary changes.

YOUR PRODUCTS

What makes Isagenix unique and special is our no-compromise approach to product formulation and our convenient solution systems.

Let's take a moment to get to know the nutritious and delicious products you are about to experience.

1. IsaLean™ Shake

IsaLean Shake is a balanced meal replacement featuring whey protein, essential carbohydrates, fats, vitamins and minerals.

2. Nourish for Life™

Nourish for Life is a natural berry-flavoured drink mix containing a blend of B vitamins that help to support the body's functions¹, reduce tiredness and fatigue² and contribute to normal energy-yielding metabolism³. Nourish for Life can be used for everyday revitalising and is a fundamental component of Cleanse Days⁴.

3. Ionix® Supreme

A daily botanical tonic formulated to support overall well-being.

4. Isagenix Snacks™

Nutritious bite-sized snacks to support your metabolism between meals and on Cleanse Days⁴.

1



2



3



4



5. IsaDelight™

Individually-wrapped, guilt-free chocolates that contain green tea, amino acids, antioxidants and B vitamins.

6. Thermo GX™

A daily supplement with chromium and niacin to support your body's metabolism and energy production⁵. In addition, it also contains cayenne and green tea.

7. IsaMove™

A daily supplement taken before bed that combines 200 mg of magnesium with psyllium and peppermint. Magnesium helps to support the body's natural functions⁶ overnight.

8. e-Shot™

A convenient caffeine shot, made with naturally sourced plant-based caffeine.

9. AMPED™ Hydrate

A refreshing, hydrating sports drink mix enriched with vitamin C, B-complex and a unique carbohydrate-electrolyte blend⁷.

- ¹ Vitamin B6 contributes to the normal functioning of the nervous, psychological and immune systems. Riboflavin (B2) contributes to normal functioning of the nervous system and vision. Thiamin contributes to normal functioning of the heart system.
- ² B vitamins [B6, B12 and niacin (B3)] contribute to the reduction of tiredness and fatigue.
- ³ Vitamin B12 contributes to normal energy-yielding metabolism.
- ⁴ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.
- ⁵ Contains niacin and chromium. Niacin contributes to normal energy-yielding metabolism. Chromium contributes to normal macronutrient metabolism.
- ⁶ Contains magnesium, which contributes to normal energy-yielding metabolism, functioning of the nervous system, muscle function and normal protein synthesis.
- ⁷ Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise and enhance the absorption of water during physical exercise.

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6



7



8



9



YOUR SYSTEMS

Isagenix offers a variety of Weight Management Systems. Each of these systems are a combination of Shake and Cleanse Days¹, which support your body as you work toward great results.



Weight Management Premium Pack

The ultimate pack for your weight management success! This pack includes the 30-Day Weight Loss System and additional complementary products to support your goals and lifestyle, as well as plenty to share with friends and family.

- Supports your everyday nutrition as part of your weight loss or weight maintenance goal
- Mix and match your favourite IsaLean Shake flavours
- Includes free annual Membership for one year
- Includes event coupon valid for 90 days
- Includes Isagenix accessories: IsaBlender and IsaShaker

¹ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.



30-Day Weight Loss System

Specifically designed to help you get started on your weight loss journey and achieve your goals through balanced everyday nutrition.



Everyday Weight Maintenance System

Ideal for those who want to maintain a healthy weight and support their daily diet with balanced nutrition.

USING YOUR WEIGHT MANAGEMENT SYSTEM COULDN'T BE EASIER.



TIP

Stay hydrated throughout the day to support your body's natural functions. We recommend drinking at least eight 235 ml glasses of water daily. If you are exercising, ensure you rehydrate and replace electrolytes with products such as AMPED Hydrate².

SHAKE DAYS

For a successful programme, **replace conventional meals with 2 IsaLean Shakes** per day and 1 healthy, 400-600 kcal meal for lunch or dinner.

BREAKFAST

1 IsaLean Shake
1 Thermo GX capsule
1 serving of Ionix Supreme

MID-MORNING (optional)

1 Isagenix Snack
1 small apple

LUNCH

1 IsaLean Shake
1 Thermo GX capsule

MID-AFTERNOON (optional)

1 IsaDelight²
1 serving of e-Shot²
1 serving AMPED Hydrate²

DINNER

Nutritionally balanced
400-600 kcal meal
1-2 IsaMove capsules before bedtime

See Page 12 for meal guidelines. Optional servings and additional items listed above that are not included in your Isagenix System, such as many of the snack options, will need to be purchased separately.

