



# From Our Family to Yours...

We co-founded Isagenix in 2002, because we believed that we could create a company that would truly make a difference in the world. At Isagenix we are passionate about providing Solutions to Transform Lives™ – both physically and financially – and the keys to your success are found through the products on the pages of this catalogue. Our philosophy is simple: **Eat it, Love it, Share it!**

This is the most exciting time in the history of Isagenix. More and more people are achieving their health and wellness goals each and every day and many of them move on to achieving their financial goals through our business opportunity.

Health is the foundational pillar of Isagenix. Every product is scientifically developed and manufactured in accordance with our no-compromise policy. Innovation is important to us. We are always pushing for revolutionary solutions, service, ingredients, products, tools and technologies. At Isagenix we are **Leading Today, Improving Tomorrow!**

Our products are designed to produce results and provide the basis for a long-term lifestyle of healthy living. When you join Isagenix, you get much more than our amazing products – you get support .

Our mission of improving world health guides our work, and our values drive us to be the best that we can be. We are One Company, One Team, One Family, and we hope you'll join us in not only transforming your own life, but in helping others do the same!

To your success,



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



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For pricing information, visit [Isagenix.com](https://Isagenix.com) or your Back Office.

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# THE ISAGENIX SYSTEM WORKS.

**Our no-compromise approach to product innovation and our convenient solution systems are what make us unique.**

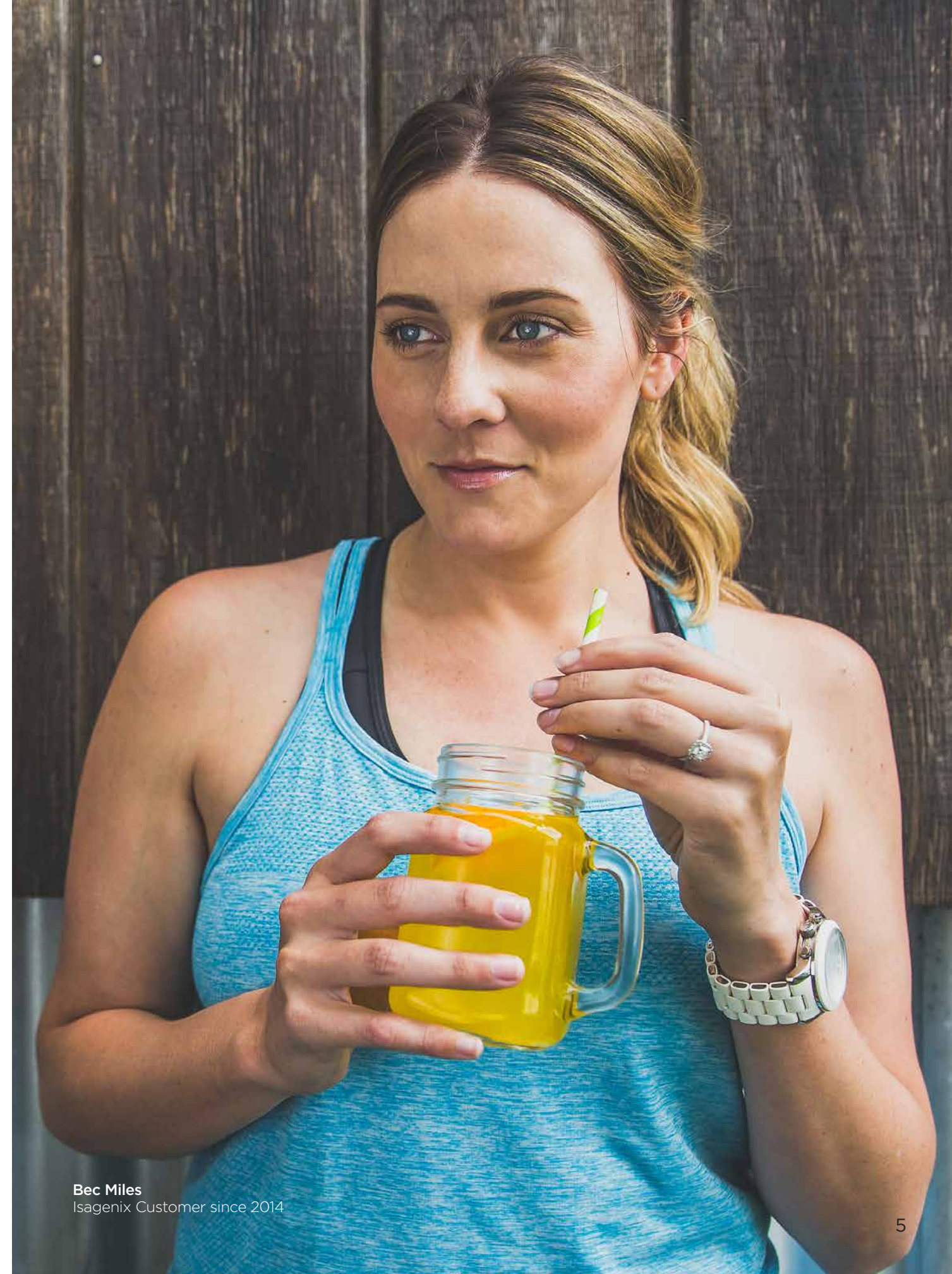
Isagenix products are all about providing Solutions to Transform Lives™ and that means we offer a variety of systems and packs to help you reach your personal health and wellness goals.

Hundreds of thousands of people across the world have maintained healthy lifestyles for weight loss, weight maintenance, muscle building and retention, and fitness performance by using Isagenix products.

Our commitment to scientific research in nutrition and health is one of the factors that sets us apart. By partnering with established universities and laboratories conducting clinical studies, Isagenix is contributing to evidence-based nutrition research while also providing clinical substantiation for Isagenix Systems for healthy weight loss and healthy living.



*Pictured: 30-Day Weight Loss System*



**Bec Miles**  
Isagenix Customer since 2014



# WEIGHT Management



**Danielle Jones**  
Isagenix Customer since 2015



# IsaLean™ Shake

A delicious, convenient meal replacement for everyday weight management.



Simply mix with water to prepare – no need to use milk!

### WHAT IS AN ISALEAN SHAKE?

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

### WHY ISALEAN SHAKE?

Good eating habits and physical activity are key to reaching and maintaining your goals, but it can be challenging to get the nutrition you need every day. IsaLean Shakes take the effort out of healthy eating! Simply add water to provide your body with the essential nutrients it needs to perform at its best.

### HOW DOES IT WORK?

IsaLean Shake is a nutritious, balanced meal replacement that promotes effective, healthy weight management. It delivers essential carbohydrates, fats, vitamins and minerals and is high in protein. This isn't just a shake, it's a total meal!

