

A SIMPLE GUIDE TO A VIBRANT YOU

Energy Solutions

ISAGENIX®

Energy — we all want it; we all need it.
And Isagenix delivers. Not the spike or the jitters.
Not the sugar rush followed by a crash.

You are about to experience long-lasting energy.

Energy is what moves us.
Energy is how we live life to the fullest.

It's the fuel in our tank. It's what makes us alive.

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 easy to follow, developed by experts, and used by people like you who have been successful at reaching their goal of claiming a healthier lifestyle that 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 these nutritional products and healthy eating habits into your and your family's lifestyles. As you read through this guide, you will learn about many of the tools we have in place to support you. If you have a question about a product, call 877-877-8111 (toll-free) or visit Isagenix.com or your Back Office to chat live with Customer Care.

To your success!

Erik Coover

Senior Vice President of Global
Field Development



Daniel Parten
Isagenix Associate since 2013

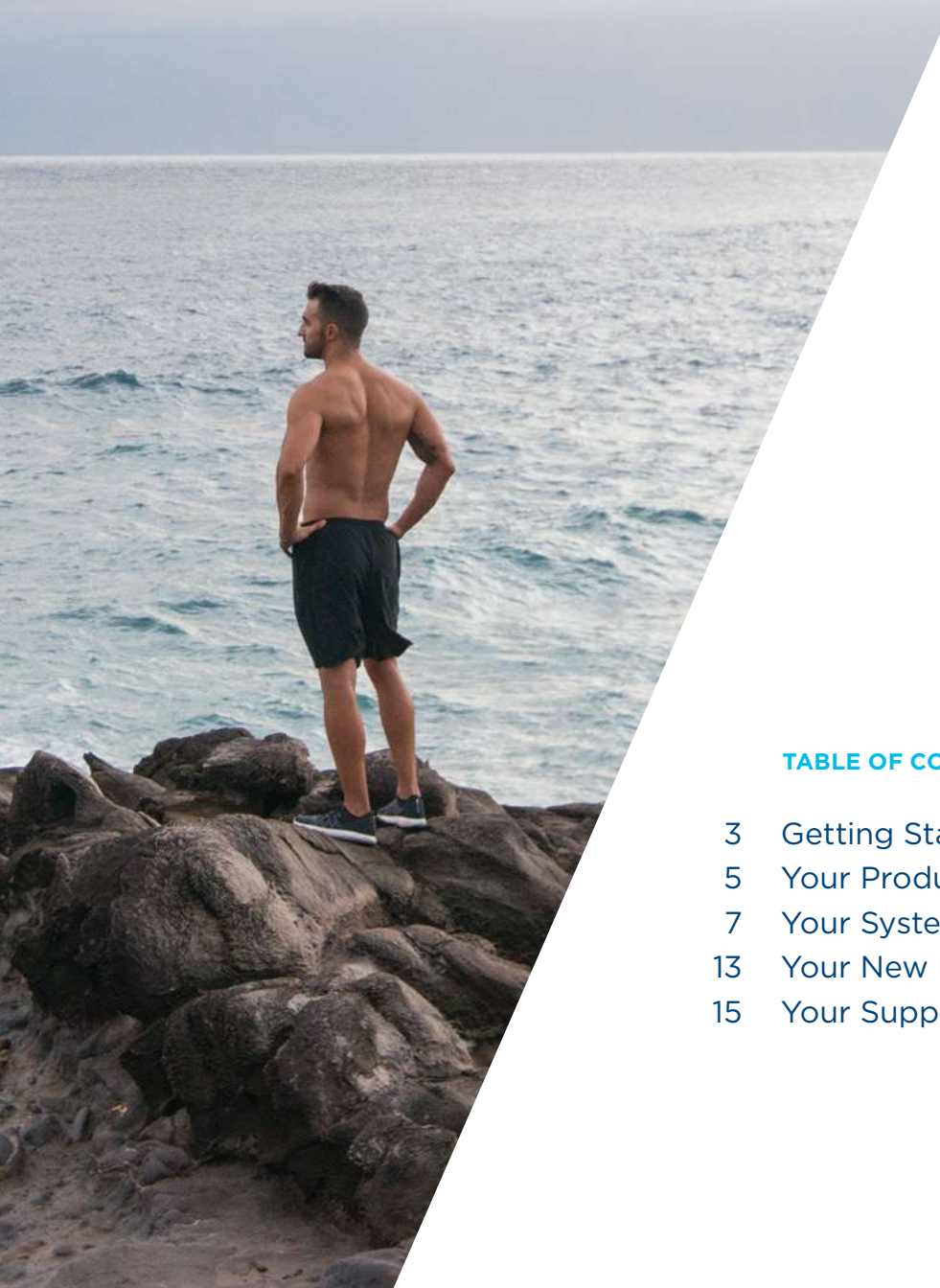


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GETTING STARTED

- ☐ Set Your Goals
- ☐ Take the Pledge
- ☐ Mark How You Feel
- ☐ Take Your Picture

