

# A Simple Guide to a Vibrant You

Energy & Performance Solutions



## 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.

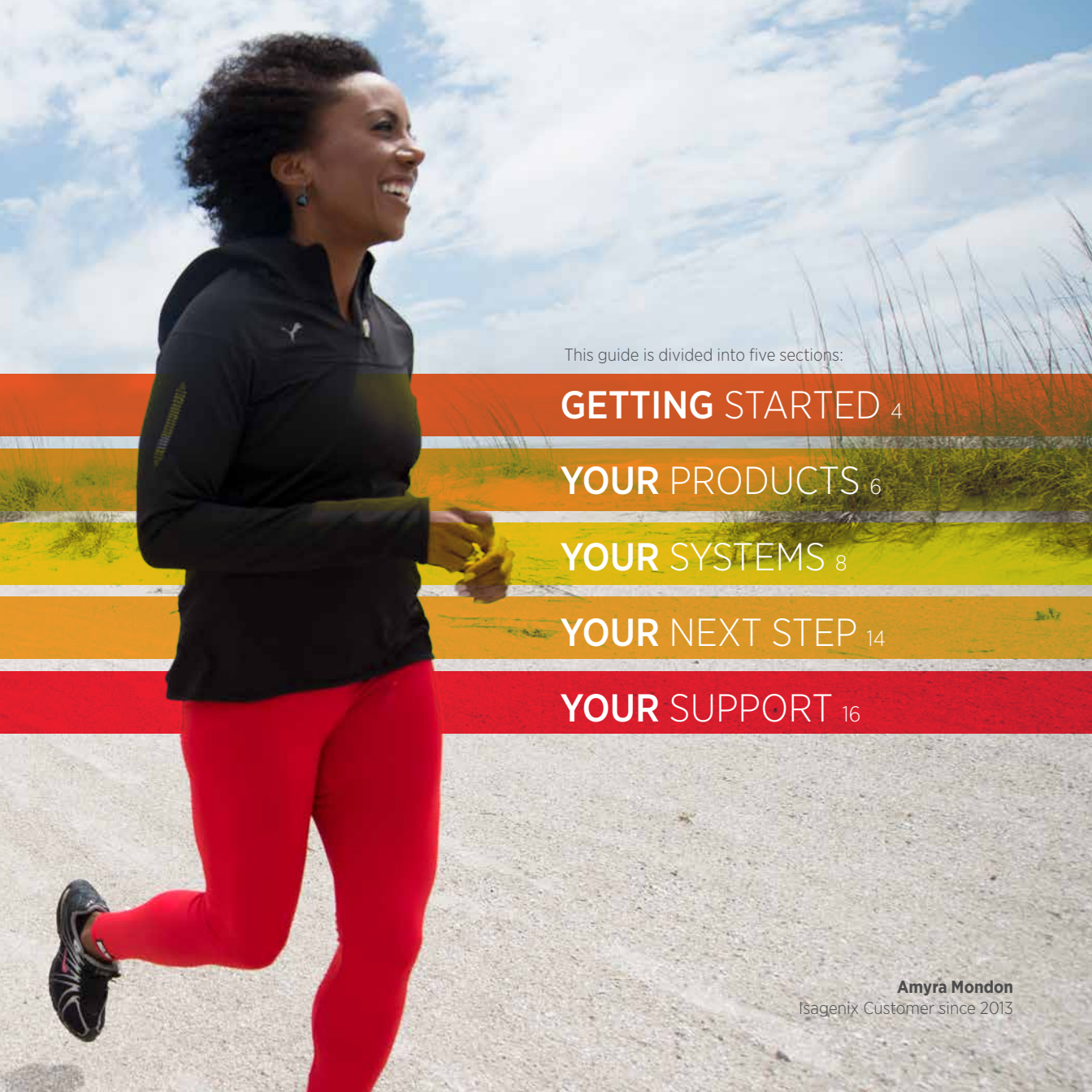
This guide is designed to help you amplify your success. It is simple, easy to follow, developed by experts and used by people like you who have been successful at reaching their goals and claiming a healthier lifestyle they can sustain for the rest of their lives.

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 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. No matter what, if you have a question about a product, contact 0808 189 0490 (freephone), or visit [Isagenix.com](http://Isagenix.com).

To your success!

