



WEIGHT LOSS **SYSTEM** GUIDE

SAY HELLO TO HEALTH

Achieve Weight Loss
& Live Your Best Life

 ISAGENIX[®]

WELCOME TO YOUR HEALTHY CHANGE!

THESE ARE THE STEPS TO SET YOU UP FOR SUCCESS AND MAKE YOUR WEIGHT LOSS JOURNEY WITH ISAGENIX A HEALTHY CHANGE FOR LIFE.

COMMIT TO A DATE & SET YOUR SCHEDULE

Download the IsaLife™ app for step-by-step guidance to customize your Isagenix plan.

SET YOUR GOALS & GROW YOUR SUPPORT TEAM

Join the IsaBody Challenge®, crush your first Challenge with support from an amazing community, and share your results!

TRUST THE PRODUCT & 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).

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!



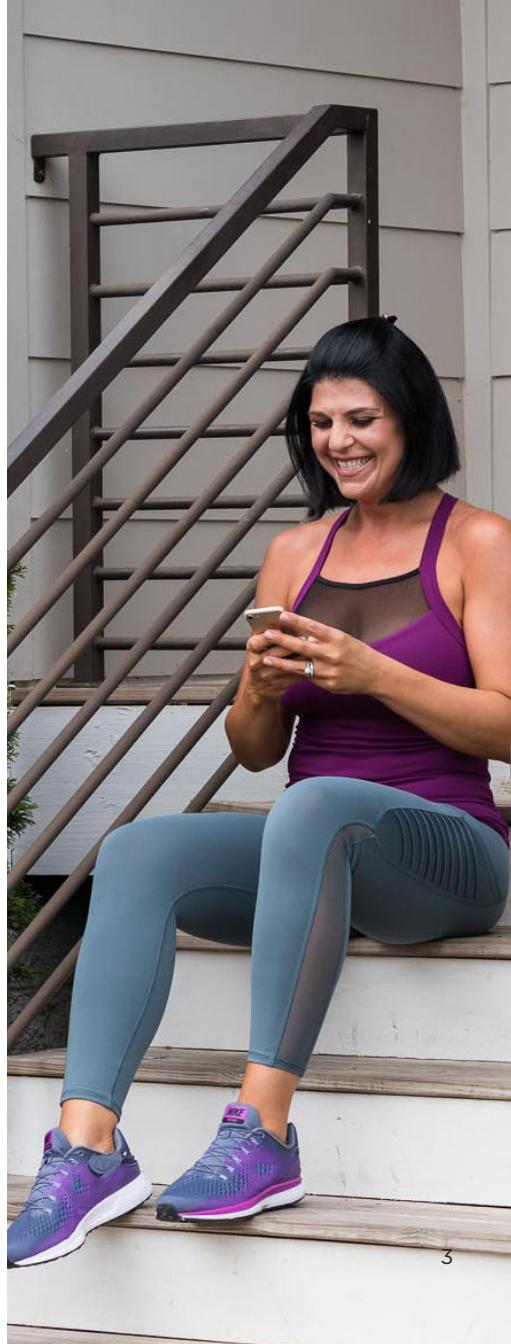
WHOLE BLEND ISALEAN® SHAKE is a delicious and complete superfood meal with vitamins and minerals sourced from organic whole food vegetables.

It packs 24 grams of high-quality protein, including undenatured whey from grass-fed cows, 1 gram of added sugar from honey and molasses, and good fats commonly found in nuts and avocados.

Replace any two meals a day with Whole Blend Shake as part of this system, and get ready to feel great! You'll be hooked by the first sip.



For our vegan and dairy-free friends: Try **Plant-Based Whole Blend IsaLean Shake** in our three irresistible flavors.





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.



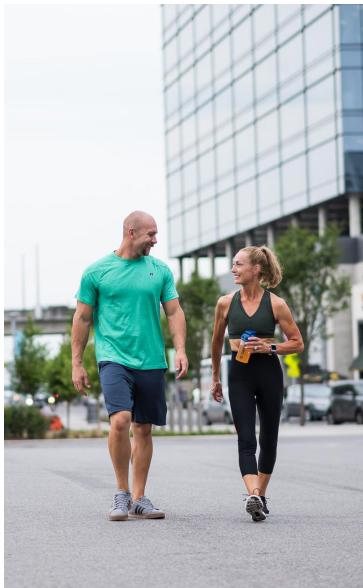
IONIX® SUPREME is a daily nutrient-rich tonic that can support mental and physical performance. It features a blend of adaptogenic herbs and other ingredients to help your body resist and adapt to stress.†



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.†

2 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.



NATURAL

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

ISAGENIX SNACKS™

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

†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.

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



SNACK BITES

Conveniently packaged cookie dough-like bites designed to stop hunger in its tracks.



