

# A Simple Guide to a Powerful You

Performance Solutions



 ISAGENIX®

**Performance.** Take yours to the next level.

Performance is how we are measured.

In our work and in our play, **performance matters.**

Isagenix combines the **best** in science and nature to give you the measurable edge.

Each product in our **AMPED™** range is designed to help you perform at the highest level.

These are the components you **need** to deliver the results you **want**.

### 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 achieving a healthier lifestyle they can sustain for the rest of their lives. Our goal is to put you in control of your health and to help you learn how to incorporate these nutritional products and healthy eating habits into your own and your family's lifestyles. As you read through this guide, you will discover a variety of tools we have in place to support you. If you have a question, please don't hesitate to contact Customer Care on 1300 651 979 in Australia and 0800 451 291 in New Zealand.

To your success!

### **Erik Coover**

Owner & Senior Vice President of Global Field Development



**Jamie Wilson**  
Isagenix Customer since 2014







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**Mara Pomana**  
Isagenix Customer since 2013

# GETTING STARTED

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



## Shannon Marsters

Isagenix Customer since 2014  
IsaBody Challenge Finalist 2015

## PERSONAL PLEDGE

I, \_\_\_\_\_, am fully committed to creating a breakthrough in my personal health and overall athletic performance. My goal is to

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

## MY SUPPORT TEAM

My System Coach is \_\_\_\_\_

My Coach is here not only to offer support, encouragement and advice but also to answer questions and guide me through my journey to a healthier lifestyle. I will surround myself with positive people who will support me and understand how important my Isagenix System is to me.

My Support Team includes:

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach signature: \_\_\_\_\_ Date: \_\_\_\_\_

*If you are pregnant, breastfeeding, diabetic, 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.*

TRACK YOUR PERSONAL PERFORMANCE SUCCESS

|  | Day 1 | Day 30 | Day 60 | Day 90 |
|--|-------|--------|--------|--------|
|--|-------|--------|--------|--------|

Strength

|             |  |  |  |  |
|-------------|--|--|--|--|
| Bench Press |  |  |  |  |
| Squats      |  |  |  |  |
| Deadlift    |  |  |  |  |

Muscular Endurance

|          |  |  |  |  |
|----------|--|--|--|--|
| Push-Ups |  |  |  |  |
| Sit-Ups  |  |  |  |  |

Performance

|              |  |  |  |  |
|--------------|--|--|--|--|
| Running Time |  |  |  |  |
|--------------|--|--|--|--|

Balance

|           |  |  |  |  |
|-----------|--|--|--|--|
| Tree Pose |  |  |  |  |
|-----------|--|--|--|--|

Flexibility

|               |  |  |  |  |
|---------------|--|--|--|--|
| Sit and Reach |  |  |  |  |
|---------------|--|--|--|--|

Body Composition

|             |  |  |  |  |
|-------------|--|--|--|--|
| Body Weight |  |  |  |  |
| % Body Fat  |  |  |  |  |

# 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.



Flavour Options



## 1. IsaLean™ PRO

A delicious, satisfying, nutritionally-balanced meal replacement containing 36 g high-quality undenatured protein plus energy-fuelling carbohydrates, good fats, 21 vitamins and minerals and branched-chain amino acids (BCAAs). Available in chocolate, vanilla and strawberry cream flavours in convenient packets.

## 2. IsaPro™

A convenient source of high-quality undenatured whey protein that aids in post-workout recovery, muscle building and maintenance, in a delicious vanilla flavour. With 27 g protein, only 627 kJ and less than 3 g carbohydrate per serve, IsaPro is perfect to add to your IsaLean™ Shake or other meals.

## 3. Ionix® Supreme

A nutrient-rich, rejuvenating drink that restores and protects the body. Specialised Adaptogenic herbs help your body adapt to stress while vitamins, antioxidants, trace minerals and herbs help support mental and physical performance.