**Jim, Kathy and Erik Coover**  
**Isagenix Owners**





This guide is divided into five sections:

**GETTING STARTED** 4

**YOUR PRODUCTS** 6

**YOUR SYSTEMS** 8

**YOUR NEXT STEP** 14

**YOUR SUPPORT** 16

**Amyra Mondon**

Isagenix Customer since 2013

# GETTING STARTED

- Set Your Goals
- Take the Pledge
- Identify 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.



**Dominique McDonald**  
Isagenix Customer  
since 2015

## PERSONAL PLEDGE & VISION STATEMENT

I, \_\_\_\_\_ am fully committed to creating  
a breakthrough in my personal health and quality of life. My goal is to

\_\_\_\_\_.

### My 'Why'

I know that my success will greatly improve my health and overall quality of life,  
and help me to reach my energy and performance goals. 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

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 lifestyle.

I will surround myself with positive people who will support me and understand  
how important my Isagenix programme is to me. My Support Team includes:

\_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

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

*The weight loss and lifestyle results depicted in this publication may vary depending on level of effort, adherence to a controlled-calorie dietary regime, and physical constitution. The results were achieved when Isagenix products were included as part of a healthy lifestyle that incorporates regular exercise, appropriate portion control, and a varied and balanced diet to meet desired goals. Those who are pregnant, breastfeeding, or have a medical condition are advised to consult a doctor before using Isagenix products or making any other dietary changes.*

## 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 fizzy/carbonated drink 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



# 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. IsaLean™ Shake\*

IsaLean Shake is a balanced meal replacement featuring whey protein, essential carbohydrates, fats, vitamins and minerals.

## 2. Nourish for Life™

Nourish for Life is a natural berry-flavoured drink mix containing a blend of B vitamins that help to support the body's functions<sup>1</sup>, reduce tiredness and fatigue<sup>2</sup> and contribute to normal energy-yielding metabolism<sup>3</sup>. Nourish for Life can be used for everyday revitalising and is a fundamental component of Cleanse Days<sup>4</sup>.

## 3. Ionix® Supreme

A daily botanical tonic formulated to support overall well-being.

## 4. Isagenix Snacks™

Nutritious bite-sized snacks to support your metabolism between meals and on Cleanse Days<sup>4</sup>.



## 5. IsaDelight™

Individually-wrapped, guilt-free chocolates that contain green tea, amino acids, antioxidants and B vitamins.

## 6. Thermo GX™

A daily supplement with chromium and niacin to support your body's metabolism and energy production<sup>5</sup>. In addition, it also contains cayenne and green tea.

## 7. IsaMove™

A daily supplement taken before bed that combines 200 mg of magnesium with psyllium and peppermint. Magnesium helps to support the body's natural functions<sup>6</sup> overnight.

## 8. e-Shot™

A convenient caffeine shot, made with naturally sourced plant-based caffeine.

## 9. AMPED™ Hydrate

A refreshing, hydrating sports drink mix enriched with vitamin C, B-complex and a unique carbohydrate-electrolyte blend<sup>7</sup>.

- 1 Vitamin B6 contributes to the normal functioning of the nervous, psychological and immune systems. Riboflavin (B2) contributes to normal functioning of the nervous system and vision. Thiamin contributes to normal functioning of the heart system.
- 2 B vitamins [B6, B12 and niacin (B3)] contribute to the reduction of tiredness and fatigue.
- 3 Vitamin B12 contributes to normal energy-yielding metabolism.
- 4 A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, please visit [Isagenix.com](http://Isagenix.com).
- 5 Contains niacin and chromium. Niacin contributes to normal energy-yielding metabolism. Chromium contributes to normal macronutrient metabolism.
- 6 Contains magnesium, which contributes to normal energy-yielding metabolism, functioning of the nervous system, muscle function and normal protein synthesis.
- 7 Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise and enhance the absorption of water during physical exercise.

\* IsaLean Shakes are meal replacement shakes for weight loss and weight maintenance. Providing 24 grams of high-quality protein per serving, they also contribute to the growth and maintenance of muscle mass.