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



ISABODY™

Daniel Parten
2016 IsaBody Challenge®
Runner-Up

PERSONAL PLEDGE & VISION STATEMENT

I, _____, am fully committed to creating a breakthrough in my personal health and quality of life. My goal is to be more energetic so I can _____.

MY “WHY”

I know that my success will greatly improve my health, energy levels, and overall quality of life. 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

Research has proven that written goals are much more likely to be achieved and sharing your goals with others will further support your success.

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 program is to me. My support team includes:

Signed: _____ Date: _____

Sponsor Signature: _____ Date: _____

If you are pregnant, nursing, or diabetic, are 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.

TELL US HOW YOU FEEL

How energetic do you feel during the day?

1	Day 1	1	2	3	4	5	6	7	8	9	10
	Day 30	1	2	3	4	5	6	7	8	9	10

How well do you sleep at night?

2	Day 1	1	2	3	4	5	6	7	8	9	10
	Day 30	1	2	3	4	5	6	7	8	9	10

How often do you feel the need for a soda or sugary snack throughout the day?

3	Day 1	1	2	3	4	5	6	7	8	9	10
	Day 30	1	2	3	4	5	6	7	8	9	10

Rate your mood during the day.

4	Day 1	1	2	3	4	5	6	7	8	9	10
	Day 30	1	2	3	4	5	6	7	8	9	10

How difficult is it to get out of bed in the morning?

5	Day 1	1	2	3	4	5	6	7	8	9	10
	Day 30	1	2	3	4	5	6	7	8	9	10

Which products are you starting with? What do you plan to reorder?

6	Day 1	
	Day 30	

YOUR PRODUCTS

What makes Isagenix unique and effective 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. ISAGENIX COFFEE

Isagenix Coffee is a fairly traded blend of 100 percent arabica coffee beans grown at high altitudes. Our coffee includes a special blend of ingredients to enhance the smooth flavour and help lower the natural acidity of coffee.

2. e+™

A long-lasting and flavourful energy shot, e+ is made with naturally sourced plant-based caffeine and adaptogens to help you feel refreshed and mentally alert.

3. IONIX® SUPREME

Ionix Supreme is a daily, proprietary botanical concentrate that provides antioxidants for the maintenance of good health.

4. ISALEAN™ SHAKE

IsaLean Shake is a balanced meal replacement featuring whey protein, energy-fueling carbohydrates, good fats, and vitamins and minerals.



Blend Options



Liquid

or



Powder



Flavour Options

Your Choice



Canister

or



Packet

5. ISALEAN BAR

IsaLean Bar is a complete, low-glycemic bar with perfectly balanced nutrition in six delicious flavours.

6. ISADELIGHT®

IsaDelight individually packaged chocolates contain green tea extract, amino acids, and antioxidants to help curb cravings and satisfy your sweet tooth.

7. SLEEP SUPPORT & RENEWAL™

Sleep Support & Renewal is a natural melatonin and nutrient complex spray that helps you achieve a more restful, complete night's sleep.

8. AMPED™ HYDRATE

AMPED Hydrate is a refreshing, hydrating sports drink enriched with vitamin C, B complex, and electrolytes.

9. FIBRE SNACKS™

Fibre Snacks are scrumptious, gluten-free snack bars loaded with 5 grams of quality fibre and 6 grams of protein to satisfy cravings.



Flavour Options



Canister



Sticks



Flavour Options



Flavour Options



Flavour Options

YOUR SYSTEM

Isagenix offers the classic Energy System, which is also available as a custom pak. The system is a combination of energy products, high-quality protein, and accessory products to help you stay alert and fight fatigue.



GUARANTEED RESULTS, ADDED SAVINGS



ENERGY SYSTEM

The Energy System offers a mix of high-quality protein and superb nutrition to help you improve your health and feel vibrant and alert throughout the day.



CUSTOM ENERGY SYSTEM

At the end of your Energy System, you may find that you want more of a certain product or even different products with your next pak. The Custom Energy System gives you the core products you need for an energetic lifestyle and a voucher that lets you choose additional products to tailor the system to fit your needs.