## 4. Cleanse for Life™

A complete nutritional body cleanse that aids the body's natural ability to remove impurities, Cleanse for Life nourishes your body; it's not a laxative or a diuretic. Ionic minerals, antioxidants, Aloe vera and gentle cleansing herbs help to support the body's vital functions and immune system.



Liquid

Powder



Liquid

Powder

## 5. AMPED™ Power

A pre-workout supplement designed to prepare your body before training and helping to improve performance. AMPED Power contains creatine to increase energy availability to muscles before exercise and glycine and L-carnitine to offer athletic support during workouts.

## 6. AMPED™ NOx

The perfect pre-workout shot to help prime muscles for maximum performance during high-intensity exercise. AMPED NOx contains nitrates from fruit and vegetable extracts to help improve stamina during training, boost energy, reduce fatigue and improve performance. Added polyphenols from grape, cherry, pomegranate and apple juices support overall health.

## 7. AMPED™ Recover

A post-workout drink with branched-chain amino acids to support muscle recovery and rebuilding and energy-boosting L-carnitine to reduce fatigue and enhance muscle tissue growth. Perfect to combine with IsaPro after training.

## 8. AMPED™ Hydrate

A drink powder formulated to support hydration and faster recovery, Hydrate is enriched with C and B vitamins and electrolytes to replace nutrients lost during exercise. Available in Juicy Orange and Lemon Lime flavours.

## 9. e+

A healthy energy boost that helps take your performance to the next level, e+ contains natural caffeine derived from green tea and yerba mate. The exclusive blend of herbal botanicals helps increase stamina and mental alertness.

## 10. Isagenix Snacks™

At only 125 kJ per serve, these chocolate-flavoured protein wafers help reduce cravings and keep you satisfied. Snacks contain high-quality undenatured whey protein and a high amino acid profile and are perfect for providing a quick energy boost on Cleanse Days. Also available in Dairy Free Natural Wild Berry



Flavour Options

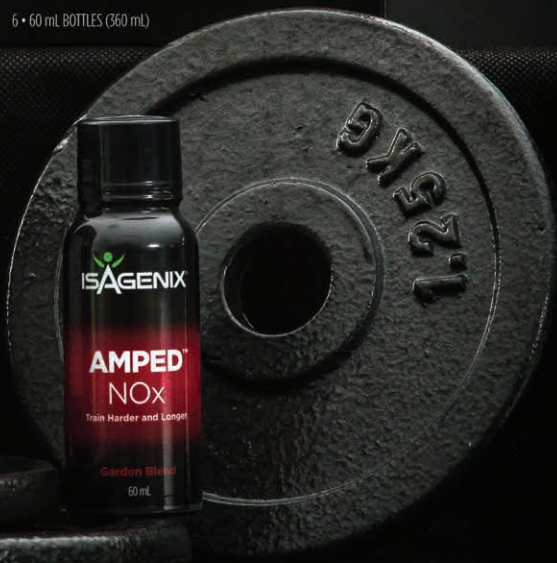
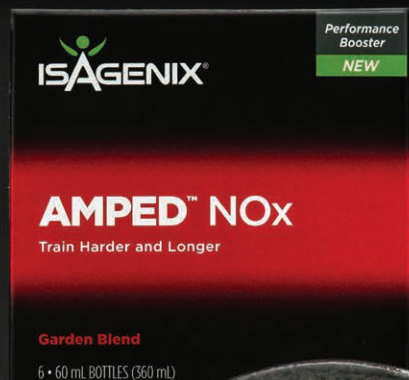


Flavour Options



# YOUR SYSTEM

Isagenix offers two Performance packs designed for people at different stages of their Isagenix journey – the Performance Premium Pack and the 30-Day Performance System. You can also combine products of your choice using My Pack.







**+\$50**  
Event Voucher

## PERFORMANCE PREMIUM PACK

The Performance Premium Pack is ideal for those seeking results by complementing their training with performance nutrition. A mix of essential nutrients, high quality protein and natural caffeine help you achieve muscle growth while hastening post-workout recovery and allowing you to experience optimal performance.