- Contains 24 grams of high-quality, undenatured protein
- 22 essential vitamins and minerals
- Essential carbohydrates and fats
- High in fibre with 8 grams per serving
- Supports weight loss
- Contributes to maintenance of weight loss goals
- No artificial flavours, colours or sweeteners

### HOW TO USE.

IsaLean Shake can be used for either weight loss or weight maintenance. There's no need to mix our shake with milk, as it has been formulated to work perfectly with water!



#### Weight Maintenance

Replace one meal a day to maintain weight



#### Weight Loss

Replace two meals a day to support weight loss



Creamy Vanilla Flavour



Creamy Chocolate Flavour



Creamy Strawberry Flavour

# Nourish for Life™

Nutritional Drink Mix for Health and Vitality.



20 kcal per serving

### WHAT IS 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>.

### WHY NOURISH FOR LIFE?

Your body needs continual nourishment on a daily basis, especially on Cleanse Days<sup>4</sup>. Nourish for Life provides essential nutrients including B3, B6 and B12.

### HOW DOES IT WORK?

When used as part of an Isagenix System, Nourish for Life supports:

- Normal functioning of nervous and immune systems<sup>1</sup>
- Reduction of tiredness and fatigue<sup>2</sup>
- Normal energy-yielding metabolism<sup>3</sup>

### HOW TO USE.

**Everyday Revitalising:** 30-59 ml up to twice daily  
**Deep Revitalising:** 118 ml with 120-240 ml of cold water four times daily for up to two consecutive days.

BEFORE\*



“Had I known how amazing I would feel, I would not have waited another minute to get started.”

## TRANSFORMATION SPOTLIGHT

NAME: **Shaunna Menard**

ISAGENIX CUSTOMER SINCE: 2011

AGE: **50** years old

LOCATION:  British Columbia, Canada

CHALLENGES COMPLETED: **1**

ISAGENIX SOLUTION UTILISED: **Weight Management**

FAVOURITE PRODUCT:



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To find out more and get started on your IsaBody journey, visit [UK.IsaBodyChallenge.com](http://UK.IsaBodyChallenge.com).

<sup>1</sup> 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.  
<sup>2</sup> B vitamins (B6, B12 and niacin (B3)) contribute to the reduction of tiredness and fatigue.  
<sup>3</sup> Vitamin B12 contributes to normal energy-yielding metabolism.  
<sup>4</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.

\* 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 please consult a doctor before using Isagenix products or making any other dietary changes.





## IsaDelight™

- WHAT** Individually-wrapped, guilt-free chocolates that contain green tea, amino acids, antioxidants and B vitamins.
- WHY** IsaDelights are a tasty treat to enjoy during Cleanse Days<sup>1</sup> or any day you want a portion-controlled chocolate indulgence. With only 60 kcal, IsaDelight helps prevent high-calorie snacking between meals or late at night.
- HOW** Chocolate already tastes great, so we packed even more goodness into IsaDelights. IsaDelights contain green tea and our unique IsaDelight Amino Complex, making this a great addition to your Cleanse Days<sup>1</sup>. Each square has less than 4 grams of fat, so you can enjoy your favourite treat without the guilt.



## Thermo GX™

- WHAT** A daily supplement with chromium and niacin to support your body's metabolism and energy production<sup>1</sup>. In addition, it also contains cayenne and green tea.
- WHY** Improving your metabolic rate helps your body to more efficiently utilise the energy from food, without the use of harmful stimulants.
- HOW** Ingredients such as niacin and chromium have been shown to support metabolism<sup>1</sup>. Thermo GX also contains green tea, a natural source of caffeine, in addition to cayenne, cinnamon and cocoa seed.



## Isagenix Snacks™

- WHAT** Nutritious bite-sized snacks to support your metabolism between meals and on Cleanse Days<sup>1</sup>.
- WHY** Great-tasting and low in calories, Isagenix Snacks provide specific nutrients to support your metabolism<sup>2</sup> and curb cravings. An excellent addition to your Cleanse Day routine<sup>1</sup>, with only 15 kcals per wafer.
- HOW** Isagenix Snacks contain undenatured whey protein, a balanced blend of fats from sunflower, olive oil and flax, and essential carbohydrates to provide nutritional support in between meals and on Cleanse Days<sup>1</sup>.



## IsaMove™

- WHAT** 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>2</sup> overnight.
- WHY** While you sleep, your body's natural processes are hard at work, whether it's digesting food from the previous day, repairing body tissues, or recovering from the day's activities. When these processes function properly, the body can effectively absorb nutrients from food, recover and repair, and support regularity.
- HOW** IsaMove contains magnesium, which contributes to a range of bodily functions<sup>2</sup> including normalising electrolyte balance and protein synthesis. In addition, IsaMove also contains psyllium and peppermint.
- Contributes to normal energy-yielding metabolism<sup>2</sup>
  - Supports the normal functioning and creation of proteins in the body<sup>2</sup>

# Weight Management Systems



## Weight Management Premium Pack

The ultimate pack for your weight management success! This pack includes the 30-Day Weight Loss System and additional complementary products to support your goals and lifestyle, as well as plenty to share with friends and family.

- Supports your everyday nutrition as part of your weight loss or weight maintenance goal
- 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

**Pack Includes:**  
4 IsaLean™ Shakes (any flavour), 2 Nourish for Life™, 1 Ionix® Supreme, 1 Thermo GX™, 1 Isagenix Snacks™, 1 IsaMove™, 5 e-Shot™ (6 count), 3 AMPED™ Hydrate (orange flavour), 1 IsaDelight™ box (Milk Chocolate With Caramel Flavour and Sea Salt), 1 IsaBlender, 1 IsaShaker, 1 event coupon and a free annual membership for one year

## 30-Day Weight Loss System

Specifically designed to help you get started on your weight loss journey and achieve your goals through balanced everyday nutrition.

**System Includes:**  
4 IsaLean™ Shakes (any flavour), 2 Nourish for Life™, 1 Ionix® Supreme, 1 Thermo GX™, 1 Isagenix Snacks™ and 1 IsaMove™



# Weight Management Systems



## Everyday Weight Maintenance System

Ideal for those who want to maintain a healthy weight and support their daily diet with balanced nutrition.

**System Includes:**  
2 IsaLean™ Shakes (any flavour), 1 Nourish for Life™, 1 Ionix® Supreme, 1 Thermo GX™ and 1 Isagenix Snacks™



## Shake and Nourish Pack

An ideal pack for Shake and Cleanse Days<sup>1</sup> with essential nutrients to support your weight management and overall health goals.