5



6



7



8

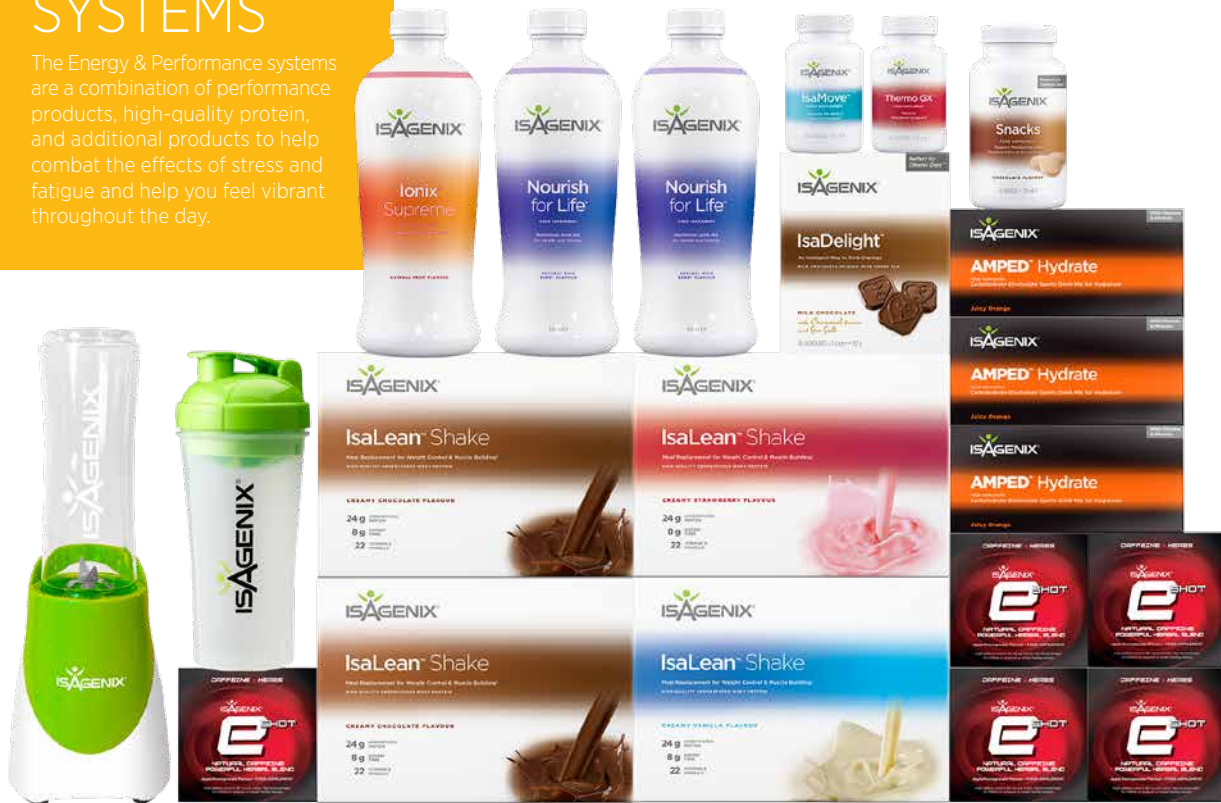


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# YOUR SYSTEMS

The Energy & Performance systems are a combination of performance products, high-quality protein, and additional products to help combat the effects of stress and fatigue and help you feel vibrant throughout the day.



## Energy & Performance Premium Pack

This pack is ideal for those looking to add balanced nutrition, improve their workout performance and gain energy in their daily lives. It includes the 30-Day Energy & Performance System and additional complementary products to support your goals and lifestyle, it also includes plenty to share with friends and family.

- Supports everyday nutrition for your active lifestyle
- Mix and match your favourite IsaLean Shake flavours
- Includes free annual Membership for one year
- Includes event coupon valid for 90 days
- Includes Isagenix accessories: IsaBlender and IsaShaker

<sup>1</sup> A Cleanse Day is a nutritionally supported fast that nourishes and energises your body's own detoxification systems. For further Cleanse Day information, visit [Isagenix.com](http://Isagenix.com).





## 30-Day Energy & Performance System

The 30-Day System provides nutritional support for your active lifestyle. Whey protein contributes to a growth in muscle mass, while plant-based caffeine helps you feel alert when you need it most.



## Everyday Energy & Performance System

Providing balanced nutrition for your active lifestyle, this System delivers essential nutrients to support your body every day.