## 30-DAY PERFORMANCE SYSTEM

The 30-Day Performance System is for those who have completed their first 30 days with a Premium Pack and are looking to continue their results. Perfect for active individuals or athletes and offers a mix of nutrients, high-quality protein and energy boosters to help you improve your athletic performance, develop lean muscle and feel energetic throughout the day.



## MY PACK

Toward the end of your first month, you may find you want more of one product and less of another, or you'd like to try something new. My Pack lets you combine products as you like, with a simple and flexible ordering experience and offers a 10% discount on the product wholesale prices if your order totals 150 BV or more.

## HOW TO USE

The Performance System is the perfect solution for every type of athlete and active adult. Whether you run marathons, compete in bodybuilding, play a professional sport or just go to the gym regularly, this system is designed to help you meet your goals. The following guidelines are examples of how you might use the products in your daily routine. You may find that a different routine works best for you depending on your workouts and daily activities.

### ENDURANCE

Endurance activities include anything from rowing or a 5 km fun run to training for marathons and triathlons. Workouts and competitions can last long periods of time and anyone engaging in an endurance activity needs energy to stay fuelled and recovery products to prevent muscle breakdown.

Timing of carbohydrate intake can be key to avoiding fatigue during training. Endurance athletes should consume 30 to 60 g of carbohydrates every hour for optimal performance.

### BUILD MUSCLE MASS

Anyone who focuses on building lean muscle mass relies on a high-protein diet for both building and recovery. Pre-workout products help kick-start and sustain weight training while post-workout products help muscles recover.

#### **PROTEIN TIP:**

*Adults who focus on building muscle should consume 1.2-2 g of protein per kilogram of body weight per day and consume protein every three to four hours.*



## ENDURANCE

### EARLY MORNING

Cleanse for Life

### BREAKFAST

IsaLean PRO, Ionix Supreme

### PRE-WORKOUT

AMPED NOx, AMPED Power

### MID-WORKOUT

AMPED Hydrate, e+

### POST-WORKOUT

AMPED Recover, IsaLean PRO

### LUNCH

Balanced 2500-2800 kJ meal

### MID-AFTERNOON

Isagenix Snacks or IsaPro

### DINNER

Balanced 2500-2800 kJ meal

### BEFORE BED

IsaPro

### ADDITIONAL PRODUCTS

IsaOmega™\*, Complete Essentials™ with IsaGenesis™\*, Isagenix Greens™\*, Whey Thins™\*



## BUILD MUSCLE MASS

### EARLY MORNING

Cleanse for Life, Ionix Supreme, IsaLean PRO

### PRE-WORKOUT

e+, AMPED Power, AMPED Hydrate

### MID-WORKOUT

AMPED Hydrate

### POST-WORKOUT

AMPED Recover, IsaPro

### BREAKFAST

Balanced 2500-2800 kJ meal

### MID-MORNING

IsaLean PRO

### LUNCH

Balanced 2500-2800 kJ meal

### AFTERNOON

IsaPro or IsaLean PRO, Isagenix Snacks

### DINNER

Balanced 2500-2800 kJ meal

### BEFORE BED

IsaPro, AMPED Hydrate

### ADDITIONAL PRODUCTS

IsaOmega\*, IsaLean Bar\*

**Note:** If you wish to complete a Deep Cleanse, view the Cleanse Day Planner in your Back Office under the Resources Tab.

## STRENGTH AND RESISTANCE TRAINING

Active adults need strength and agility and can use resistance training to develop their muscles. High-protein diets and pre-workout supplements support strength during training.

