

Steps to Success—Easy as 1 2 3

1 SUSTAIN YOUR BODY



IsaLean® Shake
(replaces 1 meal)



IsaPro®
(add 1 scoop to
IsaLean Shake)

2 SUPERCHARGE YOUR BODY



Ionix® Supreme
(1 oz. liquid or
1 scoop powder mixed
with purified water)



Want More Energy?®
(add this to your water or
favorite beverage for an
added energy boost)

3 REBUILD YOUR BODY



IsaLean® Bars
(protein-packed meal
replacement or great for
after a workout)



Tips & Resources

EXERCISE TIP:

Combining both cardio and strength training results in much faster weight loss. This is because muscle tissue burns more calories—even when you're at rest.

ONLINE RESOURCES

THE NEW CLEANSE

Master Formulator and Founder John Anderson and Co-Founder Jim Coover discuss the powerful ingredients that make up Isagenix® products, the new Cleanse for Life® and how to cleanse every day. Isagenix.com (IsaVideos section)

NUTRITIONAL CLEANSING

Learn how to lose weight, create energy and stay healthy.

CleansedForLife.com

DrSpeaksOut.com

ISALEAN® SHAKE

Isagenix.com

(Product section/Cleanse)

ISABODY CHALLENGE®

Get fit and win your share of cash and prizes

IsaBodyChallenge.com

ATHLETES

Athletes share how Isagenix products improve their performance.

Isagenix.com (IsaVideos section)

RECIPES

Find tasty, healthy 400–600 calorie meals

Isagenix.com (Products section/Recipes)

REMEMBER

Anytime you want more information, please contact the person who introduced you to Isagenix.



Athlete's Pak

- 2 IsaLean® Shake
- 1 IsaPro®
- 1 Ionix® Supreme (powder or liquid)
- 1 Want More Energy?® Canister
- 1 IsaLean® Bars

Autoship Rewards pricing guarantees you'll receive the most savings on Isagenix products.

Sign up for Autoship today!