## USING YOUR ENERGY & PERFORMANCE SYSTEM COULDN'T BE EASIER.



### TIPS

- Stay hydrated throughout the day to support your body's natural functions. We recommend drinking at least eight 235 ml glasses of water daily. If you are exercising, ensure you rehydrate and replace electrolytes with products such as AMPED Hydrate<sup>2</sup>.
- When engaging in strenuous exercise, please note that you will need to adjust your daily calorie intake accordingly.

See Page 12 for meal guidelines.

## AN ENERGY & PERFORMANCE SOLUTION JUST FOR YOU

There is no one-size-fits-all solution to a healthier 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 & Performance System.



### WOMEN

needing 1,600-1,900 kcal per day<sup>1</sup>

#### Early Morning

1 Thermo GX capsule

#### Breakfast

IsaLean Shake\*\*\* (240 kcal)

#### Mid Morning

e-Shot (35 kcal)  
100-200 kcal snacks (See options below.)

#### Lunch

IsaLean Shake\*\*\* (240 kcal) with 100-200 kcal mix-ins (See options below.)

#### Mid-Afternoon


1 serving Ionix Supreme (20 kcal)  
100-200 kcal snacks (See options below.)

#### Dinner

Nutritionally balanced 400-600 kcal meal

#### Before Bed

1 Thermo GX capsule  
1-2 IsaMove<sup>2</sup> capsules  
59 ml serving of Nourish for Life (20 kcal)



### MEN

needing 2,000-2,400 kcal per day<sup>1</sup>

#### Early Morning

1 Thermo GX capsule  
e-Shot (35 kcal)

#### Breakfast

IsaLean Shake\*\*\* (240 kcal) with 100-200 kcal mix-ins (See options below.)

#### Mid Morning

1 serving Ionix Supreme (20 kcal)  
200-300 kcal snacks (See options below.)

#### Lunch

Nutritionally balanced 400-600 kcal meal

#### Mid-Afternoon

59 ml serving of Nourish for Life (20 kcal)

#### Dinner

Nutritionally balanced 400-600 kcal meal

#### Before Bed

IsaLean Shake\*\*\* (240 kcal)  
1 Thermo GX capsule  
1-2 IsaMove<sup>2</sup> capsules



### SNACK OPTIONS

- Medium-sized apple
- Handful of nuts
- Raw veggies
- Greek yogurt and fruit
- Up to 2 boiled eggs
- IsaDelights<sup>2</sup>
- Isagenix Snacks<sup>2</sup>
- AMPED Hydrate



### MIX-IN OPTIONS

- Small piece of fruit
- Milk of choice
- Oats
- Peanut butter
- Coconut oil

YOUR SYSTEM YOUR WAY

Apart from the benefits of consuming Nourish for Life daily, you may also wish to achieve additional benefits from Nourish for Life through Cleanse Days<sup>3</sup>, a nutritionally supported fast that nourishes and energises your body’s own detoxification systems. On Cleanse Days<sup>3</sup>, you will consume four Deep Revitalising servings of Nourish for Life as outlined in the planner below. Please note that while it is up to the individual, only light exercise such as yoga or walking is recommended on Cleanse Days<sup>3</sup>.

This calendar can help guide you through your system. If you would like to create your own calendar, use the template below.

ENERGY & PERFORMANCE SYSTEM EXAMPLE						
Day 1 S**	Day 2 S**	Day 3 C	Day 4 S	Day 5 S	Day 6 S	Day 7 S
Day 8 S	Day 9 S	Day 10 S	Day 11 S	Day 12 S	Day 13 S	Day 14 S
Day 15 S	Day 16 S	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 S					

S= Shake Day      C= Cleanse Day

1 For Everyday Energy & Performance replace one meal a day with an IsaLean Shake. For athletes or those engaging in high-intensity exercise consult a physician or trainer for optimal calorie intake.

2 Product is not included in the 30-Day Energy & Performance System or Everyday Energy & Performance System and must be purchased separately.

3 A Cleanse Day is a nutritionally supported fast that nourishes and energises your body’s own detoxification systems. For further Cleanse Day information, visit [Isagenix.com](#).

\* To ensure you have enough product for next month, be sure to enrol in Autoship. Speak with your Sponsor for more details.

\*\* Two Shake Days are recommended prior to your first Cleanse Day. These days help to create an environment in the body that helps enhance the effects of cleansing. Please note that you should never exceed two consecutive Cleanse Days.