### WORKOUT TIP:

*Body weight can be used for a simple and effective way to improve balance, flexibility and strength without machinery or extra equipment. Push-ups, pull-ups, burpees, mountain climbers, lunges and planks are all examples of resistance exercises using your own body weight.*

## EVERYDAY ACTIVE

Everyday active adults are people who want to get in better shape and stay fit. They can benefit from a pre-workout boost, plenty of hydration and post-workout products to help with recovery after exercise

### WORKOUT TIP:

*Try to incorporate high-intensity interval training (HIIT) into your training regimen for more time efficient and effective workouts. Just 2.5 hours of HIIT completed over a total of two weeks has demonstrated benefits equivalent to 10.5 hours of continuous moderate exercise.*



## STRENGTH AND RESISTANCE TRAINING

### EARLY MORNING

Cleanse for Life, AMPED NOx

### PRE-WORKOUT

AMPED Power

### MID-WORKOUT

AMPED Hydrate

### POST-WORKOUT

AMPED Recover

### BREAKFAST

IsaLean PRO

### MID-MORNING

Isagenix Snacks, Whey Thins\* or snack up to 350 kJ

### LUNCH

Balanced 2500-2800 kJ meal

### AFTERNOON

Isagenix Snacks, Whey Thins\* or snack up to 350 kJ

### DINNER

IsaLean PRO

### BEFORE BED

IsaPro

### ADDITIONAL PRODUCTS

Complete Essentials with IsaGenesis\*, IsaLean Bar\*, IsaOmega\*



## EVERYDAY ACTIVE

### EARLY MORNING

Cleanse for Life, Ionix Supreme

### BREAKFAST

IsaLean PRO

### MID-MORNING

Isagenix Snacks, Whey Thins\* or snack up to 350 kJ

### LUNCH

Balanced 2500-2800 kJ meal

### PRE-WORKOUT

AMPED Power, e+

### MID-WORKOUT

AMPED Hydrate

### POST-WORKOUT

AMPED Recover

### DINNER

IsaLean PRO

### BEFORE BED

350 kJ snack

### ADDITIONAL PRODUCTS

Ageless Actives\*, AMPED NOx, Essentials for Men or Women\*, Fibre Snacks\*, Slim Cakes\*

*\*Products not included in packs and will have to be purchased separately. **Note:** Above guides designed for use with Performance Premium Pack. Additional IsaLean PRO will need to be purchased to follow the guides with the 30-Day Performance System.*

## NEVER BE WITHOUT YOUR FAVOURITE PRODUCTS

Autoship allows you to set up your account so that your order is automatically sent to you approximately every 30 days, with the transaction amount debited directly from your account. You can choose from a selection of Packs and systems, customise your order with 'My Pack' or order individual products. Autoship is flexible and can be changed each month to suit your needs. As well as being convenient, Autoship saves participating Customers an additional 5 percent on all Packs and Systems compared to Wholesale orders.



**TEAM**  
**isagenix** 

**Rico Gear**  
Former All Blacks Rugby Player  
Isagenix Customer since 2014



## FAQs

**Q: How many meals can I replace with IsaLean PRO?**

**A:** Depending on energy needs and performance goals, IsaLean PRO can be used to replace one to two meals a day. For those who have higher kilojoule and protein needs and consume five to six meals per day, IsaLean PRO can replace up to three meals.

**Q: When is the best time to take Ionix Supreme?**

**A:** There is no wrong way to take Ionix Supreme, just take it daily. Some people prefer it in the morning when they wake up for an energising lift, or mixed with their IsaLean PRO for an Adaptogen-boosted meal. Others prefer to take it before they go to bed because they feel they get a better night's rest.

**Q: Who should use the AMPED range?**

**A:** AMPED is for every active adult and athlete. It doesn't matter if you're training for a marathon or just going for a light jog, AMPED products are designed to support both your performance and results.

**Q: Can I take e+ with AMPED Power and NOx before a workout?**

**A:** Yes, e+ provides different benefits to both NOx and Power. Power provides energy for muscles with creatine and NOx supports healthy blood flow by supporting production of nitric oxide. e+ provides naturally sourced caffeine and plant-based Adaptogens to boost energy and support focus. The respective components in all three products support the body in different ways when taken before a workout.

