



ISAGENIX[®]
THE ART OF WELLBEING[™]



INTEGRITY

We remain steadfast in our commitment to always do the right thing, the right way.

EARNINGS DISCLAIMER:

The ability to earn income under the Isagenix Team Compensation Plan depends on many factors including an individual Associate's business, social, and sales skills; personal ambition and activity; availability of time and financial resources; and access to large network of family, friends, and business contacts. Isagenix cannot and does not guarantee any particular level of earnings. Even Associates who dedicate a significant amount of time, effort, and personal funds may not achieve a meaningful level of success. For average earnings, refer to IsagenixEarnings.com.

ISAGENIX LEGACY CLUB:

An Isagenix Legacy Club Member is an Independent Associate to whom Isagenix has paid a gross total of \$1 million or more since joining Isagenix. Earnings reflect gross amounts that do not include any business expenses.

WEIGHT LOSS DISCLAIMER:

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.

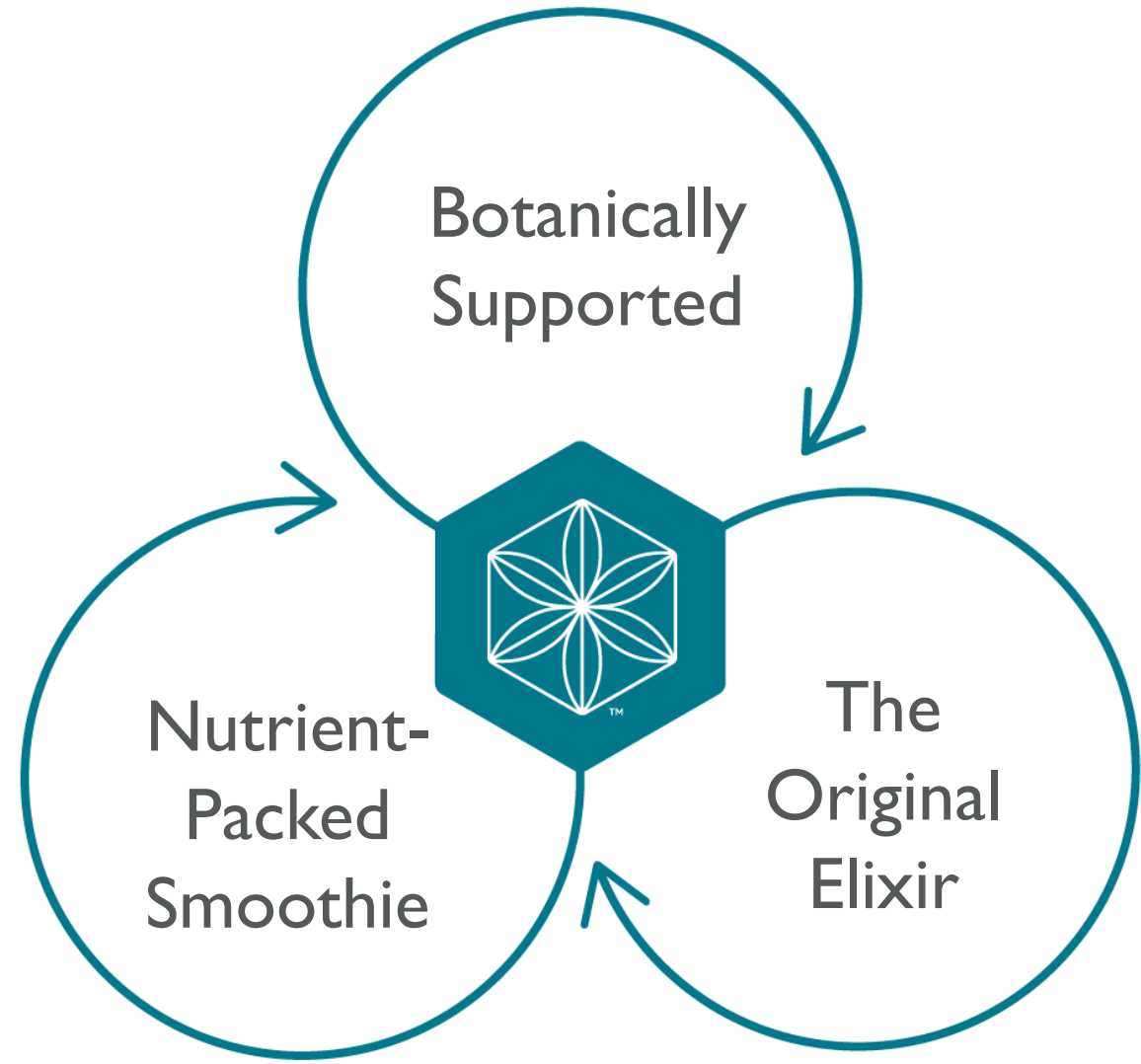
SAFETY DISCLAIMER:

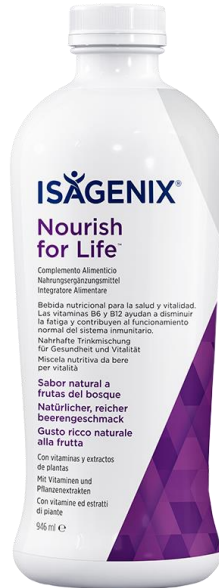
If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before using Isagenix products or making any other dietary changes. Discontinue use if adverse events occur.

INFORMATION FOR GENERAL PURPOSES ONLY:

Information provided in this presentation and on all publications, packaging, and labels is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your physician or health care professional.

THE ISAGENIX THREE





Aloe Vera Leaf, Bilberry,
Burdock Root, Blueberry,
Raspberry, Yellow Dock Root,
Turmeric, Siberian Ginseng,
Fennel, Peppermint Leaf,
Liquorice Root, Alfalfa.



Effective, clean and close-to-nature — both grass-fed whey and plant-based proteins. Superior branch chain amino acid profile, and essential trace minerals.

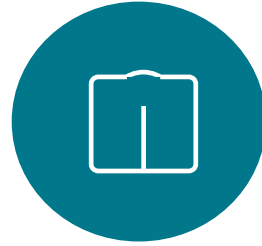


Wolfberry, Schisandra, Red Ginseng, Eleuthero, Hibiscus, Holy Basil, Dang Shen, Harada, Horsetail, Bacopa, Alfalfa, Ginger.