HOW TO USE

The Energy System is designed to help you feel better during the day, sleep better at night, and lead an overall healthier lifestyle. Inside are the tools you need to power your day.



Replace one meal per day with an **IsaLean Shake**. (See Pages 11-12 for meal ideas for the rest of the day.)



Enjoy a cup of **Isagenix Coffee** or an **e+ energy shot** in the morning to give your day an early boost.



Fibre Snacks and **IsaDelight** are both great options to curb cravings between meals and help prevent unhealthy snacking.



Sleep Support & Renewal helps improve your sleep so you can wake up the next morning feeling refreshed.

Some people may prefer to take Ionix Supreme in the morning.

AN ENERGY SOLUTION JUST FOR YOU

There is no one-size-fits-all solution to a healthier, more energetic lifestyle. Each person will use the system differently depending on his or her needs. These are two examples of how you might use your Energy System.



WOMEN
needing
1,600-1,800
calories per day*

Breakfast

IsaLean Shake or Bar
(210-270 calories)
Isagenix Coffee (1-3 cups)

Early Morning

e+ (35 calories)

Lunch

400-600 calorie meal
(See Pages 11-12 for meal ideas.)

Midafternoon

Fibre Snacks (150 calories)
Greek yogurt, plain (100 calories)
Ionix Supreme (25 calories)
e+** (35 calories)

Dinner

400-600 calorie meal
(See Pages 11-12 for meal ideas.)

Before Bed

1 IsaDelight (60 calories)
Sleep Support & Renewal



MEN
needing
2,000-2,200
calories per day*

Breakfast

IsaLean Shake (210-270
calories)
Greek yogurt with fruit or nuts
(160-240 calories)
Isagenix Coffee (1-3 cups)

Early Morning

IsaLean Bar (210-270 calories)
e+ (35 calories)

Lunch

400-600 calorie meal
(See Pages 11-12 for meal ideas.)

Midafternoon

Whey Thins™** (100 calories)
e+** (35 calories)

Dinner

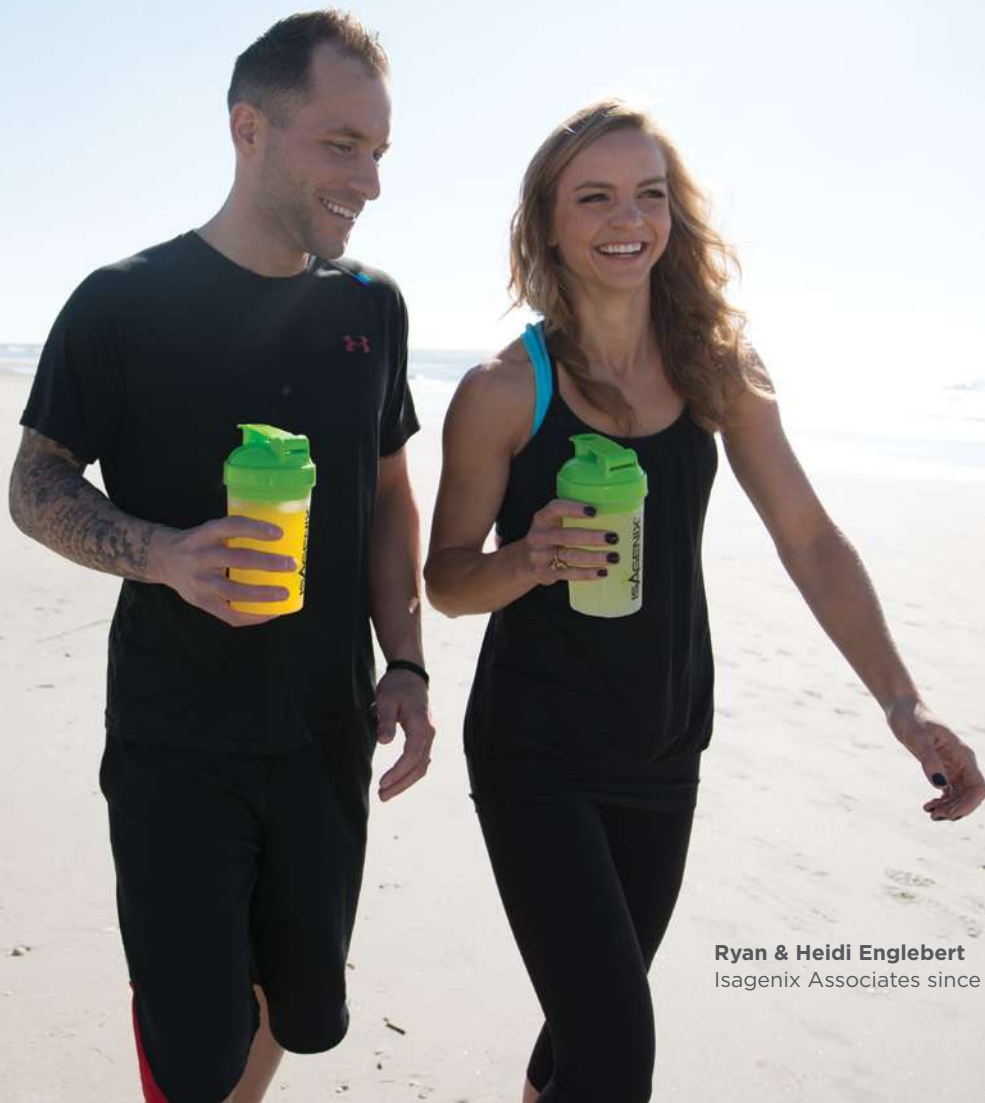
400-600 calorie meal
(See Pages 11-12 for meal ideas.)