**Q: Why is it important to use a pre-workout product like AMPED Power?**

**A:** Pre-workout nutrition is just as important as post-workout. By failing to take advantage of the pre-workout period, athletes don't always get nutrients that can help to boost the intensity of their workout and accelerate gains in strength, power and muscle mass.

**Q: Why is improving blood flow with AMPED NOx important for workouts?**

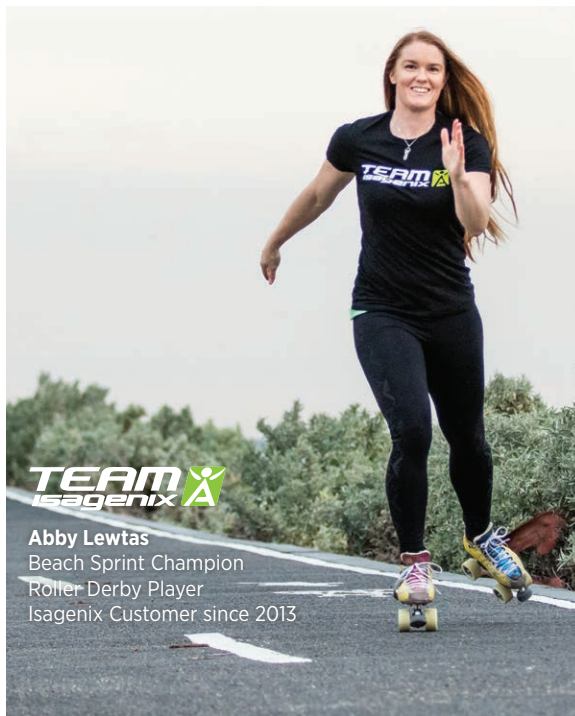
**A:** Increased blood flow aids athletes by increasing nutrient delivery and oxygen levels to working muscles.

**Q: How does AMPED Hydrate support optimal hydration for workouts?**

**A:** Water and electrolytes are essential to keep the body hydrated and to help regulate body temperature. For peak performance, it is critical to replace water and electrolytes that are lost through sweat.

**Q: Why is a recovery drink like AMPED Recover important after workouts?**

**A:** Supplementation of BCAAs along with consuming around 20-40 g of whey protein post-workout supports muscle recovery and rebuilding after intense exercise.



**TEAM**  
**isagenix**

**Abby Lewtas**  
Beach Sprint Champion  
Roller Derby Player  
Isagenix Customer since 2013

# YOUR SUPPORT

Your new lifestyle is an important commitment and we're keen to give you all the help and support you'll need to reach your goals. We have the perfect tools to help you succeed.

## ISABODY CHALLENGE

The 16-week transformation Challenge is free to join! Simply log in to your Back Office and find 'IsaBody Challenge' under 'Contests and Promotions'. Follow the criteria and complete the Challenge to be in the running to win thousands of dollars worth of prizes!

Every person who completes the Challenge\* will receive an exclusive Completion Pack containing merchandise, a certificate and a \$200 Product Coupon!

## HEALTHY MIND AND BODY

Isagenix has joined forces with world-renowned leader, coach and author Rod Hairston to exclusively offer Isagenix customers an innovative, interactive program to help you stay on track to achieving your goals.

For only \$49 in Australia and \$55 in New Zealand, you can start the journey to developing the mindset to living every day like it's your last.

When you complete the program, you'll receive a product coupon for AU\$49.50/ NZ\$51.75\*\*

Start the Healthy Mind and Body Program today by logging in to your Back Office and, under 'Resources', select 'Go to Healthy Mind and Body'.

\* See [ANZ.IsaBodyChallenge.com](http://ANZ.IsaBodyChallenge.com) for full completion criteria.

\*\* 100 percent completion is determined by all activities being completed within 90 days of starting. Your Isagenix product coupon will be available in your Back Office within seven days of completion.



