

Energy & Performance Pro Pak

Step-by-Step Guide

“*The Energy & Performance Pro Pak and the IsaBody Challenge® keep me in a disciplined and consistent mode to achieve my fitness goals.*”

SAMUEL DAVIES

4 STAR GOLDEN CIRCLE, EXECUTIVE
PERSONAL TRAINER AND
NATURAL BODYBUILDING QLD CHAMPION



Maintain Muscle

Experience Faster Recovery

Improve Performance

Energy and Performance Pro Pak Overview

YOUR ENERGY & PERFORMANCE PRO PAK CONTAINS THE FOLLOWING PRODUCTS:

(2) IsaLean™ PRO boxes (chocolate or vanilla)

Maintain lean muscle and improve satiation with the balanced meal replacement that contains 36g undenatured protein per serve.

(2) Cleanse for Life™ (powder)

A blend of ionic minerals, antioxidants, gentle cleansing herbs and Aloe vera to help support your body's vital functions and immune system.

(1) Ionix® Supreme (liquid or powder)

A nutrient-rich drink formula with specialised adaptogens to support your body in adapting to different forms of stress.

(1) Isagenix Snacks™ (chocolate)

Bite size snacks with high quality whey protein to help keep you satisfied on Cleanse Days.

(1) Natural Accelerator™ (capsules)

Contains thermogenic ingredients including cayenne, green tea, cinnamon and ginseng to help increase metabolism and promote a healthy body.

(1) IsaFlush™ (capsules)

A combination of cleansing herbs and minerals to help support and maintain a healthy digestive system.

(1) Replenish™ (lemon lime or juicy orange)

A refreshing, natural energy drink mix with electrolytes to help rehydrate and sustain your body's energy during exercise.

(1) e+ (6-ct bottles)

A nutrient-packed liquid shot with caffeine from green tea and yerba mate designed to increase energy and improve physical performance.

(1) IsaLean™ Bar (10-ct bars)

Protein-packed bars designed to keep you satisfied while on the go. Available in three delicious flavours and great for after workouts, healthy snacking or an evening treat.

For full ingredients listing visit Isagenix.com. Always read the label. Use only as directed.



Energy & Performance Pro Pak

The Right Nutrition

Time in the gym won't get you the results you want without the right nutrition. Now you have the perfect nutritional program to get you there. The Energy & Performance Pro Pak is convenient and easy to incorporate into any lifestyle, ideal for the athlete or 'weekend warrior'. The specialised products in the Energy & Performance Pro Pak will help you:

- Get Lean
- Build Muscle
- Increase Performance
- Experience Faster Recovery

FOR BEST RESULTS:

1. Use the Shake and Cleanse Day planners (pages 3 and 4) to remind you when to take each product. Print additional copies (IsaProductAU.com) of the planner and use this tool to make sure you follow the program.
2. Buy healthy foods and plan great tasting healthy meals. Limit temptation by removing unhealthy foods and snacks from your home including sugary soft drinks, foods with artificial sweeteners and colouring and junk food.

See healthyactive.gov.au for helpful tips.

Now You're Ready to Begin

SHAKE DAY PLANNER – 2 Shake Meals per day

Morning

- Drink 1-2 glasses of purified water.

Breakfast

- Enjoy 1 packet of IsaLean™ Pro with 240mL of purified water and ice.
- Take 2 Ageless Actives™ and 2 Essentials.
- Take 1-2 Natural Accelerator™*.
- Drink 30mL of Ionix® Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 180mL of purified water.

Mid-Morning Snack & Supplement

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

Lunch

- Eat a healthy, balanced 1600-2500 kJ meal.
- Drink 1-2 glasses of purified water.

Mid Afternoon — Snack

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

Dinner

- Eat a healthy, balanced 1600-2500 kJ meal.
- Drink 1-2 glasses of purified water.
- Take 2 Ageless Actives and 2 Essentials.

Evening

- Take 1 IsaFlush.

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

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

SHAKE DAY SNACK IDEAS:

- 1 Slim Cakes™†
- 1-2 IsaDelight™† (maximum 2 per day)
- 1-2 e+
- 1-2 servings of Replenish™ (if you are exercising)
- 6 almonds (unsalted, raw)
- 1 boiled egg

† Product is not included in the Energy & Performance Pro Pak and must be purchased separately.