\*\*\* IsaLean Shakes are meal replacement shakes for weight loss and weight maintenance. Providing 24 grams of high-quality protein per serving, they also contribute to the growth and maintenance of muscle mass.

CLEANSE DAYS<sup>3</sup>

**Enjoy 118 ml servings of Nourish For Life** four times per day, with snacks and liquids in between to ensure you stay hydrated. (You can choose which snack options you would like to have when, throughout the day.)

**Breakfast**  
118 ml serving Nourish For Life  
1 serving Ionix Supreme

**Mid-Morning**  
2 Isagenix Snacks<sup>2</sup>  
1 Thermo GX capsule<sup>2</sup>

**Lunch**  
118 ml serving Nourish For Life  
¼ apple or pear  
1 serving AMPED Hydrate (if exercising)

**Early Afternoon**  
1-2 IsaDelight<sup>2</sup>

**Mid-Afternoon**  
118 ml serving Nourish For Life  
1 serving of e-Shot

**Early Evening**  
2 Isagenix Snacks<sup>2</sup>

**Evening**  
118 ml serving Nourish For Life  
1-2 IsaMove capsules<sup>2</sup> with water  
before bedtime

## THE MAIN COURSE

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

### GOOD FATS

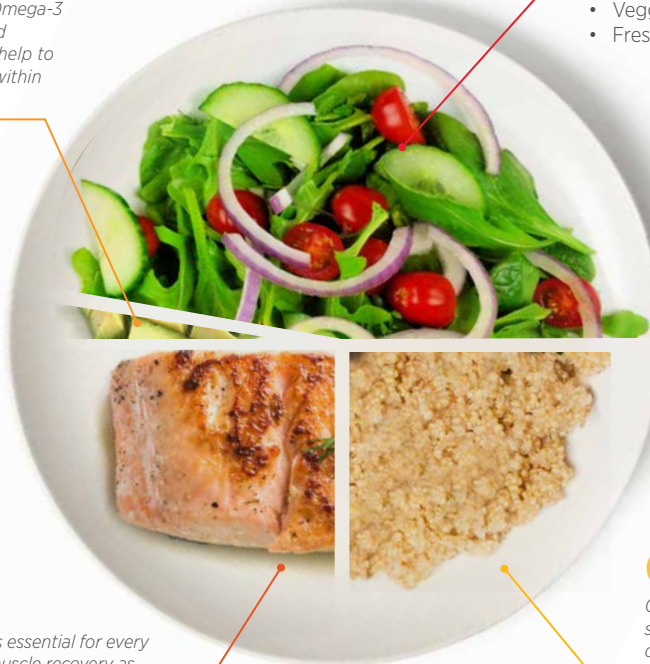
*Your body requires small amounts of fat to perform as it should. Unsaturated fat (rich in Omega-3 fatty acids) is considered better for you, as it can help to keep blood cholesterol within a normal range.*

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

### MICRONUTRIENTS & FIBRE

*Vitamins and minerals are key micronutrients required for many chemical reactions your body performs every day. Fruits and vegetables are particularly nutrient-dense, and many provide fibre too. Your recommended fibre intake is 25 grams per day\*.*

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



### PROTEIN

*Whatever your goal, protein is essential for every cell in the body; supporting muscle recovery as well as contributing to growth of muscle mass and maintenance of normal muscle and normal bones.*

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

### COMPLEX CARBS

*Carbohydrates are the body's preferred source of fuel, and provide energy for daily activities and bodily functions. Swap the 'empty calories' of refined carbs for more nutritious complex carbs found in beans and whole grains.*

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

## RECIPES



### CHICKEN & BROWN RICE

- 150 g freshly cooked brown rice
- 100 g chicken breast, boneless and skinless
- 80 g broccoli
- 30 g spinach
- 1 carrot, sliced
- ½ onion, sliced
- 2 cloves garlic, minced
- 1 tsp fresh ginger root, minced
- 2 tsp olive oil
- Squeeze of lemon juice

Season chicken breasts on both sides with salt and pepper. Heat 1 tsp olive oil in skillet over medium high heat. Add chicken breast and cook for 5-7 minutes, or until meat begins to brown. Turn chicken over and turn the heat down to medium low. Allow to cook in its own juices for 12-15 minutes. Turn off the heat, remove chicken from pan and slice.

While the chicken is cooking, bring 1 litre of water to a boil in a saucepan. Once boiling, add the broccoli and carrots and cook for 1 minute. Drain once cooked.