**Tami Shervey**

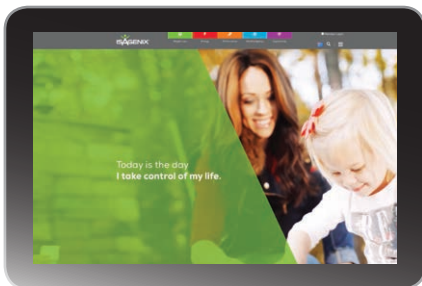
Isagenix Customer since 2011

IsaBody Challenge Grand Prize Winner 2013



## ONLINE TOOLS AND RESOURCES

Isagenix has developed an extensive library of online tools with our product users in mind. We encourage you to explore our websites and engage with the many tools 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.



### Isagenix.com

This is your one-stop resource for all product information and tools. It provides guides to all the Isagenix products and programs and informative videos to improve your product training. Plus, read success stories from other product users, learn about the company and our business opportunity and more.

### ANZ.IsaFYI.com

Subscribe to the official Isagenix ANZ blog for regular updates, recipes, news, information and the latest science.



### ANZ.IsaBodyChallenge.com

Begin your ultimate lifestyle transformation journey. Find out all you need to know about the 16-Week Challenge, where you can not only transform your body and life, you can also win exciting prizes.

### HealthyMindAndBody.com

Discover an interactive 60-day program to transform your mind while you transform your body. Once you've researched the program, sign up through your Back Office.



### ANZ.TeamIsagenix.com

Home to some of our most elite professional athletes, Olympians and personal trainers who use Isagenix products to fuel their performance, ANZ.TeamIsagenix.com hosts an array of athlete profiles and product information.

### STARTYourLife.com

See how a growing team of young people aged 18-35 are striving to lead extraordinary lives and helping others do the same.

# YOUR SUPPORT

Use the tools provided at [Isagenix.com](http://Isagenix.com) to achieve success with your system.

**Plan ahead.** For many people, starting an Isagenix System is unlike anything they've done before – often it is very different to the lifestyle and diet they're used to. Before starting the system, we recommend consulting your GP to ensure the system is right for you and also to make them aware of the changes you're making to your diet.

**Set realistic expectations.** Most people don't release weight or gain lean muscle in just a few days, so remember that it will take consistent effort for you to achieve your health goals. It's not a race; it's about developing healthy habits and creating a lifestyle that you can continue to enjoy for years to come.

**Drink plenty of water.** The National Health and Medical Research Council of Australia recommends 2.1 L per day for women and 2.6 L per day for men. This will need to be increased during exercise and during warmer weather.

**Balanced nutrition** reduces food cravings. Use all of your Isagenix products as recommended and consume a diet of fresh, nutritious foods to ensure your body is getting the right nutrition every day.

**Find your own pace.** Whether you engage a personal trainer, join a bootcamp, start a workout group with other Isagenix Customers or simply utilise a fitness app, train in a way that works for you, physically and mentally.

**Increase your daily activity** to maximise your results. Balanced nutrition goes hand-in-hand with exercise. Whatever your goal, ensure you monitor your kilojoule intake as well as your output.



ISA BODY  
CHALLENGE



TEAM  
isagenix



**Matt Ferguson**

Former St Kilda AFL Player  
Isagenix Customer since 2014  
IsaBody Challenge Finalist 2016



## RECIPES



### HEALTHY BURGERS

- 250 g good-quality lean beef mince
- 1 small carrot, unpeeled, grated
- 1 egg
- olive oil spray
- 2 wholemeal, mixed grain bread rolls
- ½ red capsicum, thinly sliced
- ½ red onion, thinly sliced
- 1 cup baby spinach
- 1 tomato, sliced
- 1 small (180 g) avocado

Mix the mince, egg and carrot in a bowl. Divide into two, roll into balls and flatten to about 3 cm thick. Cover with plastic wrap and refrigerate for 30 min.

