

**NEW!**

# Energy & Performance Pro Pak

*Step-by-Step Guide*

“With Isagenix® I know my body is getting all the nutrients it needs!”

**ANDY P.**

PROFESSIONAL FITNESS COMPETITOR,  
PERSONAL TRAINER

*Real Isagenix product user. Not a paid model.*



*Build Muscle*

*Get Lean*

*Experience Faster Recovery*

*Improve Performance*

**ISAGENIX**  
Solutions to Transform Lives™

“The Energy & Performance Pro Pak gives athletes the quality nutrition they need to train harder and recover faster so they can take their performance to the next level.”

JONO PATCH, Personal Trainer



Energy & Performance Pro Pak

## The Right Nutrition

Time in the gym won't get you the results you want without the right nutrition. Now you have the perfect nutritional program to get you there. The Energy & Performance Pro Pak is convenient and easy to incorporate into any lifestyle, ideal for the athlete or 'weekend warrior.' The specialised products in the Energy & Performance Pro Pak will help you:

- Get Lean
- Build Muscle
- Increase Performance
- Experience Faster Recovery

### FOR BEST RESULTS:

1. Use the Shake and Cleanse Day planners (pages 3 and 4) to remind you when to take each product. Print additional copies ([IsaProductAU.com](http://IsaProductAU.com)) of the planner and use this tool to make sure you follow the system.
2. Buy healthy foods and plan great tasting healthy meals. Limit temptation by removing unhealthy foods and snacks from your home including caffeinated soft drinks and coffee, foods with artificial sweeteners and colouring, and junk food.

See [swapit.gov.au](http://swapit.gov.au) for helpful tips.

## Energy and Performance Pro Pak Overview

### YOUR ENERGY & PERFORMANCE PRO PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

#### (2) IsaLean™ Pro boxes: (Chocolate or Vanilla)

Manage your weight and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

#### (2) Cleanse for Life™ (liquid or powder)

Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove impurities.

#### (1) Ionix® Supreme (liquid or powder)

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

#### (1) Isagenix Snacks™ (Chocolate)

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

#### (1) Natural Accelerator™ (capsules)

Help raise your metabolic rate naturally without stimulants using a blend of natural thermogenic ingredients.

#### (1) IsaFlush™ (capsules)

Stay regular and soothe intestinal discomfort with natural herbs and minerals.

#### (1) Want More Energy?™ (canister)

*Want More Energy?* is great support during physical exercise, as a post-workout pick-me-up or during a cleanse day. By providing your body with essential vitamins and nutrients, this great tasting drink will sustain your energy without the use of caffeine or harmful stimulants.

#### (1) e+ Shot 6-ct™

A natural caffeinated energy shot derived from green tea and yerba maté, designed to improve focus and physical performance. e+ shots are convenient, great tasting and contain no artificial colours, flavours or sweeteners.

#### (1) IsaLean™ Bar (10 bars per box)

These tasty bars are packed with 18 grams of high-quality, undenatured whey and milk protein. With the same benefits as IsaLean Shake, they provide a low calorie meal with a balance of healthy fats and energy-fueling carbs.

For full ingredients listing visit [Isagenix.com](http://Isagenix.com). Always read the label. Use only as directed.

## SUGGESTED SHAKE DAY PLANNER

### Morning

- ❑ Drink 30-60\* mL of Ionix® Supreme.
- ❑ Drink 1-2 glasses of purified water.

### Mid-Morning

- ❑ Enjoy 1 packet of IsaLean™ Pro with 240mL of purified water and ice OR an IsaLean™ Bar.
- ❑ Take 1 *IsaFlush!*™ and 1-2 Natural Accelerator™† capsules

### Late Morning Snack

- ❑ Choose an option from 'Snack Options' below and/or eat whole fruit and vegetables as needed depending on your individual caloric requirements.