**Pack Includes:**  
2 IsaLean™ Shakes (any flavour), 2 Nourish for Life™ and 1 Ionix® Supreme



“Once you start the programme, your body responds in such a positive way, you’ll wonder what you ever did without it.”

## TRANSFORMATION SPOTLIGHT

NAME: **Danielle Jones**

ISAGENIX CUSTOMER SINCE: 2015

AGE: **24** years old

LOCATION:  New South Wales, Australia

CHALLENGES COMPLETED: **1**

FAVOURITE PRODUCT: 

ISAGENIX SOLUTION UTILISED: Weight Management

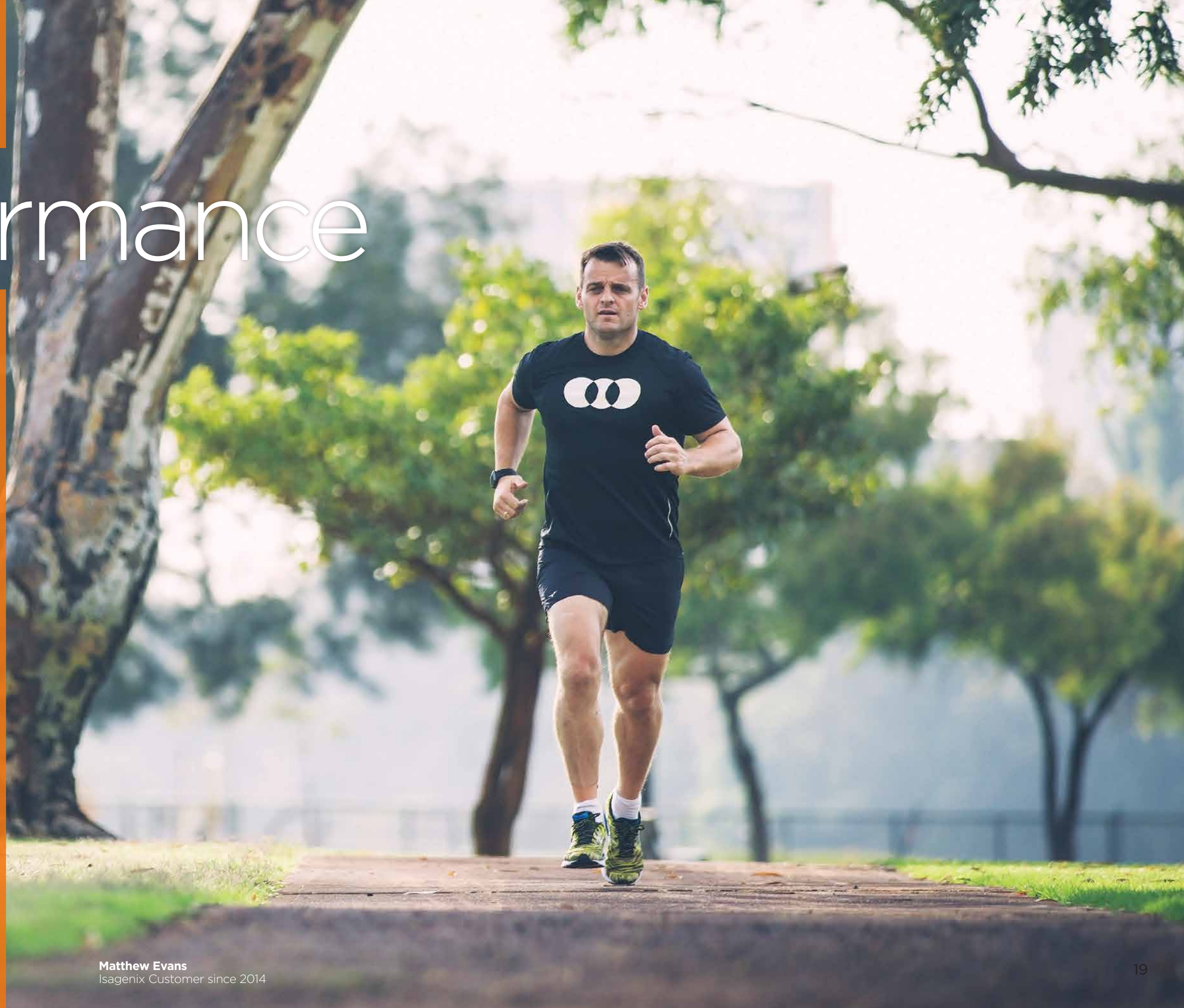
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To find out more and get started on your IsaBody journey, visit [UK.IsaBodyChallenge.com](https://www.uk.isabodychallenge.com).



**ENERGY &**

# Performance



**Matthew Evans**  
Isagenix Customer since 2014





WHAT IS e-SHOT?

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

WHY e-SHOT?

Life is difficult when you're tired or fatigued. e-Shot is a convenient alternative to tea or coffee to help you jumpstart your day and combat afternoon lulls; all without any artificial flavours or sweeteners.

HOW DOES IT WORK?

e-Shot contains a unique blend of herbs and plant-based caffeine from green tea and yerba mate to help you feel alert throughout the day.

- Contains 35 kcal per serving
- Perfect to help you through Cleanse Days<sup>1</sup>
- Convenient for the office, gym or on the go

<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

WHAT IS IONIX SUPREME?

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

WHY IONIX SUPREME?

We could all use support in caring for our everyday health. Stress in particular can take its toll, and can leave you feeling sluggish and hinder optimal performance.

HOW DOES IT WORK?

Ionix Supreme combines powerful herbs and nutrients with a blend of B vitamins to support overall health.

- Supports the body's functions<sup>1</sup>
- Supports energy<sup>2</sup>
- Contributes to the protection of cells from oxidative stress<sup>3</sup>