Heat 1 tsp olive oil in skillet. Add broccoli, spinach, carrots, onion, garlic and ginger, and fry for 3 minutes. Add brown rice and stir through until hot. Season with salt and pepper.

Pour rice and vegetables onto plate and top with the sliced chicken. Drizzle lemon juice over the top, and serve.

**Per serving:** 520 kcal, 34 g protein, 12 g carbohydrates, 5 g fat



### BAKED LIME FISH WITH POTATOES

- 200 g new potatoes, cut into chunks
- 150 g plaice fillet, raw
- 1½ tbsp olive oil
- 10 g breadcrumbs
- 15 g parsley
- 60 ml fresh lime juice
- ¼ tsp lime zest

Preheat oven to 220 degrees Celsius with roasting tin inside. Coat potato chunks in the olive oil and pour 30 ml lime juice over the fish.

Add the potatoes and fish to the hot roasting tin and bake for 10 minutes.

While the food is baking, mix the lime zest, remaining lime juice, parsley and breadcrumbs. Remove the fish from the oven, and press the breadcrumb mixture onto the fish. While the pan is out, turn the potatoes.

Return the pan to the oven for 15-20 minutes, and serve.

**Per serving:** 475 kcal, 32 g protein, 38 g carbohydrates, 21 g fat



## YOUR NEXT STEP

Once you have reached your goals, you want to maintain them! Incorporating Isagenix nutritional products and healthy eating habits into your lifestyle routine will help you to stay on track.

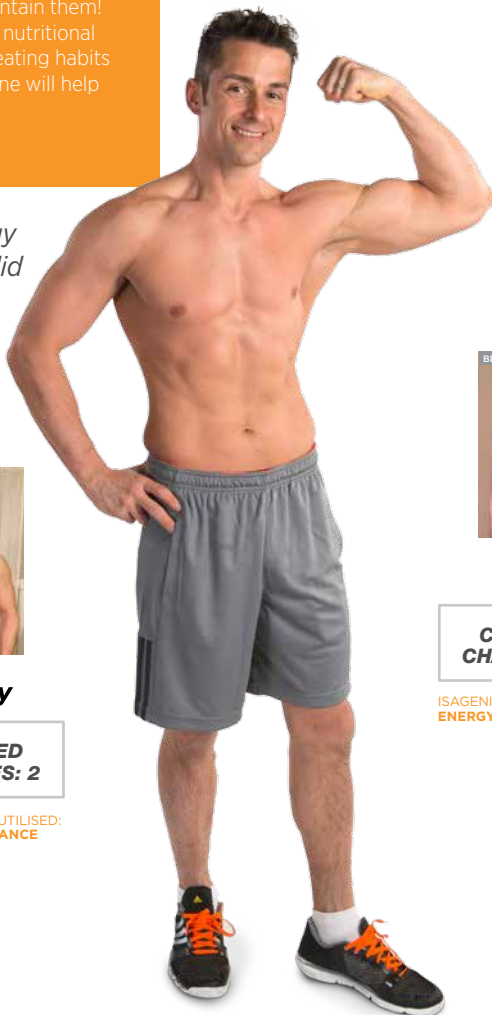
“I have more energy in my 40s than I did in my 20s!”

**James Bullock**



**COMPLETED  
CHALLENGES: 2**

ISAGENIX SOLUTION UTILISED:  
**ENERGY & PERFORMANCE**



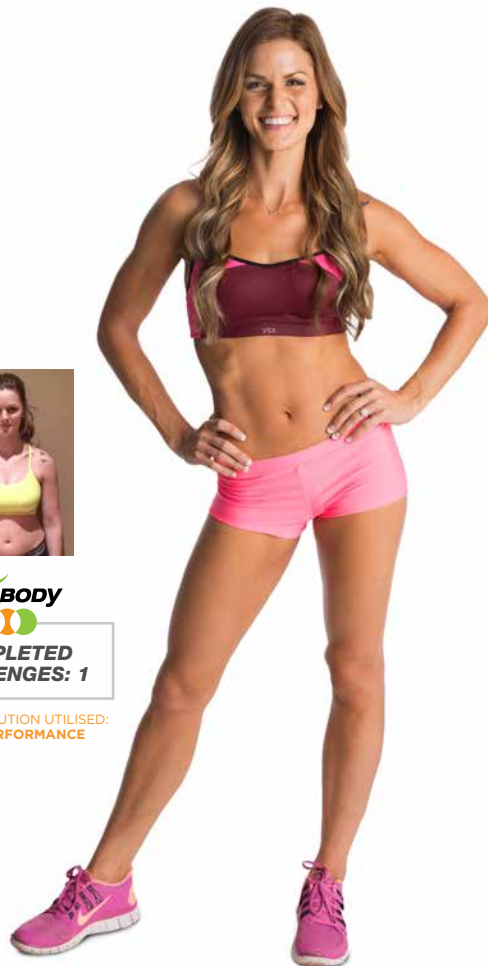
“Isagenix helped me create an energetic and healthy lifestyle when I needed it most.”

