A man and a woman are walking together on a rocky shore next to a lake. The man is wearing a bright yellow-green tank top and black shorts, and the woman is wearing a teal tank top and patterned leggings. They are both smiling and looking towards each other. The background shows a dense forest of evergreen trees under a clear sky.

**Randie and Kathy Peters**  
2017 and 2015 North American  
IsaBody Challenge® Finalists

**STEP-BY-STEP GUIDE**  
Healthy Lifestyle

**ISAGENIX®**

“All of the paks are GREAT, but once I reached my health goals, I needed a pak that could help me maintain them. I love the Healthy Lifestyle Pak because it has my all-time favorites in it and it keeps me on track.”

She-She K.



Trousse Style de vie saine

## Your Path to Success

For best results, follow the steps below:

1. **Use the Healthy Lifestyle planner** to remind you when to take each product.
2. **Success loves company** — so be sure to enlist an accountability partner or Isagenix Coach such as your enrolling Sponsor, spouse, friend, or co-worker. Have this person join you in your transformation, or have them offer you daily support by providing encouragement, tracking your progress, and keeping you focused.
3. **Buy healthy foods and plan healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home, including sodas, foods with artificial sweeteners and coloring, and junk food.

Visit [IsaProduct.com/Recipe](http://IsaProduct.com/Recipe) for healthy recipes.

## Healthy Lifestyle Overview

Your Healthy Lifestyle Pak contains the following life-changing products:

### (1) CLEANSE FOR LIFE®

Cleanse for Life nourishes your body with antioxidants and plant botanicals that support your own detoxification systems.\*

### (2) ISALEAN™ SHAKE

IsaLean Shake is a nutritious, balanced meal replacement clinically tested to promote effective, healthy weight loss and lean muscle building. Also available in dairy-free flavors.\*

### (1) IONIX® SUPREME

Beat stress and increase mental and physical performance naturally with this powerful adaptogen-rich tonic.\*

### (1) ISADELIGHT®

Individually packaged chocolate with green tea extract, amino acids, and antioxidants to help satisfy cravings.

Popular add-ons to the Healthy Lifestyle Pak:



### WHEY THINS™

A savory and delicious snack with 10 grams of protein in a 100-calorie pack.



### ISAGENIX CHEWABLES™

Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.\*



### FIBRE SNACKS™

Add fiber to your day the delicious way, stay satisfied, and maintain a healthy, balanced digestive system.



### SLIM CAKES®

With 5 grams of filling fiber and a delicious blend of berries for 100 calories, Slim Cakes are a satisfying, heart-healthy treat.



### e+™

e+ is a nutrient-packed energy shot that gets your body moving and sharpens your mind.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# Healthy Lifestyle Pak Planner



## Early Morning

Drink 1-2 oz. of Cleanse for Life liquid, or mix ½ to 1 well-rounded scoop of Cleanse for Life powder with 2-4 oz. of cold purified water. Drink up to twice daily.

Important: Cleanse for Life delivers 16 servings per container. Plan accordingly. Additional Cleanse for Life will need to be purchased if you are deep cleansing. Follow usage directions in order to ensure you have enough product for 30 days.



## Morning — Breakfast

Mix 2 scoops of IsaLean Shake with 8 oz. of cold purified water. Drink 1 or 2 oz. of Ionix Supreme to boost energy and relieve stress.



## Midmorning — Snack

Pick one option from the “Sensible Snack Ideas” to curb cravings.



## Early Afternoon — Lunch

For your 400-600 calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means it should be nutrient dense and contain the right balance of protein, carbohydrates, fat, and fibre. Visit [IsaProduct.com/Recipe](http://IsaProduct.com/Recipe) for healthy recipes.



## Midafternoon — Snack

Pick one option from the “Sensible Snack Ideas” to curb cravings.