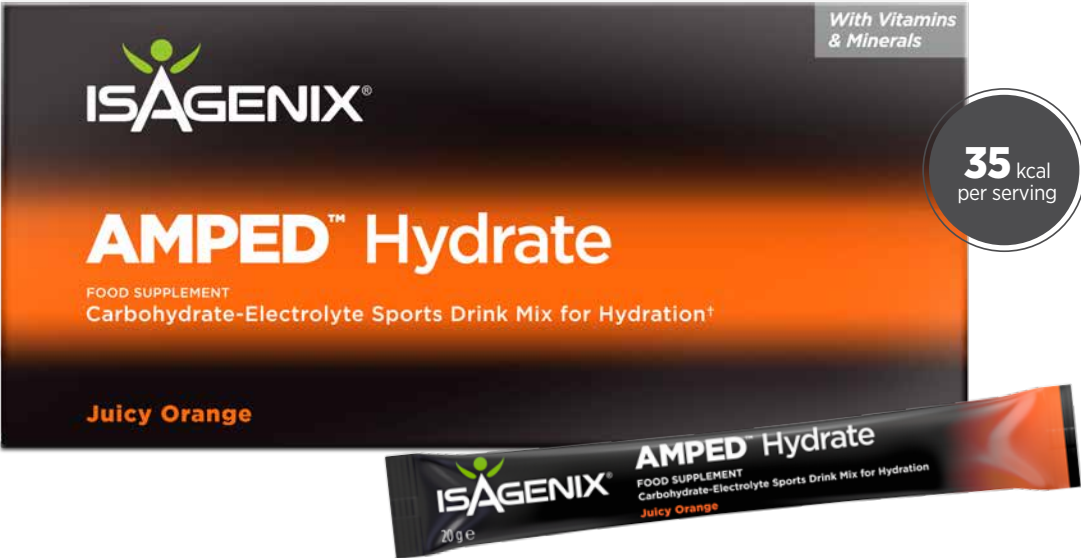
<sup>1</sup> Vitamin B6 contributes to the normal functioning of the nervous, psychological and immune systems. Riboflavin (B2) contributes to normal functioning of the nervous system and vision. Thiamin contributes to normal functioning of the heart system.

<sup>2</sup> B vitamins [B6, B12, niacin (B3) and riboflavin (B2)] contribute to the reduction of tiredness and fatigue.

<sup>3</sup> Riboflavin contributes to the protection of cells from oxidative stress.

# AMPED™ Hydrate

The Sports Drink, Reinvented.



### WHAT IS AMPED HYDRATE?

A refreshing, hydrating sports drink mix enriched with vitamin C, B-complex and a unique carbohydrate-electrolyte blend<sup>1</sup>.

### WHY AMPED HYDRATE?

During exercise, your body loses vitamins, electrolytes and water. Without them, it can be difficult to maintain a peak level of performance<sup>1</sup>.

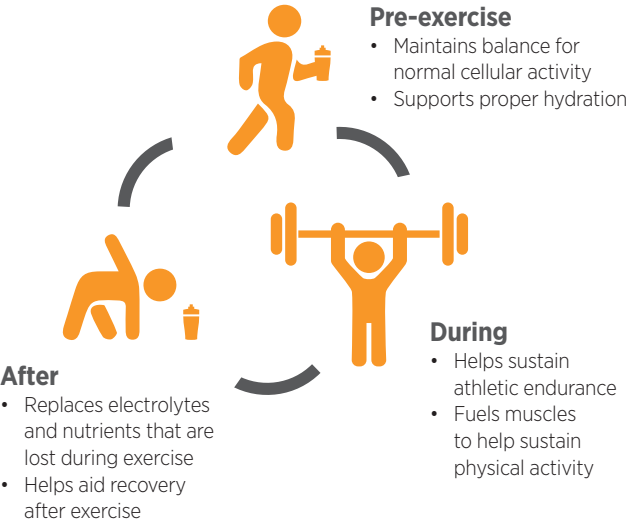
AMPED Hydrate offers 150 percent of your Nutrient Reference Value for vitamin C and the full complex of B vitamins per serving, with no artificial flavours, colours or sweeteners.

### HOW DOES IT WORK?

Specifically designed for use during and after exercise, AMPED Hydrate contains a unique carbohydrate-electrolyte blend to keep you hydrated and provides the body with essential nutrients that are lost during workouts<sup>1</sup>.

- Supports performance during prolonged endurance exercise
- No artificial flavours, colours or sweeteners

### WHEN TO USE?



BEFORE\*



“My favourite thing about Isagenix is that it's not a diet. It's a lifestyle—one that I can maintain long term. It provides me with the quality of life everyone deserves.”

## TRANSFORMATION SPOTLIGHT

NAME: **Daniel Parten**

ISAGENIX CUSTOMER SINCE: 2013

AGE: **30** years old

LOCATION:  Florida, United States of America

CHALLENGES COMPLETED: **4**

FAVOURITE PRODUCT: 

ISAGENIX SOLUTION UTILISED: Energy & Performance

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To find out more and get started on your IsaBody journey, visit [UK.IsaBodyChallenge.com](https://www.uk.isabodychallenge.com).



# Energy & Performance Systems



## Energy & Performance Premium Pack

The 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; plus plenty to share with friends and family.

- Supports your everyday nutrition as part of your energy and performance goal
- 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

**Pack Includes:**  
**4** IsaLean™ Shakes (any flavour), **2** Nourish for Life™, **1** Ionix® Supreme, **1** Thermo GX™, **1** Isagenix Snacks™, **1** IsaMove™, **5** e-Shot™ (6 count), **3** AMPED™ Hydrate (orange flavour), **1** IsaDelight™ box (Milk Chocolate With Caramel Flavour and Sea Salt), **1** IsaBlender, **1** IsaShaker, **1** event coupon and a free annual membership for one year

## 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 to feel alert when you need it most.

**System Includes:**  
**4** IsaLean™ Shakes (any flavour), **5** e-Shot™ (6 count), **1** Ionix® Supreme, **1** AMPED™ Hydrate (orange flavour) and **1** Nourish for Life™

# Energy & Performance Systems



## Everyday Energy & Performance System

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

**System Includes:**  
2 IsaLean™ Shakes (any flavour), 2 e-Shot™ (6 count), 1 Ionix® Supreme, 1 AMPED™ Hydrate (orange flavour) and 1 Nourish for Life™



## Shake and Shot Pack

A foundational pack with essential nutrients to support your energy and performance goals.

**Pack Includes:**  
2 IsaLean™ Shakes (any flavour) and 5 e-Shot™ (6 count)

BEFORE\*



“With Isagenix, I’ve regained energy and discovered a new passion for life. It’s taken my performance in the gym to new levels, and positively impacted me as a coach.”

## TRANSFORMATION SPOTLIGHT

NAME: **Alvie Shepherd**

ISAGENIX CUSTOMER SINCE: 2014

AGE: **42** years old

LOCATION: Illinois, United States of America

CHALLENGES COMPLETED: **3**

ISAGENIX SOLUTION UTILISED: Energy & Performance



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To find out more and get started on your IsaBody journey, visit [UK.IsaBodyChallenge.com](http://UK.IsaBodyChallenge.com).

\* 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 please consult a doctor before using Isagenix products or making any other dietary changes.



JUST THE

Facts



INGREDIENT POLICY:

Nutritious, Safe, Transformative

ISAGENIX NO-COMPROMISE INGREDIENT STANDARDS

No matter how much we grow, our commitment to the quality of our products and ingredients is one thing that will never change. Our highest priority is your health.