**Kelli Penman**



**COMPLETED  
CHALLENGES: 1**

ISAGENIX SOLUTION UTILISED:  
**ENERGY & PERFORMANCE**



## YOUR OPPORTUNITY:

Do you know someone who could benefit from the Energy & Performance system that helped you to achieve success? Or perhaps one of our incredible solutions for Weight Management? If the answer is yes, you could earn product credits for referrals or even earn income and build a business.

Visit [Isagenix.com](https://Isagenix.com) to find out more.

YOUR NEXT STEP

**Helen Costa-Giles**  
Isagenix Customer since 2014

# YOUR SUPPORT

Using your Isagenix System is easy. We realise it's an important commitment, and you will need all the help and support you can get to reach your energy and performance goals.

## A SUPPORTIVE COMMUNITY

We have support systems for our Customers including online tools and resources, as well as the IsaBody Challenge®.

### **IsaBody Challenge®**

Join the IsaBody™ community for support, motivation and to help you stay on track. Register now for the IsaBody Challenge, a 16-week total transformational challenge that supports you with a network of people who love the Isagenix products and are there to help you achieve your goals. Complete the Challenge and earn a £150 product coupon! Learn more at **[UK.IsaBodyChallenge.com](https://www.uk.isabodychallenge.com)**.

## ONLINE TOOLS & RESOURCES

Isagenix has developed a library of online tools with you in mind. We encourage you to visit our websites and explore the many tools that are available to help you better understand our culture, products and philosophies about health and wellness.

**Isagenix.com** is our global website where you can learn more about the company and our products, shop online and log in to your Back Office.

**UK.IsaFYI.com** is your source for the latest Isagenix news and updates, product information, success stories, promotions and programmes.

**UK.IsagenixBusiness.com** is the official Isagenix business training system. On this site, you can learn how to get paid for sharing Isagenix products with others and more!

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



## TIPS FOR SUCCESS

**Set realistic expectations.** Most people don't become out of shape in just a few days, so remember that it will take time to achieve your goals. It's not a race; it's about developing a healthy lifestyle.

**Schedule your workout** routine to suit you. Exercising regularly is the key to maintaining an optimal level of performance.

**Drink enough water** to stay well hydrated.

**Reduce food cravings** with balanced nutrition. Use all of your Isagenix products as recommended to ensure your body is getting the right nutrition every day.

**Increase your daily activity** to maximise your results. You don't have to start training for a marathon; even simply taking the stairs instead of the lift will help you to move more throughout the day.



## FAQ

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

**A:** Be patient with your body during the first week of your journey. The introduction of nourishing and scientifically supported Isagenix products will aid in meeting your body's nutrient requirements. If you follow your system as recommended, you should begin to see results and feel the difference.

**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.

**Q: Do I need to exercise when using the Energy & Performance Systems?**

**A:** Whatever your goal, you're recommended to do at least 150 minutes of moderately intense exercise per week, which can be broken down to 30 minutes five days per week.

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

**A:** You should always listen to your body, but feeling alert throughout the day also means you need the right nutrition, at the right time. At the very least, you should eat two 400-600 kcal meals and one IsaLean Shake per day, and add in more products and snacks as needed.\* For meal ideas, see Pages 12-13 of this guide.

**Q: Can I continue using the Energy & Performance System after I have reached my goals?**

**A:** Absolutely! Continuing to use the System will help you to maintain your results and ensure you are eating a balanced, nutritious diet.





**Follow Isagenix on Facebook.**

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.



**Joy Diaz**

Isagenix Associate since 2015



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