## Dinner

For your 400-600 calorie meal on Shake Days, whether it be for lunch or dinner, make it balanced. That means it should be nutrient dense and contain the right balance of protein, carbohydrates, fat, and fibre. Visit [IsaProduct.com/Recipe](http://IsaProduct.com/Recipe) for healthy recipes.



## Sensible Snack Ideas

- 1 serving Fiber Snacks\*
- 1 serving Slim Cakes\*
- 1 serving Isagenix Chewables\*
- 1 serving IsaDelight (1-2 chocolates, up to twice daily)
- 1 serving e+ Healthy Energy Shot\*
- 1 serving Whey Thins\*

\*These Isagenix products are not included in the Healthy Lifestyle Pak and must be purchased separately.

Use these tips and resources to help you along the way ...

## IsaProduct.com

This easy-to-navigate site contains everything you need to know about the products in your Healthy Lifestyle Pak. You'll also have access to product information sheets and fast facts, FAQ, success stories to keep you motivated, worksheets to track your health goals, and much more!

## Autoship Rewards

Ensure you always have your Healthy Lifestyle Pak right at your fingertips and at a great price! When you enroll with Autoship, our convenient, automatic shipping service, you can get 5% off your pak versus purchasing it individually at wholesale.

# Your Success Is Our Success!

That is why we have developed a collection of resources to help you along the way to a healthier, more energetic lifestyle.

## **EDUCATION:** [IsaProduct.com](http://IsaProduct.com)

This easy-to-navigate site contains everything you need to know about the products in your Healthy Lifestyle Pak. You'll also have access to product information sheets, videos, fast facts, FAQ, success stories to keep you motivated, worksheets to track your health goals, and much more!

## **INSPIRATION:** [IsaMovie.com](http://IsaMovie.com)

Our most popular videos demonstrate how Isagenix transforms lives.

## **NEWS:** [IsaFYI.com](http://IsaFYI.com)

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business, and much more are now in one place online!

## **SCIENCE:** [IsagenixHealth.net](http://IsagenixHealth.net)

Learn more about the science behind our products, FAQ, and more!

## **TRAINING:** [IsagenixPodcast.com](http://IsagenixPodcast.com)

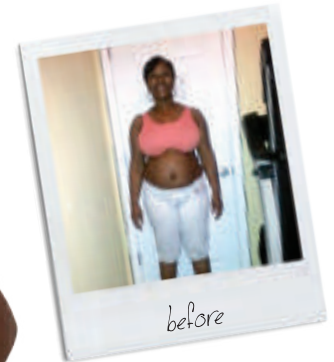
Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio, or even listen in to the recorded calls from one place.

## **COACHING:** **Conference Calls**

Check out daily and weekly programs that coach, inspire, and motivate. Visit <http://isafyi.com/calls/> for more information.

## **COMMUNITY:** **Social Media**

At Isagenix, we've long recognized social networking — or what we like to call "social entrepreneurship" — as a revolutionary way of doing business. Our [Facebook.com/Isagenix](https://www.facebook.com/Isagenix), [Twitter.com/Isagenix](https://twitter.com/Isagenix) and [YouTube.com/Isagenix](https://www.youtube.com/Isagenix) sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.



## **Angela Fuller**

2015 ISABODY CHALLENGE FINALIST

Visit [IsaBodyChallenge.com](http://IsaBodyChallenge.com).

“Following the Healthy Lifestyle System has given me a new outlook on life! I wake up and take charge of my day with more focus and energy at 54 years old than I did when I was in my 30s!”

## **Do you want to learn how to get your next Healthy Lifestyle Pak for free?**

- Do you have friends or family that would benefit from using the Healthy Lifestyle Pak?
- Do you want to keep losing weight or feel healthier for life?

**Go to [IsagenixBusiness.com](http://IsagenixBusiness.com) or talk with the person who enrolled you to learn more about the Isagenix opportunity!**

<sup>†</sup> The weight-loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 7 pounds (3.2 kg) during the first 9 days of the Cleansing and Fat Burning System.