CLEANSE DAYS³

Enjoy 118 ml servings of Nourish For Life 4 times per day, with snacks and liquids in between to ensure you stay hydrated. (You can choose which snack options you would like to have when, throughout the day.)

BREAKFAST

118 ml serving Nourish For Life
1 serving Ionix Supreme

MID-MORNING

2 Isagenix Snacks
1 Thermo GX capsule

LUNCH

118 ml serving Nourish For Life
¼ apple or pear
1 serving AMPED Hydrate² (if exercising)

EARLY AFTERNOON

1-2 IsaDelight²

MID-AFTERNOON

118 ml serving Nourish For Life
1 serving of e-Shot²

EARLY EVENING

2 Isagenix Snacks

EVENING

118 ml serving Nourish For Life
1-2 IsaMove capsules before bedtime

¹ For weight maintenance, replace one meal with IsaLean Shake and enjoy two healthy 400-600 kcal meals per day.

² Product is not included in the 30-Day Weight Loss System or Everyday Weight Maintenance System and must be purchased separately.

³ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.

These calendars can help guide you through your system. To determine which Cleanse Day³ option is best for you and to create your own calendar, see the inside back panel.

PREMIUM PACK OR 30-DAY WEIGHT LOSS SYSTEM: OPTION A - 1 CLEANSE DAY ³ A 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					

PREMIUM PACK OR 30-DAY WEIGHT LOSS SYSTEM: OPTION B - BACK-TO-BACK CLEANSE DAYS ³						
Day 1 S**	Day 2 S**	Day 3 C	Day 4 C	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 C	Day 11 C	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	Day 17 S	Day 18 S	Day 19 S	Day 20* S	Day 21 S
Day 22 S	Day 23 S	Day 24 S	Day 25 S	Day 26 S	Day 27 S	Day 28 S
Day 29 S	Day 30 S					

EVERYDAY WEIGHT MAINTENANCE SYSTEM EXAMPLE						
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 S	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 S	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 enough product for next month, be sure to enrol in Autoship. Speak with your Sponsor for more details.

** Two Shake Days are recommended prior to your first Cleanse Day. These days help to create an environment in the body that helps enhance the effects of cleansing. Please note that you should never exceed two consecutive Cleanse Days.

THE MAIN COURSE

Your 400–600 kcal meal on Shake Days should be nutritionally balanced. That means being nutrient-dense and containing the right balance of proteins, carbohydrates, fats and fibre. Follow these suggestions below to make crafting a healthy meal easy and delicious.

GOOD FATS

Your body requires small amounts of fat to perform as it should. Unsaturated fat (rich in Omega-3 fatty acids) is considered better for you, as it can help to keep blood cholesterol within a normal range.

- Coconut oil
- Olive oil
- Avocado
- Other cooking oil

MICRONUTRIENTS & FIBRE

Vitamins and minerals are key micronutrients required for many chemical reactions your body performs every day. Fruits and vegetables are particularly nutrient-dense, and many provide fibre too. Your recommended fibre intake is 25 grams per day.*

- Raw veggies
- Cooked veggies
- Veggie soups
- Fresh fruit



PROTEIN

Whatever your goal, protein is essential for every cell in the body; supporting muscle recovery as well as contributing to growth of muscle mass and maintenance of normal muscle and normal bones.

- Poultry
- Beef/lamb
- Fish
- Eggs
- Low-fat dairy
- Peas
- Lentils
- Beans

COMPLEX CARBS

Carbohydrates are the body's preferred source of fuel, and provide energy for daily activities and bodily functions. Swap the 'empty calories' of refined carbs for more nutritious complex carbs found in beans and whole grains.

- Grains
- Quinoa
- Brown rice
- Sweet potatoes
- Cereals (sugar-free, whole grain)
- Legumes

* Source: EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA). EFSA Journal 2010; 8(3): 1462.

SAMPLE RECIPES

Dairy-Free/Vegan



RICH LENTIL VEGETABLE SOUP

- 200 g dry lentils, rinsed
- 1 clove garlic, minced
- 87.5 g diced red bell pepper
- 1 small carrot, peeled and chopped
- 3 tablespoons olive oil
- 705 ml low-sodium vegetable broth
- 300 g fresh leafy greens, such as spinach, kale, or chard, washed and roughly chopped, stems discarded

Optional: fresh lemon wedges to serve

Place lentils in a medium pot with enough water to cover by 2 inches. Bring to a boil, then reduce to simmer for about 20 minutes or until tender. Drain lentils and rinse under cold water.