WHOLE BLEND ISALEAN® BAR

A crispy, peanut-buttery, delicious superfood meal in a bar, with 20 grams of protein and a diverse blend of vitamins and minerals sourced from organic whole food vegetables.



ISADELIGHT®

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



COMPLETE ESSENTIALS™ DAILY PACK

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



ISAGENESIS®

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

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e+™

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



WHEY THINS™ & HARVEST THINS™

Savory and delicious protein-packed snacks.



COLLAGEN BONE BROTH

Infused with collagen peptides and vitamin C to support collagen production that naturally declines as we age and helps keep you feeling satisfied on Cleanse Days.†



ISAGENIX GREENS™

A superfood experience packed with two full servings of organic vegetables and made with ingredients such as organic kale, spinach, turmeric, chlorella, spirulina, and more.



BĒA™ SPARKLING ENERGY DRINK

An invigorating sparkling energy drink that delivers naturally sourced caffeine and nourishing nutrients your body craves to own the day.

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NOW WHO'S READY TO CRUSH THIS?

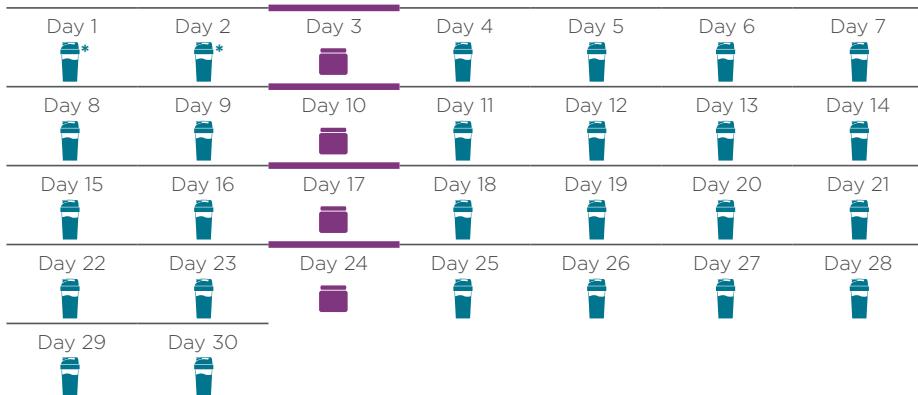
It's pretty simple. Each day will either be a Shake Day or a Cleanse Day.

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, a shake for lunch, and a healthy meal 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 supply your body with four deep cleanse servings of Cleanse for Life along with Cleanse Day approved snack options. (See Page 10: Cleanse Day Tracker.)

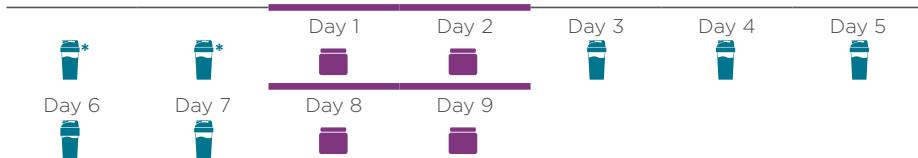
Your monthly system may look something like the sample schedule below:

1 CLEANSE DAY PER WEEK



*Two to five Shake Days are recommended prior to your first Deep Cleanse Day.

BACK-TO-BACK CLEANSE DAYS



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.



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



SHAKE DAY



BEFORE BREAKFAST

IONIX® SUPREME

1 serving

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

BEFORE BED

ISAFLUSH®

1-2 capsules with 8 fl 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!

CLEANSE DAY TRACKER

Stay on Track With 10 Cleanse Credits Per Cleanse Day

With nutritional support from **Cleanse for Life**®, **Ionix**® **Supreme**, and 10 credits to spend during a Cleanse Day, you can choose between these amazing products to curb cravings, nourish your body, and support a better overall experience. Beverages like water, tea, or black coffee are free, while filling and delicious products like Snack Bites are only three credits.

Track your Cleanse Credits progress in the graph below!

0 CREDITS

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

1 CREDIT

- BĒA™ Sparkling Energy Drink
- AMPED™ Hydrate

2 CREDITS

- Isagenix Snacks™ (2 wafers)
- Organic Greens
- e+™
- Collagen Bone Broth
- IsaDelight® Super-Chocolate
- Isagenix Fruits

3 CREDITS

- Harvest Thins™
- Whey Thins™
- Snack Bites
- Nature Oat Bakes™

Monthly Cleanse Day Tracker

Check one box for each credit consumed during a Cleanse Day.

CLEANSE DAY 1

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CLEANSE DAY 3

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CLEANSE DAY 2

<input type="checkbox"/>									
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CLEANSE DAY 4

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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.

FAQ

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.WelcomeToIsagenix.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, Organic 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.

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Peak Performance
Begins at **Isagenix.com**



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