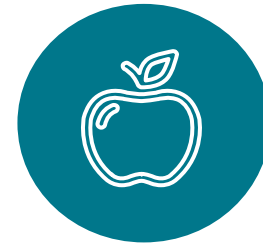
HOW ISAGENIX WORKS



Healthy
muscle
maintenance



Well-
managed
appetite =
sustainable
weight loss



Optimal
nutrition
status

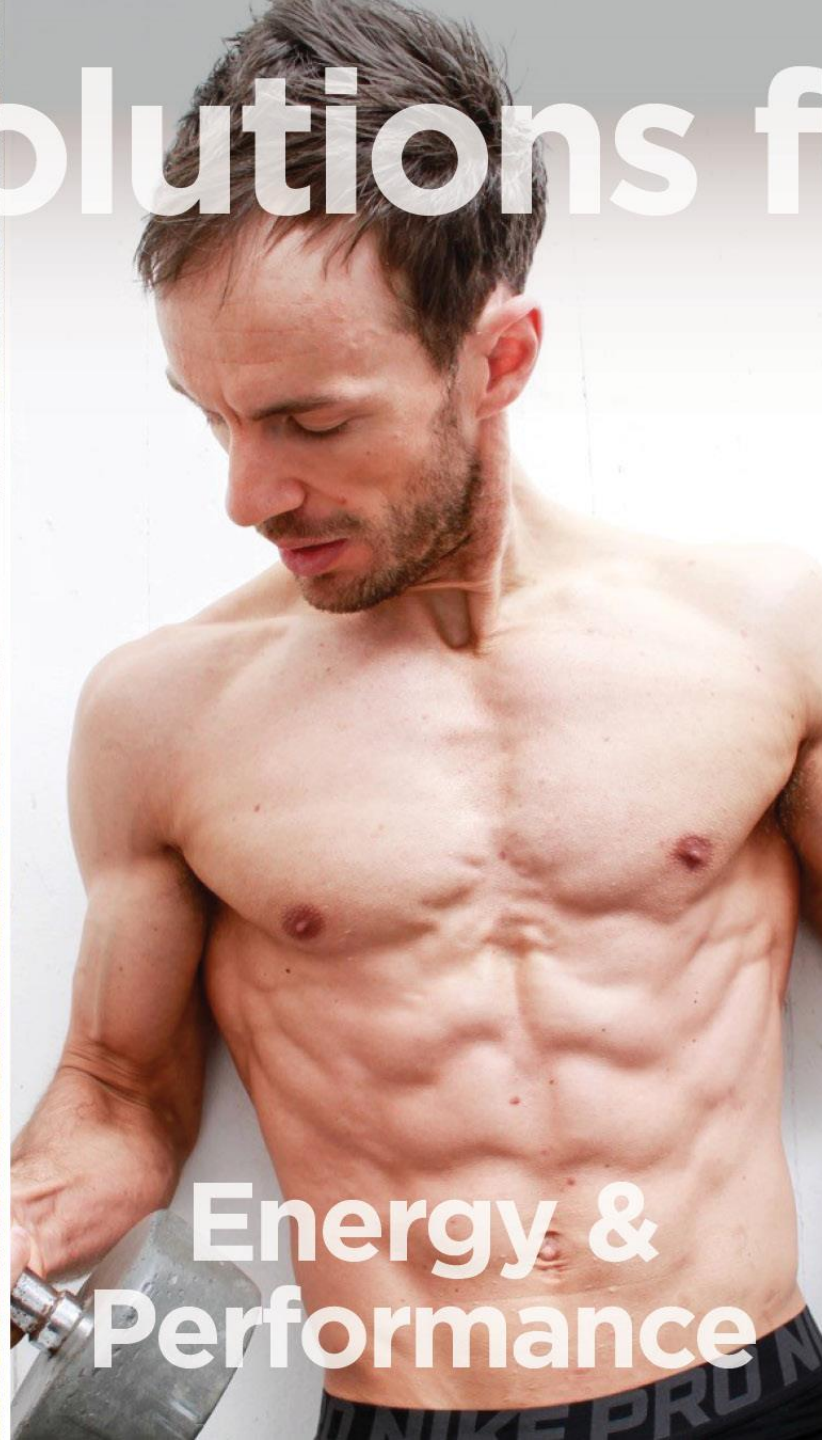
A proven nutrition system that combines calorie control and intermittent fasting with complete nourishment...

The result?

Solutions for



**Weight
Loss**



**Energy &
Performance**



**Financial
Wellness**



OUR CORE PRODUCTS

ISALEAN SHAKE

- Real food, perfectly portioned, and ready in seconds.
- In just 240 calories, we've managed to pack in.
- 24g of undenatured whey and milk protein – we all need protein in our diets to build and maintain all types of body tissue, not just to build muscle.
- 8g fibre per serving - to keep you feeling full and your digestive system healthy.
- 23 different vitamins and minerals - they have hundreds of roles in keeping the body healthy.



ISALEAN SHAKE PLANT BASED

- Our plant-based alternative so you can reap all the same benefits, just without the dairy!
- 24g plant-based protein, made with wholegrain brown rice and pea protein.
- 8g fibre per serving, to keep you feeling full and your digestive system healthy.
- A blend of 11 different fruits and vegetables – including acai, kale and pomegranate.



NOURISH FOR LIFE

- A blend of ingredients that will nourish you throughout Cleanse Days. This is how Isagenix does intermittent fasting!
- Nourishing B vitamins that are essential for breaking down the foods we eat into nutrients our body can use, and can also help to reduce tiredness and fatigue*.
- Biologically active botanicals, like aloe vera leaf, Siberian ginseng root, peppermint leaf and more.
- Functional flavours, like peppermint, fennel and berries.



*B vitamins [B6, B12 and niacin (B3)] contribute to the reduction of tiredness and fatigue.

IONIX SUPREME

- Ancient ingredients to support your modern life
- A carefully selected blend of well-studied but unique botanicals, like eleuthero, Schisandra, wolfberry and more.
- These ingredients have been used for centuries by ancient tribes for prevention and to improve performance.
- Designed to be consumed daily to help you tackle the challenges of everyday life.