Meanwhile, heat a skillet or barbeque hotplate and spray lightly with olive oil. Cook the capsicum and onion together for 10 min until soft and charred. Remove from heat and set aside.

Use the same hotplate or skillet to cook the patties 5 min each side or until lightly charred. When patties are cooked to your liking, remove from heat and rest for 5 min.

Cut the rolls in half and toast lightly on the barbeque rack or under a grill. Place a burger on each roll, top with capsicum and onion mix, spinach, tomato, avocado and your choice of condiments.

**Serves 2.**

**Per serve (without condiments):** 2463 kJ; 44 g protein; 39.1 g carbs; 12 g fibre



### CHICKEN AND QUINOA WRAPS

- 2 cups salt reduced chicken stock
- 1 chicken breast fillet
- 2 wholegrain wraps
- ½ cup black beans, rinsed and warmed
- ½ cup quinoa, cooked as per packet instructions
- ½ cup grated low fat tasty cheese
- ½ cup red and green capsicum, diced
- ½ cup Greek yoghurt
- ½ avocado, sliced
- ½ cup corn kernels, cooked
- 1 clove garlic, crushed

Add chicken stock and two cups water to a saucepan and bring to the boil. Add chicken, turn heat to low, cover and simmer for 15 min or until chicken is just cooked through. Remove from heat and stand chicken in liquid for 5 min. Remove chicken and shred.

Warm wraps in microwave or oven on low.

Mix garlic with yoghurt and season to taste.

Top each of the warmed wraps with half of the chicken, beans, quinoa, avocado, yoghurt, capsicum and cheese.

Roll up and serve immediately.

**Serves 2.**

**Per serve:** 2215 kJ; 34 g protein; 49 g carbs; 20.5 g fat

For more healthy meal ideas, purchase *Better Living* from [IsaSalesTools.com.au](http://IsaSalesTools.com.au)



## THE NEXT SOLUTIONS

Isagenix offers solutions to fit your goals and lifestyle. When you achieve your Performance goals, we encourage you to experience our other solutions.

### ENERGY

Gain more energy during your daily activities.

### WEIGHT LOSS

Release kilos and burn fat sustainably to achieve and maintain your weight loss goals.

### HEALTHY AGEING

Support a healthier lifestyle so you feel fitter, younger and stronger for longer.

### WEALTH CREATION

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

*Visit [Isagenix.com](http://Isagenix.com) to learn more.*

## SHARE YOUR EXPERIENCE WITH OTHERS

One of the best ways to ensure you maintain your new lifestyle is to learn more about how to earn income for sharing Isagenix products with others. Go to **[ANZ.IsagenixBusiness.com](http://ANZ.IsagenixBusiness.com)** to learn how you can sustain your new lifestyle by sharing Isagenix with your family, friends and neighbours.



**Follow Isagenix on Facebook, Instagram and Twitter** and join our worldwide community of product users. Meet thousands of people like you who have successfully reached their goals and enjoy a healthy lifestyle. You might even find that you are an inspiration for others on the same journey.

**Ben Kelly**  
Isagenix Customer since 2012

YOUR NEW LIFESTYLE

# Your NEW LIFESTYLE

When you begin to feel the effects of your new, improved lifestyle, you'll find it much easier to stay motivated to achieve your goals. Once you achieve your health goals you may ask yourself, "What's next?"

The answer is simple, continue to enjoy the Isagenix lifestyle as a lifelong solution not only for you, but for your family and perhaps even your friends.



*“The IsaBody Challenge gives me something to work towards. Each Challenge, I aim to improve and build off my previous result.”*

## Lachlan Stuart

Isagenix Customer since 2014  
IsaBody Challenge Finalist 2016



*“I am grateful to the Isagenix system every day for providing me with the opportunity to not only experience incredible health and energy but for supporting me to sculpt my body into my own masterpiece.”*

## Jaclyn Smith

Isagenix Customer since 2013  
IsaBody Challenge  
Honourable Mention 2016