### Lunch

- ❑ Enjoy 1 packet of IsaLean™ Pro with 240mL of purified water and ice OR an IsaLean™ Bar, and/or eat a healthy balanced meal depending on your individual caloric requirements.\*\*  
The meal should provide a total of 30 to 40 grams of protein to maximise muscle building and recovery.

### Dinner

- ❑ Drink IsaLean™ Pro Shake OR an IsaLean™ Bar, and/or eat a healthy balanced meal depending on your individual caloric requirements.\*\*  
The meal should provide a total of 30 to 40 grams of protein to maximise muscle building and recovery.
- ❑ Take 1 *IsaFlush!* capsule.

### Pre-Workout

- ❑ Drink 1 serving of e+ Shot Natural Energy Shots for an energy boost. These can be taken 10-15 minutes before training but note that they do contain caffeine and may keep you awake if taken too late at night.

### During Workout

- ❑ Drink 1 serving of *Want More Energy?*™ to replenish nutrients.

### Post-Workout

- ❑ Choose an option from 'Snack option'.

\* Athletes consuming more than 2 IsaLean Pro per day will need to purchase additional product.

† Products sold separately.

‡ Always read the label. Use only as directed.

## TIPS FOR ENDURANCE ATHLETES

- If training early in the morning, endurance athletes may choose to fuel with 1 packet IsaLean™ Pro prior to exercise or with a light snack e.g. fruit or oats.
- Most endurance athletes will require an additional shake during the day and/or an additional meal, e.g. 2 shakes and 2 meals with snacks, where the shake/s function as a light meal and/or recovery.
- Boost the fuel in shakes with banana, dates and other fruit, nut butters, coconut oil and/or *Want More Energy!* if looking to increase caloric intake due to an increased training load.
- Snacks should provide additional protein and carbohydrate for recovery and energy levels.

## TIPS FOR BULKING ATHLETES

- Athletes wanting to gain lean muscle mass need to be consuming 3-4 shakes\* per day with additional fuel and healthy fats, e.g. fruit, honey, any kind of organic nut butter, coconut oil, *Want More Energy!*, chia seeds, avocado, in addition to 3-4 healthy meals every day to achieve calorie requirements.
- Fueling with protein and carbohydrate every two hours should provide adequate nutrients and calories to fuel muscle repair and new tissue development.

## TIPS FOR TONING ATHLETES

- IsaLean Pro is a great way to pack maximum nutrition, whilst still meeting the demands of training. 1-3 shakes\* can be appropriate for athletes in this category and can be used as light meals and/or recovery snacks.
- Choose snacks that satisfy, like vegetables, fruit and lean protein e.g. 1-2 boiled eggs, vegetable sticks with a natural hummus dip or ½ to 1 IsaLean™ Bar. Note that eating small meals and snacks frequently can help to manage appetite.

## SNACK OPTIONS

- 1 SlimCakes™† or FibreSnacks!™† bar
- 1-2 IsaDelight Plus™† chocolates
- *Want More Energy?*™ (if you are exercising)
- 15-20 almonds (raw, unsalted)
- 1-2 boiled eggs

## DEEP CLEANSE DAY PLANNER

### Cleanse #1 (Morning)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Take 2 Natural Accelerator\* capsules.
- Drink 30mL of Ionix Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 180mL of purified water.
- Drink 1-2 glasses of purified water.
- Take 1 *IsaFlush!* capsule.

### Mid Morning — Snack

- Drink 1-2 glasses of purified water
- OPTIONAL: 1 'Cleanse Day Options/Support'.

### Cleanse #2 (Lunch)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

### Early Afternoon — Snack

- Drink 1-2 glasses of purified water.
- 2 *Isagenix Snacks!*<sup>TM</sup>
- OPTIONAL: 1 'Cleanse Day Options/Support'.

### Cleanse #3 (Mid Afternoon)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

### Early Evening — Snack

- Drink 1-2 glasses of purified water.
- 2 *Isagenix Snacks!*
- OPTIONAL: 1 'Cleanse Day Options/Support'.