HEALTHY SNACKING

WHEY & HARVEST THINS

- A delicious healthy alternative to savoury snacking
- Whey Thins and Harvest Thins can help you to satisfy your savoury cravings whilst still staying on track with your goals.
- An alternative to crisps that taste just as good – plus they're healthy too!
- Between 10-11g protein per bag.
- A savoury option for Cleanse Day.



ISADELIGHT

- Guilt free chocolates with feel good ingredients
- Individually wrapped chocolates that contain green tea, amino acids, antioxidants and B-vitamins.
- Just 60 calories per square.
- More than just chocolate, with the added benefits of green tea, amino acids and B vitamins to curb your cravings.
- Perfect as a snack between meals, a sweet treat after your meal, and you can even have IsaDelights on your Cleanse Day.



ISALEAN BAR

- A protein packed snack to satisfy your sweet tooth
- IsaLean Bar is the ideal go-to snack, made from wholesome ingredients with enough protein and fibre to keep you going until your next meal.
- 18g protein and 2-6g fibre in every bar – the perfect combination to keep you feeling full between meals.
- A convenient protein boost after your workout.
- Eat half or a whole bar.



ISAGENIX SNACKS

- The perfect Cleanse Day companion
- Isagenix Snacks provide specific nutrients to support you on your Cleanse Days.
- At only 15 calories per wafer, these nutritious bite-sized snacks help reduce cravings and keep you satisfied.
- The chromium in these little wafers can help to maintain your blood sugar levels when you're fasting – so you can carry on your day without flagging.*
- Choose from whey or plant-based options.

*Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.





TO SUPPLEMENT
YOUR DIET

ISAGENIX GREENS™

- A simple way to add a blend of green veggies to your day
- A blend of green veggies so you can get more goodness into your diet, every day, without any fuss.
- A blend of spinach, kale, spirulina, broccoli, chlorella, and more, all packed into one little scoop.
- Can be mixed with water, IsaLean Shake, or even added to yogurt, pesto, or homemade dressings.
- Suitable for the whole family (4+ years).



THERMO GX

- Help your body use the energy in the foods you eat.
- Thermo GX is a supplement designed to be taken with your meals to support your body's metabolism and energy production.
- Provides a source of niacin and chromium to support metabolism.*
- Includes a blend of green tea extract, apple cider vinegar, cayenne and cocoa seed.
- Best consumed alongside your meals.

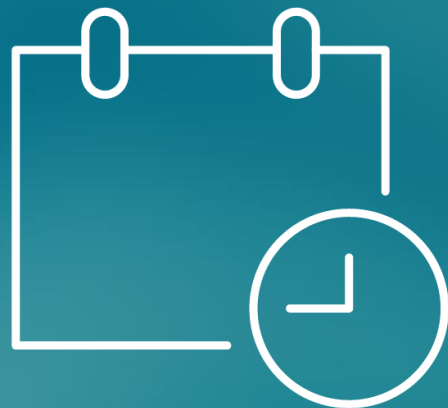


*Contains niacin and chromium. Niacin contributes to normal energy-yielding metabolism. Chromium contributes to normal macronutrient metabolism.

ISAMOVE

- Natural support for your body
- IsaMove provides the right nutrients to help support your body's natural processes that are hard at work while you sleep.
- Includes a blend of psyllium husk, hyssop and peppermint, which have been used for centuries to soothe the digestive system.
- Provides you with a source of magnesium.
- Take 1-2 capsules every evening before bed.





HOW TO USE

SHAKE DAYS AND CLEANSE DAYS

SINGLE CLEANSE DAY



BACK-TO-BACK CLEANSE DAY



SHAKE DAYS

If your goal is to lose weight:

- 1 well-balanced meal (between 400-600 calories)
- Replace the other two meals with IsaLean Shakes.
- 1-2 snacks (around 100-150 calories each)
- 1 Thermo GX Capsule with breakfast and another with lunch
- 1-2 IsaMove capsules before bed
- Ionix Supreme at whichever time of day you prefer – some enjoy it in the morning, others in the evening.

If you want to stay healthy or maintain your weight loss:

- Choose between one or two IsaLean Shakes per day depending on what's convenient
- Depending on how active you are you may need to add a few extra calories to your day.
- This could be by adding some other ingredients to your IsaLean Shake (e.g. fruits, oats, IsaPro) or having a few extra calories in your snacks and meals.