Meanwhile, heat olive oil in a soup pot. Add garlic, bell pepper, and carrot and cook until tender. Add the drained lentils and broth, bringing to a simmer. In the last few minutes of cooking, stir in the leafy greens until wilted, then remove from heat. Divide between large soup bowls and serve immediately. Makes two servings.

Per Serving: 570 kcal, 25 grams protein, 22 grams fat, 67 grams carbohydrate, 4 grams sugar, 12 grams fibre



SALMON SALAD

- 150 g shredded romaine lettuce (or lettuce of choice)
- 113.6 g baked salmon
- 90 g broad beans, cooked
- 2 small potatoes, baked & halved
- Homemade salad dressing (See below for instructions.)

Bake salmon fillet (4-6 minutes at 230 degrees Celsius). Combine salad greens, beans, and potatoes. Top with salmon fillet and drizzle with homemade salad dressing.

Homemade Salad Dressing

- 3:1 oil to vinegar (or lemon juice)
- Add a dash of soy sauce or sea salt
- Add 2 teaspoons honey or maple syrup
- Add cashews or almond butter
- Add flavour with herbs and spices of choice

Per Serving: 575 kcal, 38 grams protein, 46 grams carbohydrates, 12 grams fat, 8.5 grams fibre

YOUR SUPPORT

Using your Isagenix System is easy. We realise it's an important commitment, and you will need all the help and support you can get to reach your weight management goals in a reasonable amount of time.

A SUPPORTIVE COMMUNITY

We have support systems for our Customers including online tools and resources, as well as the IsaBody Challenge®.

IsaBody Challenge®

Join the IsaBody™ community for support, motivation and to help you stay on track. Register now for the IsaBody Challenge, a 16-week total transformational challenge that supports you with a network of people who love the Isagenix products and are there to help you achieve your goals. Complete the Challenge and earn a £150 product coupon! Learn more at **UK.IsaBodyChallenge.com**.

ONLINE TOOLS & RESOURCES

Isagenix has developed a library of online tools with you in mind. We encourage you to visit our websites and explore the many tools that are available to help you better understand our culture, products and philosophies about health and wellness.

Isagenix.com is our global website where you can learn more about the company and our products, shop online and log in to your Back Office.

UK.IsaFYI.com is your source for the latest Isagenix news and updates, product information, success stories, promotions and programmes.

UK.IsagenixBusiness.com is the official Isagenix business training system. On this site, you can learn how to get paid for sharing Isagenix products with others and more!

StartYourLife.com is where you'll see how a growing team of young people, ages 18-35, who are striving to lead extraordinary lives and helping others do the same.



Follow Isagenix UK on Facebook. Join our worldwide community of product users.

Meet thousands of people like you who have successfully reached their goals and enjoy a healthy lifestyle. You might even find that you are an inspiration to others on the same journey.

TIPS FOR SUCCESS

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

Schedule Cleanse Days¹ to suit you. Selecting a busy day may keep your mind off snacking.

Drink enough water to stay well hydrated.

Reduce food cravings with balanced nutrition. Use all of your Isagenix products as recommended to ensure your body is getting the right nutrition everyday.

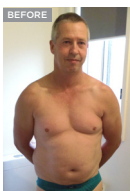
Increase your daily activity to maximise your weight loss goals. You don't have to start training for a marathon; even simply taking the stairs instead of the lift will help you to move more throughout the day.



¹ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.

YOUR NEXT STEP

Once you have reached your goals, you want to maintain them! Incorporating Isagenix nutritional products and healthy eating habits into your lifestyle routine will help you to stay on track.



**COMPLETED
CHALLENGES: 1**

ISAGENIX SOLUTION UTILISED:
WEIGHT MANAGEMENT

To find out more about
the IsaBody Challenge, visit
UK.IsaBodyChallenge.com.

***Mick** is proof that success doesn't happen overnight. Your final goals may require more than one Isagenix System, but with consistency and determination, Isagenix can help you continue to achieve the results you want!*



“My top tip for success is to set multiple realistic goals throughout your Challenge, so that you can work on each one and then move onto the next!”