### Cleanse #4 (Evening)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

### Late Evening — Bedtime

- Take 1-2 *IsaFlush!* capsule.

*\*Always read the label. Use only as directed.*

### CLEANSE DAY OPTIONS/SUPPORT:

- 2 *Isagenix Snacks!*
- 1-2 *IsaDelight Plus+* chocolates (maximum 2 per day)
- 1-2 e+ shot (max 2 per day)
- 1-2 servings of *Want More Energy?*
- 1 apple or pear

## SUGGESTED DEEP CLEANSING (1-DAY)

This form of cleansing would be suitable for athletes looking to release stubborn fat and repair and rest their body. It should only be completed during a suitable period of training that allows time and energy for adequate rest and recovery. Light walking or very gentle movement is the only exercise that is recommended during a deep cleanse day.

We recommend you do no more than 4 Deep Cleanse Days every month and there should be 6 Shake Days in between each cleanse. Complete at least 2 Shake Days (also referred to as Pre-Cleanse Days) before beginning a Deep Cleanse. Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximate recommendations\*\* for total water consumption are 2.7 litres for women and 3.7 litres for men.

*\*\*Recommended by the Institute of Medicine.*

### 30-DAY CLEANSING CALENDAR (Start on any day of the week)

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	S Day 6	C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	C Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S* Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	C Day 28
S Day 29	S Day 30	S=Shake Days C=Cleanse Days				

## OPTION: DAILY CLEANSING

Gentle Daily Cleansing allows athletes to gently cleanse their body of impurities while continuing with their current training program. Daily cleansing is suitable for athletes who are in their peak competition phase/season, those who have a vigorous training schedule.

### Instructions for Daily Cleansing:

Take 1 scoop of Cleanse For Life<sup>TM</sup> in 250mL purified water every morning or evening. Follow standard Shake Day Planner as suggested.

# Experience the Isagenix® Difference

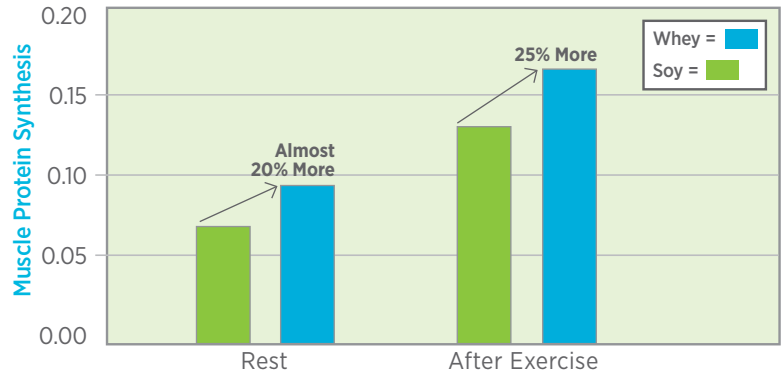
## Benefits of Isagenix Whey Protein

Isagenix whey protein is sourced from New Zealand where standards exceed those of USDA organic ones. The protein is put through an ultrafiltration process to keep the whey intact (undenatured). This results in a superior amino acid profile with a high concentration of branched-chain amino acids, such as leucine. Branched-chain amino acids are essential in supporting lean muscle growth.