NUTRITIOUS

Isagenix stands for great health. We provide high-quality ingredients in dosages backed by science. We take an evidence-based approach to make sure every ingredient we use is pure and health promoting. We also focus on sourcing ingredients from suppliers that value sustainability. It is a standard that is healthy for you, for us, and for the planet.

SAFE

We never compromise on safety. In addition to the caution and care exercised by our formulators and researchers, we are proud to say that our quality control processes are second to none. Every time you reach for an Isagenix product, you can be confident that it has been thoroughly tested by third-party laboratories for a variety of heavy metals, pesticides, and microbial activity.

TRANSFORMATIVE

Isagenix exists to transform lives. We are changing lives around the world by formulating products that work, and work well. To create products that make a real difference in your health and vitality, we stay at the forefront of nutritional science and constantly work to get the most out of nature’s fine ingredients.

“Isagenix has built a reputation on meeting or exceeding all standards commonly used in the nutraceutical industry, and this vision of creating a no-compromise company places Isagenix in a category all its own.”

John

John W. Anderson | Isagenix Founder

Allergen Table

	Wheat (gluten)	Peanut	Tree nuts	Eggs	Milk	Fish	Crustaceans	Soy	Royal Jelly	Vegetarian	Lacto-Vegetarian
AMPED™ Hydrate										✓	✓
Nourish for Life™										✓	✓
e-Shot™										✓	✓
Ionix® Supreme										✓	✓
IsaDelight™ (Milk Chocolate With Caramel Flavour and Sea Salt)					✓			++			✓
Isagenix Snacks™ (Chocolate)					✓			++			✓
IsaMove™										✓	✓
IsaLean™ Shake (Creamy Vanilla Flavour, Creamy Chocolate Flavour, Creamy Strawberry Flavour)					✓						✓
Thermo GX™										✓	✓

Nutrition Facts

AMPED™ Hydrate—Juicy Orange

Serving Size: 1 Stick (20 g), Servings per Container: 24

**Per 100 g: Energy** 1463 kJ / 350 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 90 g of which sugars 80 g, **Protein** 0 g, **Salt** 3 g, **Vitamins & Minerals:** Vitamin C 600 mg (750% NRV), Thiamin (B1) 5.25 mg (477% NRV), Riboflavin (B2) 6 mg (429% NRV), Niacin (B3) 70 mg (438% NRV), Vitamin B6 7 mg (500% NRV), Folate 1400 µg (700% NRV), Vitamin B12 15 µg (600% NRV), Biotin 500µg (1000% NRV), Pantothenic acid (B5) 35 mg (583% NRV), Zinc 45 mg (450% NRV), Chromium 250µg (625% NRV)

**Per 20 g: Energy** 293 kJ / 70 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 18 g of which sugars 16 g, **Protein** 0 g, **Salt** 0.6 g, **Vitamins & Minerals:** Vitamin C 120 mg (150% NRV), Thiamin (B1) 1.05 mg (95% NRV), Riboflavin (B2) 1.2 mg (86% NRV), Niacin (B3) 14 mg (88% NRV), Vitamin B6 1.7 mg (100% NRV), Folate 280 µg (140% NRV), Vitamin B12 3 µg (120% NRV), Biotin 100µg (200% NRV), Pantothenic acid (B5) 7 mg (127% NRV), Zinc 9 mg (90% NRV), Chromium 50 µg (125% NRV)

**Ingredients**—Dextrose, acid (citric acid), fructose, spray dried honey, natural flavouring, acid (tartaric acid), sodium chloride, acidity regulator (potassium citrate), evaporated cane juice, natural orange fruit powder (1.5%), anti-caking agent (silicon dioxide), L-ascorbic acid, colour (carotene), sweetener (steviol glycosides), nicotinamide, zinc oxide, D-biotin, calcium D-pantothenate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, chromium (III) chloride, pteroylmonoglutamic acid, cyanocobalamin.

Nourish for Life™—Natural Rich Berry Flavour Liquid

Daily Portion: Everyday Revitalising – 4 tbsp (59 ml), Deep Revitalising – 32 tbsp (473 ml), Daily Portions per Container: 16 portions of 59 ml, 2 portions of 473 ml

**Per 100 ml: Energy** 142 kJ / 34 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 8 g of which sugars 7 g, **Protein** 0 g, **Salt** 0.02 g

**Per 59 ml: Energy** 84 kJ / 20 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 5 g of which sugars 4 g, **Protein** 0 g, **Salt** 0.01 g, **Vitamins & Minerals:** Niacin (B3) 2.4 mg NE (15% NRV), Vitamin B6 0.21 mg (15% NRV), Vitamin B12 0.38 µg (15% NRV)

**Per 473 ml: Energy** 669 kJ / 160 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 40 g of which sugars 32 g, **Protein** 0 g, **Salt** 0.08 g, **Vitamins & Minerals:** Niacin (B3) 19 mg NE (119% NRV), Vitamin B6 1.7 mg (121% NRV), Vitamin B12 3 µg (120% NRV)

**Ingredients**—Water, fructose, natural flavourings, calcium and magnesium citrate complex, fruit and vegetable concentrates (carrot, blueberry), choline bitartrate, aloe vera (*Aloe barbadensis*) leaf powder, bilberry (*Vaccinium myrtillus*) fruit extract, burdock (*Arctium lappa*) root extract, blueberry (*Vaccinium corymbosum*) fruit extract, acidity regulator (citric acid), raspberry (*Rubus idaeus*) juice, yellow dock (*Rumex crispus*) root extract, thickener (xanthan gum), acidity regulator (potassium citrate), preservative (potassium sorbate), purple carrot (*Daucus carota*) juice, turmeric (*Curcuma longa*) root extract, Siberian ginseng (*Eleutherococcus senticosus*) root extract, fennel (*Foeniculum vulgare*) seed extract, peppermint (*Mentha piperita*) leaf extract, liquorice (*Glycyrrhiza glabra*) root extract, amla (*Embilca officinalis*) fruit extract, horsetail (*Equisetum arvense*) aerial extract, lime juice, alfalfa (*Medicago sativa*) leaf extract, inositol, l-methionine, niacinamide (B3), pyridoxine hydrochloride (B6), cyanocobalamin (B12).

e-Shot™—Apple Pomegranate Flavor

Serving Size: 1 Bottle (60 ml), Servings per Container: 6

**Per 100 ml: Energy** 245 kJ / 58 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 13 g of which sugars 10 g, **Protein** 0 g, **Salt** 0.13 g, **Caffeine** 133 mg

**Per Bottle: Energy** 147 kJ / 35 kcal (2% RI), **Fat** 0 g (0% RI) of which saturates 0 g (0% RI), **Carbohydrate** 8 g (3% RI) of which sugars 6 g (7% RI), **Protein** 0 g (0% RI), **Salt** 0.08 g (1% RI), **Caffeine** 80 mg

**Ingredients**—Water, apple juice concentrate, glycerol, natural flavourings, pomegranate juice concentrate, acid regulator (malic acid), Siberian ginseng (*Eleutherococcus senticosus*) root extract, yerba mate (*Ilex paraguariensis*) leaf extract, green tea (*Camelia sinensis*) leaf extract, maral (*Rhaponticum carthamoides*) root extract, preservative (potassium sorbate), hawthorn (*Crataegus laevigata*) berry extract, mountain ash (*Sorbus aucuparia*) berry extract, schisandra (*Schisandra chinensis*) fruit extract, sodium citrate, liquorice (*Glycyrrhiza glabra*) root extract, D-ribose, sweetener (steviol glycosides).

