

President's Pak

Step-by-Step Guide



*Pictured: Irene and David M.
Isagenix Millionaires
10 Star Platinum Circle
7 Star Crystal Executive*

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“ I lead with the President’s Pak, it really is the way forward. It’s simple to show people the benefits and it is amazing value! ”

Jen P. QLD



SHAKE OPTION:
IsaLean™ Pro

Your Path to Success

FOR BEST RESULTS, FOLLOW THE STEPS BELOW

- 1. Use the Shake and Cleanse Day planners** (page 3) to remind you when to take each product. Print additional copies (IsaProductAU.com) of the planner and use this tool to make sure you follow the system.
- 2. Follow the President’s Pak monthly schedule** as created by Isagenix® Founder and Master Formulator John W. Anderson (page 4) or create a customised schedule using our Cleanse and Shake Day guidelines and custom calendar tool (page 5). Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.
- 3. Take your measurements** and create your goals with our easy-to-use measurement tracker (page 4). Use the measuring tape included in your Welcome Kit.
- 4. Success loves company** — so be sure to enlist an accountability partner or Isagenix coach like your 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. You can also get free daily advice (ANZ.IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProductAU.com.
- 5. 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 for helpful tips.

President’s Pak Overview

YOUR PRESIDENT’S PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

(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.

(4) IsaLean™ Shake canisters AND/OR IsaLean™ Pro boxes*:
Chocolate or Vanilla

Lose weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

(1) Natural Accelerator™

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

(1) IsaFlush!™

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

(1) Ionix® Supreme: Powder or Liquid

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) Product B™ Antioxidants plus Telomere Support

A field favourite, Product B contains vitamins, antioxidants and anti-inflammatory compounds which may reduce damage to telomeres.

(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.

(1) Ageless Actives™

More than three supplements in one to help support energy production, protect cardiovascular health, improve calcium absorption and protect cells from oxidative stress. Contains CoQ10, vitamin D3 and resveratrol, along with a blend of adaptogens, botanicals and antioxidants.

(1) Essentials: Men or Women

Scientifically formulated to meet the individual needs of men and women. Essentials for Men are high in zinc and selenium to promote prostate health. Essentials for Women contains five kinds of calcium for strong bones, healthy hair, skin and nails.

(1) IsaBlender™

Blends a perfect creamy shake every time.

* PLEASE NOTE: Pak price will vary depending on quantity of IsaLean Pro selected
For full ingredients listing visit Isagenix.com.
Always read the label. Use only as directed.

Now You're Ready to Begin

SHAKE DAY PLANNER – 2 Shake Meals per day

Morning

- Drink 1-2 glasses of purified water.

Breakfast

- Enjoy 2 scoops of IsaLean™ Shake or 1 packet of IsaLean™ Pro with 240mL of purified water and ice.
- Take 2 Ageless Actives™, 2 Essentials and 2 Product B™.
- 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.

Mid-Morning Snack & Supplement

- Take 1 *IsaFlush!*™ capsule.
- Drink 1-2 glasses of purified water.
- OPTIONAL: 1 'Shake Day Snack Ideas'.

Lunch

- Enjoy 2 scoops of IsaLean Shake or 1 packet of IsaLean Pro with 240mL of purified water and ice OR eat a healthy, balanced 400-600 calorie meal. (An IsaLean™ Bar can be used as a meal replacement for one daily meal.)
- Drink 1-2 glasses of purified water.

Mid Afternoon – Snack

- Drink 1-2 glasses of purified water.
- OPTIONAL: 1 'Shake Day Snack Ideas'.

Dinner

- Enjoy 2 scoops of IsaLean Shake or 1 packet of IsaLean Pro with 240mL of purified water and ice OR eat a healthy, balanced 400-600 calorie meal. (An IsaLean Bar can be used as a meal replacement for one daily meal.)
- Drink 1-2 glasses of purified water.
- Take 2 Ageless Actives, 2 Essentials and 2 Product B.

Evening

- Take 1 *IsaFlush!* capsules, as needed

To benefit from 'Everyday Cleansing', drink 1 serving of Cleanse for Life in the morning and either mid-morning or mid-afternoon as a snack. (Additional Cleanse for Life will need to be purchased.)

**Always read the label. Use only as directed. Not suitable for children. Not to be taken by asthma and allergy sufferers. Natural Accelerator contains royal jelly which has been reported to cause severe allergic reactions and in rare cases fatalities, especially in asthma and allergy sufferers. Vitamin supplements should not replace a balanced diet.*

SHAKE DAY SNACK IDEAS:

- 2 Isagenix Snacks!™
- 1 SlimCakes™†
- 1-2 IsaDelight Plus™† chocolates (maximum 2 per day)
- 1-2 e+shot†
- 1-2 servings of *Want More Energy?*™† (if you are exercising)
- 6 almonds (unsalted, raw)

† Product is not included in the President's Pak and must be purchased separately.