Before Bed

Sleep Support & Renewal
Ionix Supreme

*Calorie needs may vary based on age, height, weight, and activity level. For general health, adults aged 18-64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week.

**Additional product may need to be purchased in a Custom Energy System.



Ryan & Heidi Englebert
Isagenix Associates since 2011

THE MAIN COURSE

When you're not replacing a meal with a delicious IsaLean Shake, a proper 400–600 calorie meal is essential to an energetic lifestyle. That means being nutrient-dense and containing the right balance of protein, carbohydrates, fat, and fibre. Follow these suggestions below to make crafting a healthy meal easy and delicious.



Portion Size:
Thumb

GOOD FATS

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



Portion Size:
2 Fists

VEGETABLES

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



Portion Size:
Palm of Hand

PROTEIN

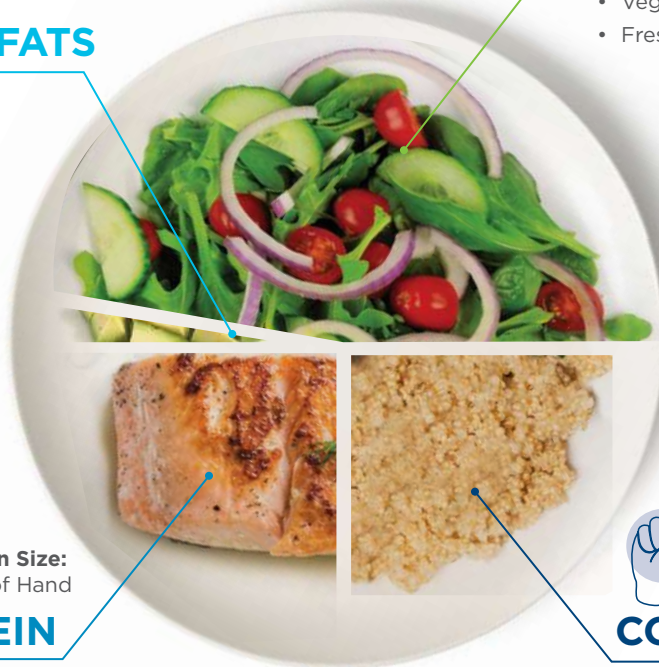
- Poultry
- Beef/game/lamb
- Fish
- Eggs
- Low-fat dairy



Portion Size:
1 Fist

COMPLEX CARBS

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





COCONUT CURRY EGGPLANT

- 1 medium-sized eggplant
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 2 cups sliced white button mushrooms
- 1 head cauliflower, chopped
- 1 cup firm tofu, chopped
- 1, 15-ounce can garbanzo beans
- 2 tomatoes, seeded and chopped
- 2 basil leaves, chiffonade
- Handful of pistachios, shelled

Cut eggplant in half, remove pulp, and cube. (Set shells aside.) Pulse cauliflower in a food processor, or chop by hand. Add ingredients to a large, nonstick pan, and sauté for 5 minutes on low/medium heat. Stir in curry sauce (recipe below) and tomatoes, and cook for an additional minute. Divide the mixture into the two eggplant shells, place on a baking sheet, and bake for 20-25 minutes at 400° F. Garnish with basil and pistachios.