Ionix® Supreme—Natural Fruit Flavor Liquid

Daily Portion: 60 ml (4 tbsp), Portions per Container: 16

**Per 100 ml: Energy** 280 kJ / 67 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 17 g of which sugars 13 g, **Protein** 0 g, **Salt** 0.30 g

**Per 30 ml: Energy** 84 kJ / 20 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 5 g of which sugars 4 g, **Protein** 0 g, **Salt** 0.09 g, **Vitamins & Minerals:** Niacin (B3) 8 mg NE 50% NRV), Thiamin (B1) 0.55 mg (50% NRV), Riboflavin (B2) 0.7 mg (50% NRV), Vitamin B6 0.7 mg (50% NRV), Vitamin B12 1.2 µg (48% NRV), Zinc 5 mg (50% NRV)

**Per 60 ml: Energy** 167 kJ / 40 kcal, **Fat** 0 g of which saturates 0 g, **Carbohydrate** 10 g of which sugars 8 g, **Protein** 0 g, **Salt** 0.18 g, **Vitamins & Minerals:** Niacin (B3) 16 mg NE 100% NRV), Thiamin (B1) 1.1 mg (100% NRV), Riboflavin (B2) 1.4 mg (100% NRV), Vitamin B6 1.4 mg (100% NRV), Vitamin B12 2.4 µg (96% NRV), Zinc 10 mg (100% NRV)

**Ingredients**—Water, dried molasses, apple (*Malus pumila*) juice, natural flavourings, calcium and magnesium citrate complex, wolfberry (*Lycium barbarum*) fruit extract, schisandra (*Schisandra chinensis*) fruit extract, red ginseng (*Panax ginseng*) root extract, eleuthero (*Eleutherococcus senticosus*) root extract, hibiscus (*Hibiscus sabdariffa*) flower extract, amla (*Embilca officinalis*) fruit extract, holy basil (*Ocimum tenuiflorum*) leaf extract, dang shen (*Codonopsis pilosula*) root extract, harada (*Terminalia chebula*) fruit extract, kiwi (*Actinidia deliciosa*) juice, sodium chloride, blueberry (*Vaccinium corymbosum*) fruit extract, horsetail (*Equisetum arvense*) aerial extract, methylsulfonylmethane, bacopa (*Bacopa monnieri*) whole plant extract, acid (phosphoric acid), nicotinamide (B3), sweetener (steviol glycosides), alfalfa (*Medicago sativa*) leaf extract, maca (*Lepidium meyenii*) root extract, preservative (potassium sorbate), zinc oxide, ginger (*Zingiber officinale*) rhizome extract, malic acid, alpha lipoic acid, pyridoxine hydrochloride (B6), acid (citric acid), riboflavin (B2), thiamin hydrochloride (B1), cyanocobalamin (B12).

IsaDelight™—Milk Chocolate with Caramel flavour and Sea Salt

Daily Portion: 1 Chocolate (11.4 g), Portions per Container: 30

**Per 100 g: Energy** 2202 kJ / 526 kcal, **Fat** 31 g of which saturates 18 g, **Carbohydrate** 53 g of which sugars 44 g, **Protein** 8.8 g, **Salt** 0.79 g

**Per Chocolate: Energy** 251 kJ / 60 kcal (3% RI), **Fat** 3.5 g (5% RI) of which saturates 2 g (10% RI), **Carbohydrate** 6 g (2% RI) of which sugars 5 g (6% RI), **Protein** 1 g (2% RI), **Salt** 0.09 g (2% RI)

**Ingredients**—Milk chocolate [sugar, whole milk powder, cocoa butter, cocoa mass, emulsifier (**soy** lecithin), vanilla], Amino Complex (DL-phenylalanine, glycine, green tea extract, inulin, taurine, nicotinamide, anti-caking agent (calcium phosphate), inositol, emulsifier (sunflower lecithin), magnesium oxide, pyridoxine hydrochloride, cholecalciferol, cyanocobalamin), natural caramel flavouring, sea salt

Allergens in **bold**. Manufactured in a facility that also processes tree nuts, peanuts and wheat.

Isagenix Snacks™—Chocolate Flavour

Daily Portion: 6 Chewable Wafers (21 g), Portions per Container: 10

**Per 100 g: Energy** 1800 kJ / 429 kcal, **Fat** 7.1 g of which saturates 2.4 g, **Carbohydrate** 57 g of which sugars 43 g, **Protein** 29 g, **Salt** 0.95 g

**Per 2 Wafers: Energy** 125 kJ / 30 kcal, **Fat** 0.5 g of which saturates 0.2 g, **Carbohydrate** 4 g of which sugars 3 g, **Protein** 2 g, **Salt** 0.07 g, **Chromium** 12 µg (30% NRV)

**Per 6 Wafers: Energy** 376 kJ / 90 kcal, **Fat** 1.5 g of which saturates 0.5 g, **Carbohydrate** 12 g of which sugars 9 g, **Protein** 6 g, **Salt** 0.19 g, **Chromium** 36 µg (90% NRV)

**Ingredients**—Fructose, milk proteins (whey protein concentrate, calcium caseinate), milk powder, natural flavourings (**milk**), emulsifier (sunflower lecithin), fat-reduced cocoa powder, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), flax (*Linum usitatissimum*) seed powder, l-methionine, chromium (III) chloride.

Allergens in **bold**.

IsaMove™

Daily Portion: 2 Capsules, Portions per Container: 30

**Per 1 Capsule: Magnesium** 200mg (53% NRV)

**Per 2 Capsules: Magnesium** 400mg (107% NRV)

**Ingredients**—Magnesium oxide, maltodextrin, glazing agent [E464 (capsule shell)], psyllium (*Plantago ovata*) husk powder, hyssop (*Hyssopus officinalis*) aerial extract, peppermint (*Mentha piperita*) leaf extract, anti-caking agents (magnesium salts of fatty acids, silicon dioxide), acidity regulatory (citric acid).