SHAKE DAY SCHEDULE

Before Breakfast

Ionix Supreme – 30ml serving

Breakfast

Isalean Shake + 1 scoop Isagenix
Greens

Thermo GX – 1 capsule

Mid-Morning

See Snack Options

Lunch

Isalean Shake
Thermo GX – 1 capsule

Mid-Afternoon

See Snack Options

Dinner

400-600 Calorie Meal

Before Bed

IsaMove – 1 capsule

Snack Options

- 1 bag of Whey Thins or Harvest Thins
- ½ Isalean Bar
- 1 e-Shot
- 1 Amped Hydrate
- 4-6 Isagenix Snacks
- 1 piece of fruit

CLEANSE DAYS

Intermittent fasting is well known for its benefits for weight loss, but it's also a great way to maintain your weight loss long term and stay healthy. You can always reduce the number of Cleanse Days you're doing per month – maybe every second week or a double Cleanse Day per month, it's up to you.



CLEANSE DAY SCHEDULE

Before Breakfast

Ionix Supreme – 30ml Serving

Breakfast

Nourish for life – 118ml Serving

Thermo GX – 1 Capsule

Lunch

Nourish for Life – 118ml Serving

Mid-Afternoon

Nourish for Life – 118ml Serving

Evening

Nourish for Life – 118ml Serving

IsaMove – 1-2 Capsules

Snack Options

4-6 Isagenix Snacks throughout the day

Choose up to 2 snacks a day

(1 mid-morning and 1 early evening)
from the options below:

- 1-2 IsaDelight
- ½ apple or pear
- 1 AMPED Hydrate
- 1 e-Shot
- 1 bag of Whey Thins or Harvest Thins throughout the day
- 1 serving Isagenix Greens

ISAGENIX.

CLEANSE DAY TRACKER

Cleanse & Stay On Track With 10 Credits Per Cleanse Day

In addition to enjoying Nourish for Life™ and Ionix® Supreme on a Cleanse Day, spend up to 10 Cleanse Credits with amazing products to curb cravings, nourish your body, and support a great Cleanse Day experience!

One serving of Nourish for Life is either

- 118ml of Natural Rich Berry flavour (liquid). You can have this on its own, or mixed with cold or warm water.
- 2 scoops of Peach Mango flavour mixed with 120-240ml water.

4

We recommend having four servings of Nourish for Life throughout the day.



Track your Cleanse Credits below. Check one box for each Cleanse Credit consumed during a Cleanse Day.

0 Credits

- Coffee (black)
- Black, green, or herbal tea
- Water, still or sparkling

1 Credit

- Xango Reserva

2 Credits

- Isagenix Snacks™ (2 wafers)
- Isagenix Greens
- e-Shot™
- IsaDelight™
- SuperMix™
- AMPED™ Nitro*
- AMPED™ Hydrate
- AMPED™ Post-Workout*
- XM+

3 Credits

- Harvest Thins™
- Whey Thins™

MONTHLY CLEANSE DAY TRACKER

CLEANSE DAY 1

1	2	3	4	5	6	7	8	9	10
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CLEANSE DAY 2

1	2	3	4	5	6	7	8	9	10
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CLEANSE DAY 3

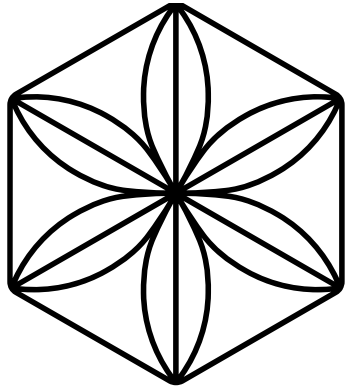
1	2	3	4	5	6	7	8	9	10
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CLEANSE DAY 4

1	2	3	4	5	6	7	8	9	10
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Values are determined through a proprietary Isagenix System and are not linked to values in other food-scoring systems. While most healthy adults can consume up to 400 milligrams of caffeine per day, you should monitor your caffeine intake on Cleanse Days and consider your personal tolerance when choosing caffeinated snack options.

*Vigorous or intense exercise is not recommended on Cleanse Days. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising, you should stop immediately and seek appropriate medical care, if needed.



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