Supplementing your regular workouts and weight-resistance training with Isagenix protein throughout the day will help you:

- Spur muscle growth to the max
- Slow muscle breakdown
- Enhance feeling of fullness
- Boost metabolism

### Whey Leads to 25% More Muscle Growth After Exercise & 20% More Growth at Rest Compared to Soy



Whey protein stimulates more muscle growth than soy. As graph depicts, at rest, whey protein stimulates almost 20% more muscle growth than soy and after exercise, whey stimulates 25% more muscle growth than soy. *Tang et al. J. Apply Physiol. 107, 2009*

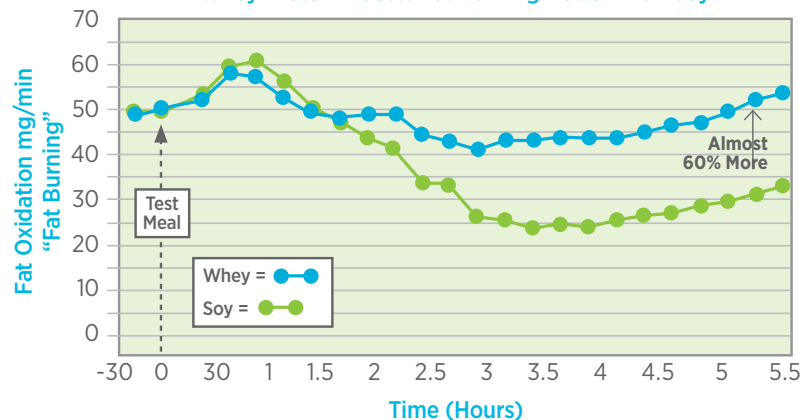
## Why Undenatured Whey Protein Is Superior

Whey is extracted from milk by numerous methods, the most common using acids or salts and heat, which denatures the whey. Denaturing breaks down the protein and strips the whey of some of its natural, high-quality benefits. It also destroys bioactive compounds that have multiple benefits for humans.

Undenatured whey contains numerous di-peptides (amino acid pairs) and tri-peptides (amino acid triples) that have beneficial biological activity. Studies show undenatured whey also supports production of glutathione, a key antioxidant for battling oxidative stress and guarding telomere health.

There are a number of meal replacement shakes out there employing various ingredients such as soy. Research shows that whey protein surpasses the results of soy-based shakes (see graph) for fat burning and muscle retention and growth. Whey protein increases your ability to stay full longer and stimulates the production of heat in the human body. As you build lean tissue with high-quality whey protein (often aided by resistance training exercises), you are able to burn more calories.

### Whey Protein Boosts Fat Burning Better Than Soy



Whey protein has been proven to consistently deliver the best results for fat oxidation (aka "fat burning"). *Acheson et al. 2011.*



# 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:** ISAPRODUCTAU.COM

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

**Inspiration:** ANZ.ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

**Motivation:** ANZ.ISADIARY.COM

Get the most out of Nutritional Cleansing with free, daily advice and motivation.

**News:** ANZ.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

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

**Coaching:** CONFERENCE CALLS

Check out daily and weekly programs that coach, inspire and motivate. Visit [anz.IsaFYI.com/calls](http://anz.IsaFYI.com/calls) for more information.

**Community:** SOCIAL MEDIA

At Isagenix, we've long recognised social networking — or what we like to call “social entrepreneurship” — as a revolutionary way of doing business. [IsaGeeks.com](http://IsaGeeks.com), and our [Facebook.com/IsagenixAustraliaNewZealand](http://Facebook.com/IsagenixAustraliaNewZealand), [Twitter.com/IsagenixANZ](http://Twitter.com/IsagenixANZ) and [YouTube.com/IsagenixANZ](http://YouTube.com/IsagenixANZ) sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.



“*Isagenix products fuel my athletic lifestyle, allowing me to focus on my passion and providing me with an opportunity to create an amazing income.*”

**Neil Berry**  
Long Distance Runner  
*Real Isagenix product user.  
Not a paid model.*

## DO YOU WANT TO LEARN HOW TO GET YOUR NEXT PROGRAM FOR FREE?

- Do you have friends or family that would benefit by using the Energy & Performance Pro Pak?
- Do you want to manage your weight or feel healthier for life?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

Go to [ANZ.IsagenixBusiness.com](http://ANZ.IsagenixBusiness.com) or talk with your sponsor to learn more about the Isagenix Opportunity!

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