IsaLean™ Shake—Creamy Chocolate Flavour

Serving Size: 1 Packet (60 g), Servings per Container: 14

**Per 100 g: Energy** 1673 kJ / 400 kcal; **Fat** 10 g of which saturates 3.3 g, Mono-unsaturates 3.3 g, Poly-unsaturates 3.3 g; **Carbohydrate** 40 g of which sugars 17 g; **Fibre** 13 g; **Protein** 40 g; **Salt** 1.0 g; **Vitamins & Minerals:** Vitamin A 417 µg RE (52% RI), Vitamin D 4.2 µg (84% RI), Vitamin E 8.3 mg TE (69% RI), Vitamin C 40 mg (50% RI), Thaimin (B1) 0.62 mg (56% RI), Riboflavin (B2) 0.92 mg (66% RI), Niacin (B3) 10 mg NE (63% RI), Vitamin B6 0.83 mg (59% RI), Folic Acid 117 µg (59% RI), Vitamin B12 1.7 µg (68% RI), Biotin 25 µg (50% RI), Pantothenic acid (B5) 3 mg (50% RI), Potassium 833 mg (42% RI), Calcium 542 mg (68% RI), Phosphorus 500 mg (71% RI), Magnesium 267 mg (71% RI), Iron 8.3 mg (59% RI), Zinc 5.8 mg (58% RI), Copper 0.62 mg (62% RI), Mangansees 1 mg (50% RI), Selenium 31 µg (56% RI), Iodine 75 µg (50% RI)

Isagenix products are manufactured in facilities that also produce products that may contain milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and/or soybeans.

++ Contains purified lecithin derived from soy.



**Per 60 g: Energy** 1004 kJ / 240 kcal; **Fat** 6 g of which saturates 2 g, Mono-unsaturates 2 g, Poly-unsaturates 2 g; **Carbohydrate** 24 g of which sugars 10 g; **Fibre** 8 g; **Protein** 24 g; **Salt** 0.6 g; **Vitamins & Minerals:** Vitamin A 250 µg RE (31% RI), Vitamin D 2.5 µg (50% RI), Vitamin E 5 mg TE (42% RI), Vitamin C 24 mg (30% RI), Thaimin (B1) 0.37 mg (34% RI), Riboflavin (B2) 0.55 mg (39% RI), Niacin (B3) 6 mg NE (38% RI), Vitamin B6 0.5 mg (36% RI), Folic Acid 70 µg (35% RI), Vitamin B12 1 µg (40% RI), Biotin 15 µg (30% RI), Pantothenic acid (B5) 1.8 mg (30% RI), Potassium 500 mg (25% RI), Calcium 325 mg (41% RI), Phosphorus 300 mg (43% RI), Magnesium 160 mg (43% RI), Iron 5 mg (36% RI), Zinc 3.5 mg (35% RI), Copper 0.37 mg (37% RI), Manganeses 0.6 mg (30% RI), Selenium 18.5 µg (34% RI), Iodine 45 µg (30% RI)

**Ingredients**—Exclusive Myo-IsaLean Complex™ [whey protein concentrate (**milk**) (undenatured), **milk** protein concentrate (undenatured), low-heat skimmed **milk** powder], fructose, fat reduced cocoa powder, isomalto-oligosaccharides, sunflower (*Helianthus annuus*) oil powder, natural flavourings, conjugated linoleic acid powder, flax (*Linum usitatissimum*) seed powder, thickener (xanthan gum), medium-chain triglyceride oil powder, anti-caking agents (calcium phosphate, magnesium salts of fatty acids, silicon dioxide), sodium chloride, enzymes (lactase, cellulase, invertase, lipase), acidity regulator (potassium citrate), magnesium oxide, L-ascorbic acid, nicotinamide, psyllium (*Plantago ovata*) powder, selenium yeast, sweetener (steviol glycosides), cinnamon (*Cinnamomum zeylanicum*) bark powder, ferrous lactate, D-alpha tocopheryl acid succinate, beta-carotene, manganese gluconate, zinc oxide, cupric gluconate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, D-biotin, *Lactobacillus acidophilus*, cholecalciferol, potassium iodide, pteroylmonoglutamic acid, thiamin hydrochloride, cyanocobalamin.

Allergens are in **bold**.

**IsaLean™ Shake—Creamy Vanilla Flavour**

Serving Size: 1 Packet (59 g), Servings per Container: 14  
**Per 100 g: Energy** 1702 kJ / 407 kcal; **Fat** 10 g of which saturates 2.5 g, Mono-unsaturates 4.2 g, Poly-unsaturates 2.5 g; **Carbohydrate** 41 g of which sugars 17 g; **Fibre** 14 g; **Protein** 41 g; **Salt** 1.0 g; **Vitamins & Minerals:** Vitamin A 424 µg RE (53% RI), Vitamin D 4.2 µg (84% RI), Vitamin E 8.5 mg TE (71% RI), Vitamin C 41 mg (51% RI), Thaimin (B1) 0.63 mg (57% RI), Riboflavin (B2) 0.93 mg (66% RI), Niacin (B3) 10 mg NE (63% RI), Vitamin B6 0.85 mg (61% RI), Folic Acid 119 µg (60% RI), Vitamin B12 1.7 µg (68% RI), Biotin 25 µg (50% RI), Pantothenic acid (B5) 3 mg (50% RI), Potassium 847 mg (42% RI), Calcium 551 mg (69% RI), Phosphorus 508 mg (73% RI), Magnesium 271 mg (72% RI), Iron 8.5 mg (61% RI), Zinc 5.9 mg (59% RI), Copper 0.63 mg (63% RI), Manganeses 1 mg (50% RI), Selenium 31 µg (56% RI), Iodine 76 µg (51% RI)

**Per 59 g: Energy** 1004 kJ / 240 kcal; **Fat** 6 g of which saturates 1.5 g, Mono-unsaturates 2.5 g, Poly-unsaturates 1.5 g; **Carbohydrate** 24 g of which sugars 10 g; **Fibre** 8 g; **Protein** 24 g; **Salt** 0.6 g; **Vitamins & Minerals:** Vitamin A 250 µg RE (31% RI), Vitamin D 2.5 µg (50% RI), Vitamin E 5 mg TE (42% RI), Vitamin C 24 mg (30% RI), Thaimin (B1) 0.37 mg (34% RI), Riboflavin (B2) 0.55 mg (39% RI), Niacin (B3) 6 mg NE (38% RI), Vitamin B6 0.5 mg (36% RI), Folic Acid 70 µg (35% RI), Vitamin B12 1 µg (40% RI), Biotin 15 µg (30% RI), Pantothenic acid (B5) 1.8 mg (30% RI), Potassium 500 mg (25% RI), Calcium 325 mg (41% RI), Phosphorus 300 mg (43% RI), Magnesium 160 mg (43% RI), Iron 5 mg (36% RI), Zinc 3.5 mg (35% RI), Copper 0.37 mg (37% RI), Manganeses 0.6 mg (30% RI), Selenium 18.5 µg (34% RI), Iodine 45 µg (30% RI)