Mick Peters

Isagenix Customer since 2014

YOUR OPPORTUNITY

Do you know someone who could benefit from the system that helped you to achieve success? Or perhaps one of our incredible solutions for Energy & Performance? If the answer is yes, you could earn product credits for referrals or even earn income and build a business.

Visit Isagenix.com to find out more.

FAQ

Q: What are the benefits of a Cleanse Day¹?

A: Cleanse Days¹ help to kick-start your body's own detoxification systems. Isagenix Nourish for Life is specially formulated to provide your body with nourishment and support as your body's systems detoxify.

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

A: During the first week of your journey, be patient with your body and understand it's the beginning of a transformation. The introduction of nutritious and scientifically supported Isagenix products will begin to give your body what it needs. The products will help you prepare for an efficient weight management journey. If you follow your system as recommended, you should begin to see results and feel the difference.

Q: Should I schedule a Cleanse Day¹ if I plan to exercise?

A: Yes, you can exercise while following the recommended Cleanse Day¹ schedule for your Isagenix System. However, due to the low-calorie intake on Cleanse Days¹, our suggestion is to schedule Cleanse Days¹ on 'rest days' from your weekly workout regime. If you choose to be active on Cleanse Days¹, do so with moderation and rely on AMPED Hydrate, IsaDelight and Isagenix Snacks to help you get through the day. It may also prove helpful to go to bed earlier on Cleanse Days¹ to avoid the urge for late-night snacking.

Q: Can I add fruit or other ingredients to my IsaLean Shake?

A: You can customise your Isagenix System to suit your taste and needs. Keep in mind that adding fruit or other ingredients to your IsaLean Shake increases the calorie intake.

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

A: Fatigue and a headache are often signs your body is not getting enough fluids or you might be experiencing low blood sugar. Consider eating a healthy snack and be sure to stay properly hydrated. If symptoms continue, please consult your doctor.

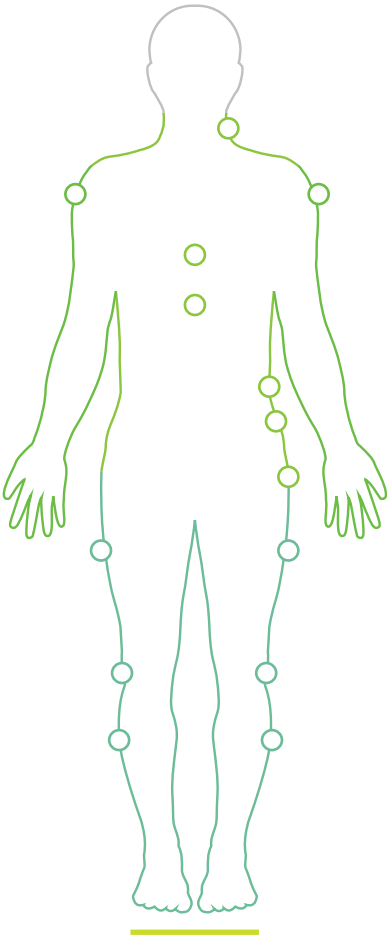
Q: Can I schedule more than two consecutive Cleanse Days¹?

A: No. You may schedule up to two consecutive Cleanse Days¹ per week to help you maximise your weight management efforts but no more than four days a month.

¹ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit [Isagenix.com](https://www.isagenix.com).

MEASUREMENT TRACKER

	Start	Day 3	Day 9	Day 30	Goal
Weight					
Core					
Neck					
Chest					
Diaphragm					
Waist					
Abdomen					
Buttocks					
Arms					
L Upper Arm					
R Upper Arm					
Legs					
L Upper Thigh					
R Upper Thigh					
L Upper Knee					
R Upper Knee					
L Calf					
R Calf					



Tracking your measurements is a great way to gauge your success. Centimetres lost are just as important to your weight management success as your actual weight.

BUILD YOUR OWN CALENDAR

S=Shake Day

C=Cleanse Day¹

SHOULD I CLEANSE 1 OR 2 DAYS¹?

Within our Weight Management Systems, we suggest to schedule a Cleanse Day¹ at least one day a week, but you can certainly schedule back-to-back Cleanse Days¹ to maximise your weight management results. Please note that you should never exceed two consecutive Cleanse Days¹.

For other calendar options, see Page 11.

¹ A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit Isagenix.com.