Coconut Curry Sauce

- 2 tbsp olive oil
- ½ tsp crushed red pepper flakes
- 1 tbsp minced garlic
- 1 tbsp curry powder
- 1 tsp lemon zest
- 1 cup light coconut milk
- 1 tbsp soy sauce

In skillet over medium-high heat, add olive oil, and heat for about 30 seconds. Add red pepper flakes, garlic, curry powder, and lemon zest, and sauté for about 15-30 seconds. Add coconut milk and soy sauce, and bring to a boil. Cook for about 1 ½ minutes or until sauce slightly thickens. Pour into bowl.



SPINACH AND SOBA SALAD

- 1 chicken breast, roasted or grilled
- 2 cups spinach leaves
- 1 red bell pepper, sliced
- ¼ cup quinoa (cooked)
- ½ cup soba (cooked)
- Homemade salad dressing (recipe below)

Toss the spinach, noodles, and quinoa with the Citrus Sesame Soy Dressing (recipe below) in a large bowl. Transfer to a plate, and top with chicken and bell peppers.

Citrus Sesame Soy Dressing

- 1 ½ tbsp olive oil
- ½ tsp sesame oil
- 2 tsp soy sauce
- Splash of orange juice
- 1 clove garlic, chopped
- 1 tsp ginger, grated

Place all ingredients in blender and blend, or place in a bowl and whisk until blended.

Per serving: 500 calories, 45 g protein, 30 g carbohydrates, 22 g fat, 5 g fibre

Per serving: 544 calories, 26 g protein, 56 g carbohydrates, 24 g fat, 16 g fibre

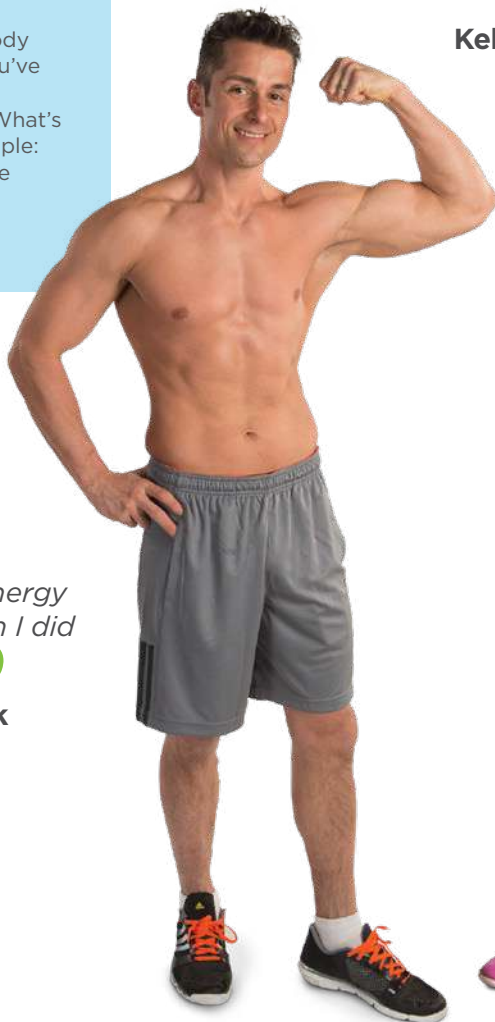
For more delicious recipes, visit IsaProduct.com/Recipe.

YOUR NEW LIFESTYLE

Keep Isagenix in your body and in your life. Once you've reached your goal, you'll probably ask yourself, "What's next?" The answer is simple: a lifelong healthy lifestyle for you and your family.

“I have more energy in my 40s than I did in my 20s!”

James Bullock



“Isagenix helped me create an energetic and healthy lifestyle when I needed it most.”

Kelli Penman



THE NEXT SOLUTIONS

Isagenix offers solutions to fit your goals and lifestyle. When you achieve your goals in Energy Solutions, we encourage you to experience any — or all — of our other incredible solutions.

PERFORMANCE

Excel in the gym, on the field, and anywhere else you want to boost your competitive skills.

WEIGHT LOSS

Release pounds and burn fat through healthy weight loss.

VITALITY & WELL-BEING

Support a healthier life and age gracefully.

FINANCIAL WELLNESS

Earn income by sharing Isagenix with others, and build a business for you and your family.

Go to IsaProduct.com to learn more.