CLEANSE DAY PLANNER

Cleanse #1 (Morning)

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water.
- Take 2 Ageless Actives, 2 Essentials and 2 Product B.
- 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.

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!*
- 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.
- Take 2 Ageless Actives, 2 Essentials and 2 Product B.

Late Evening – Bedtime

- Take 1-2 *IsaFlush!* capsules with a glass of purified water.

*** Follow 'Deep Cleansing Directions' on the Cleanse for Life label to ensure proper serving size.*

CLEANSE DAY OPTIONS/SUPPORT:

- 2 Isagenix Snacks!
- 1-2 IsaDelight Plus† chocolates (maximum 2 per day)
- 1-2 e+ shot†
- 1-2 servings of *Want More Energy?*† (if you are exercising)
- Eat ¼ apple or pear as needed for healthy blood sugar control

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit IsaProductAU.com

Recommended / Optional products sold separately

Cleansing Calendar & Guidelines

30-DAY CLEANSING CALENDAR (START ON ANY DAY OF THE WEEK)



Endorsed by Isagenix Founder and Master Formulator John W. Anderson

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					

* To ensure product for next month, make sure to order no later than day 20 or enrol in the Autoship Rewards program.

S=Shake Days
C=Cleanse Days

SHAKE DAY GUIDELINES

- Enjoying an IsaLean Shake or Isalean Pro for breakfast is recommended.
- It is okay to add Isagenix products such as IsaPro™ to your IsaLean Shake.
- Your daily 400-600 calorie meal can be prepared for either lunch or dinner. Enjoy this meal with family or friends. For meal ideas, go to swapit.gov.au or IsaProductAU.com.
- Engage in an exercise program with both aerobic and resistance training. Enjoy *Want More Energy?*™ to replenish lost glycogen, vitamins and electrolytes. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 2.7 litres for women and 3.7 litres for men.

Track Your Progress

MEASUREMENT TRACKER

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Day 1															
Day 11															
Day 30															
Total Lost															
Goals															

Use the tape measure included in your welcome kit.

CLEANSE DAY GUIDELINES

- We recommend you do no more than 2 Cleanse Days consecutively or within a week.
- We recommend you do 2 Cleanse Days per week for no more than 3 consecutive weeks, unless there are modifications where more calories are consumed on specific Shake Days.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Complete at least 2 Shake Days (also referred to as Pre-Cleanse Days) before beginning a 2-Day Deep Cleanse.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 2.7 litres for women and 3.7 litres for men.

**Recommended by the Institute of Medicine.

Additional tools can be found online in your Associate Back Office in the "Tools" section and by visiting IsaProductAU.com

Customise Your Program

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The President's Pak is a flexible 30-day program that can easily be customised to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 or more Cleanse Days** total during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Days and follow the Shake and Cleanse Day guidelines (on page 4). If you schedule more than 4 Cleanse Days, you will need to purchase additional Cleanse for Life™ and Isagenix Snacks™.

Use the calendar below to create your custom, 30-Day experience.

26 x S=Shake Days **4 x C**=Cleanse Days

To be sure you don't run out of product by next month; order no later than day 20 or enrol in the Autoship Rewards program.

Please note: When customising your President's Pak experience, the Shake and Cleanse Day Guidelines must still be followed (page 4).

Back-to-back Cleanse Days are defined by John Anderson as "Deep Cleanse Days."



TWO MORE EFFECTIVE OPTIONS

The Isagenix President's Pak is scientifically designed to help you achieve your weight management goals. Many people have found success in achieving their goals by customising the President's Pak to fit their lifestyle and individual needs. Here are two examples of customised calendars that have worked for others.

Option One

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					

This popular calendar is used by those who want to schedule their Cleanse Days evenly throughout the month.

Option Two

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

For those interested in a more aggressive weight-loss plan, this option is ideal. Note: if you choose this option, you will need to purchase more Isagenix products.

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!

Training: 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 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, and our Facebook.com/IsagenixAustraliaNewZealand, Twitter.com/IsagenixANZ and YouTube.com/IsagenixANZ sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

† 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 3.2 kilos during the first 9 days of the 30-Day Nutritional Cleansing Program.

“ I've a new found confidence and I'm now living life with no boundaries and judgment, what a gift Isagenix has been. ”



Tami Shervey
2013 IsaBody Challenge®
Grand Prize Winner

Total Weight Loss
35 kilos*

Visit
ANZ.IsaBodyChallenge.com
*A 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 President's 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 or talk with your sponsor to learn more about the Isagenix Opportunity!