**Ingredients**—Exclusive Myo-IsaLean Complex™ [whey protein concentrate (**milk**) (undenatured), **milk** protein concentrate (undenatured), low-heat skimmed **milk** powder], isomalto-oligosaccharides, fructose, sunflower (*Helianthus annuus*) oil powder, natural flavourings, conjugated linoleic acid powder, flax (*Linum usitatissimum*) seed powder, thickener (xanthan gum), maltodextrin (tapioca), medium-chain triglyceride oil powder, cinnamon (*Cinnamomum zeylanicum*) bark powder, anti-caking agents (calcium phosphate, magnesium salts of fatty acids, silicon dioxide), enzymes (lactase, cellulase, invertase, lipase), apple juice powder, sodium chloride, magnesium oxide, L-ascorbic acid, nicotinamide, psyllium (*Plantago ovata*) powder, selenium yeast, ferrous lactate, sweetener (steviol glycosides), D-alpha tocopheryl acid succinate, beta-carotene, manganese gluconate, zinc oxide, cupric gluconate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, D-biotin, *Lactobacillus acidophilus*, cholecalciferol, potassium iodide, pteroylmonoglutamic acid, thiamin hydrochloride, cyanocobalamin.

Allergens are in **bold**.

**IsaLean™ Shake—Creamy Strawberry Flavour**

Serving Size: 1 Packet (59 g), Servings per Container: 14  
**Per 100 g: Energy** 1702 kJ / 407 kcal; **Fat** 10 g of which saturates 2.5 g, Mono-unsaturates 4.2 g, Poly-unsaturates 2.5 g; **Carbohydrate** 41 g of which sugars 17 g; **Fibre** 14 g; **Protein** 41 g; **Salt** 1.0 g; **Vitamins & Minerals:** Vitamin A 424 µg RE (53% RI), Vitamin D 4.2 µg (84% RI), Vitamin E 8.5 mg TE (71% RI), Vitamin C 41 mg (51% RI), Thaimin (B1) 0.63 mg (57% RI), Riboflavin (B2) 0.93 mg (66% RI), Niacin (B3) 10 mg NE (63% RI), Vitamin B6 0.85 mg (61% RI), Folic Acid 119 µg (60% RI), Vitamin B12 1.7 µg (68% RI), Biotin 25 µg (50% RI), Pantothenic acid (B5) 3 mg (50% RI), Potassium 847 mg (42% RI), Calcium 551 mg (69% RI), Phosphorus 508 mg (73% RI), Magnesium 271 mg (72% RI), Iron 8.5 mg (61% RI), Zinc 5.9 mg (59% RI), Copper 0.63 mg (63% RI), Manganeses 1 mg (50% RI), Selenium 31 µg (56% RI), Iodine 76 µg (51% RI)

**Per 59 g: Energy** 1004 kJ / 240 kcal; **Fat** 6 g of which saturates 1.5 g, Mono-unsaturates 2.5 g, Poly-unsaturates 1.5 g; **Carbohydrate** 24 g of which sugars 10 g; **Fibre** 8 g; **Protein** 24 g; **Salt** 0.6 g; **Vitamins & Minerals:** Vitamin A 250 µg RE (31% RI), Vitamin D 2.5 µg (50% RI), Vitamin E 5 mg TE (42% RI), Vitamin C 24 mg (30% RI), Thaimin (B1) 0.37 mg (34% RI), Riboflavin (B2) 0.55 mg (39% RI), Niacin (B3) 6 mg NE (38% RI), Vitamin B6 0.5 mg (36% RI), Folic Acid 70 µg (35% RI), Vitamin B12 1 µg (40% RI), Biotin 15 µg (30% RI), Pantothenic acid (B5) 1.8 mg (30% RI), Potassium 500 mg (25% RI), Calcium 325 mg (41% RI), Phosphorus 300 mg (43% RI), Magnesium 160 mg (43% RI), Iron 5 mg (36% RI), Zinc 3.5 mg (35% RI), Copper 0.37 mg (37% RI), Manganeses 0.6 mg (30% RI), Selenium 18.5 µg (34% RI), Iodine 45 µg (30% RI)

**Ingredients**—Exclusive Myo-IsaLean Complex™ [whey protein concentrate (**milk**) (undenatured), **milk** protein concentrate (undenatured), low-heat skimmed **milk** powder], isomalto-oligosaccharides, fructose, sunflower (*Helianthus annuus*) oil powder, natural flavourings, conjugated linoleic acid powder, maltodextrin (tapioca), flax (*Linum usitatissimum*) seed powder, thickener (xanthan gum), medium-chain triglyceride oil powder, red beet juice powder, anti-caking agents (calcium phosphate, magnesium salts of fatty acids, silicon dioxide), enzymes (lactase, cellulase, invertase, lipase), sodium chloride, sweetener (steviol glycosides), magnesium oxide, L-ascorbic acid, nicotinamide, psyllium (*Plantago ovata*) powder, selenium yeast, ferrous lactate, D-alpha tocopheryl acid succinate, beta-carotene, manganese gluconate, zinc oxide, cupric gluconate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, D-biotin, *Lactobacillus acidophilus*, cholecalciferol, potassium iodide, pteroylmonoglutamic acid, thiamin hydrochloride, cyanocobalamin.

Allergens are in **bold**.

**Thermo GX™**

Daily Portion: 2 Capsules, Portions per Container: 30

**Per 2 Capsules: Niacin** 24 mg (150% NRV), **Magnesium** 25 µg (63% NRV)

**Ingredients**—Green tea (*Camellia sinensis*) leaf extract, apple cider vinegar powder, glazing agent [E464 (capsule shell)], anti-caking agents (microcrystalline cellulose, magnesium salts of fatty acids, silicon dioxide), cayenne (*Capsicum annuum*) fruit powder, cinnamon (*Cinnamomum cassia*) bark powder, cocoa (*Theobroma cacao*) extract, niacinamide (vitamin B3), D-ribose, black pepper (*Piper nigrum*) fruit extract, chromium (III) chloride.



**Tami Shervey**  
Isagenix Customer since 2011  
2013 Australia & New Zealand  
IsaBody Challenge Grand Prize Winner

**CHALLENGES COMPLETED**

**3**



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