JJ & Raina Birden, Joelle & Ron Baker
Isagenix Associates since 2013

YOUR SUPPORT

We realize your new lifestyle is an important commitment, and you will need all of the help and support you can get to reach your goals in a reasonable amount of time. We have the perfect tool to help you through your transformation: **Healthy Mind and Body.**

HEALTHY MIND AND BODY

Transform your mind — and your body — in the next 60 days! Healthy Mind and Body is an innovative program, custom designed for Isagenix, so new members can achieve and sustain incredible, long-lasting results. Never before has such an effective program been integrated into a health and wellness company for only \$0.67 per day. Visit your Back Office to learn more about Healthy Mind and Body, and get started on your 60-day journey today!



Rod Hairston

World-renowned leader, coach, and author

YOUR ONLINE TOOLS FOR SUCCESS

Isagenix has developed a library of online tools with you in mind. We encourage you to visit us online and explore the many tools that are 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.



• **IsaProduct.com** is where you'll find information on Isagenix products and systems, system guides, ingredients, recipes, and more.

Coaching Call — a product expert right at your fingertips. Clinical Nutritionist Dr. Ina Nozek, D.C., M.S., will answer your questions. Go to IsaProduct.com for days and times.



• **Product recipes** can be found at IsaProduct.com/Recipe. Here you'll find some of our product users' favorite recipes that they've customized and shared for everyone to enjoy.



• **IsagenixHealth.net** is where you can get valuable health and wellness info and learn about the science behind our products.

• **IsaBodyChallenge.com** is where you can begin your journey to the ultimate lifestyle transformation! Not only can you transform your body and life, but you can also win cash prizes and even a tropical vacation.



• **IsaMovie.com** is one of our primary introductory resources. You can view product and opportunity videos to help you share your Isagenix experience.

• **IsagenixBusiness.com** is the official Isagenix business training system. On this site, you can learn how to earn income by sharing Isagenix products with new customers.



• **TeamIsagenix.com** is home to some of our most elite professional, collegiate, and Olympic athletes who use Isagenix products to fuel their performance.

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



Q: How does the Energy System work?

A: The typical diet is surrounded by processed foods high in fat, calories, and refined carbohydrates. These types of foods can leave you feeling run-down and exhausted. By swapping out junk foods with the nutrient-dense products of the Isagenix Energy System, you should feel better, more energized, and have greater focus to power through your day.

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

A: You should notice a change in your energy levels in the first few days. These products can help you feel more awake during the day, sleep better at night, and improve focus and clarity when you need it most.

Q: What does “no-compromise quality” mean?

A: The Isagenix No-Compromise Ingredient Policy ensures that all of our products are made in accordance with the highest standards of Good Manufacturing Practices for dietary supplements. We subject all of our raw ingredients to rigorous testing to ensure purity, identity, and safety.

Q: What are adaptogens, and how do they work?

A: Adaptogens are natural botanicals with unique characteristics to help your body combat the negative effects of stress, focus the mind, and elevate daily performance. They are found in e+ and Ionix Supreme in your Energy System.

Q: What is an e+ energy shot?

A: e+ is a long-lasting and flavourful energy shot made with a targeted amount of plant-based caffeine from green tea and yerba mate to help you feel mentally alert. e+ is formulated with a scientifically supported blend of adaptogens and botanicals and contains no artificial sweeteners.

Q: Is coffee a healthy beverage?

A: The consensus on coffee went back and forth for many years, but the latest research shows drinking coffee is a safe and effective way to improve focus and alertness during the day, and can even be a useful boost before workouts. An adult can safely drink up to five cups of coffee per day.

Q: Is coffee dehydrating?

A: The caffeine in coffee has a mild, short-term diuretic effect, but this doesn't diminish the fluid your body receives from drinking coffee. Remember, black coffee contains more than 95 percent pure water.

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

A: You should always listen to your body, but staying energetic during the day also means you need the right nutrition, at the right time. At the very least, you should eat two 400–600 calorie meals and one IsaLean Shake per day and add in more products and snacks as needed. If you need meal ideas, see Pages 11–12 of this guide.

Q: Can I add fruit to my IsaLean Shake?

A: Absolutely! Fresh fruits are filled with fibre and essential nutrients and make a delicious addition to your shakes. You can also add one scoop of Isagenix Fruits to your shakes for a flavourful, nutritious boost.

Q: What is melatonin, and how does it work?

A: Melatonin is a substance naturally produced in the body that regulates sleep and supports restful, quality sleep. The melatonin found in Sleep Support & Renewal can help you fall asleep faster and achieve a better night's sleep, so you can feel awake in the morning.



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