CLEANSE DAY PLANNER

Cleanse #1 (Morning)

- Enjoy 2 level scoops of Cleanse for Life™ with 60-120mL of purified water.
- Take 2 Ageless Actives and 2 Essentials.
- Take 1-2 Natural Accelerator*.
- Drink 30mL of Ionix Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 180mL of purified water.
- Drink 1-2 glasses of purified water.

Mid Morning — Snack

- Drink 1-2 glasses of purified water
- OPTIONAL: 1 'Cleanse Day Options/Support'.
- Take 1 IsaFlush.

Cleanse #2 (Lunch)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

Early Afternoon — Snack

- Drink 1-2 glasses of purified water.
- 2 Isagenix Snacks.
- OPTIONAL: 1 'Cleanse Day Options/Support'.

Cleanse #3 (Mid Afternoon)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

Early Evening — Snack

- Drink 1-2 glasses of purified water.
- 2 Isagenix Snacks.
- OPTIONAL: 1 'Cleanse Day Options/Support'.

Cleanse #4 (Evening)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.
- Take 2 Ageless Actives and 2 Essentials.

Late Evening — Bedtime

- Take 1 IsaFlush.

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

CLEANSE DAY OPTIONS/SUPPORT:

- 1-2 IsaDelight† (maximum 2 per day)
- e+
- 1-2 servings of Replenish™ (if you are exercising)
- ¼ apple or pear (to maintain blood sugar levels)

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit IsaProductAU.com
Recommended / Optional products sold separately

1600–2500 kJ Meal Ideas

Plan to eat sensible meals that are high in protein and fibre and contain a healthy balance of complex carbohydrates and good fats. See table below for suggestions and serving size recommendations. Combine one choice from each of the categories below so that the kilojoules in your meal add up to between 1600 and 2500.



PROTEIN
(20 – 35 g protein)



COMPLEX CARBOHYDRATES
(~ 45 g carb)



HEALTHY FATS
(~ 10 g fat)



VEGETABLES
(unlimited)



OTHER
(~ 25 g carb)

Free Range Chicken Breast
(140 g.)

Organic Old Fashioned Oatmeal
(1 cup cooked)

Olive or Flax Oil
(1 tbsp)

Dark Greens, Broccoli, Kale, Spinach
(2–3 cups)

Organic Apple or Pear
(1)

Salmon Or Other Wild Fish
(140 g.)

Organic Brown, Wild or Basmati Rice
(1 cup cooked)

Cottage Cheese
(½ cup)

Mixed Salad Greens
(2–3 cups)

Melon or Papaya Fresh
(1 ½ cups)

Gluten Free Chicken or Turkey Burger
(140 g.)

Quinoa
(1 cup cooked)

Organic Almond Butter
(1 tbsp)

Capsicums, Tomatoes & Onions
(2–3 cups)

Organic Berries
(1 cup)

Steak
(140 g.)

Gluten Free Pasta or Whole-Grain
(1 cup cooked)

Avocado
(½)

Steamed Mixed Vegetables
(2–3 cups)

IsaDelight Plus™
(1)

Tofu or Meat Alternative
(1 1/2 cups)

Corn Tortillas
(1 or 2 small)

Seeds Unsalted, Pumpkin, Sunflower or Sesame
(1 tbsp)

Sliced Tomatoes
(2 cups)

Fresh Herbs, Basil, Rosemary, Cilantro or Parsley

Free Range Egg/Egg Whites
(1 egg and 5 whites)

Sweet Potato
(1 cup cooked)

Raw Almonds or Walnuts
(12)

Asparagus
(6 spears)

Herbal Tea with 1-2 Tsp Honey, Hot or Iced
(1 cup)

Free Range White Turkey Meat Sodium-Nitrate Free
(4 slices)

Beans or Lentils
(1 cup cooked)

Reduced-Fat Feta Cheese
(2 tbsp)

Green Beans
(1 cup)

IsaLean™ Bar
(1/2)

*kJ and macronutrient ranges reflect differences in serving size and variety of item selected

*For greater weight loss, choose serving sizes at the lower end of the range

Cleansing Calendar & Guidelines

CLEANSING CALENDAR (START ON ANY DAY OF THE WEEK)

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

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

S=Shake Days
C=Cleanse Days

SHAKE DAY GUIDELINES

- Enjoying an IsaLean™ Shake or Isalean™ PRO for breakfast is recommended.
- It is okay to add Isagenix products such as IsaPro™ to your IsaLean Shake.
- We recommend you prepare your daily 1600-2500 kJ meals for lunch and dinner. Enjoy meals with family or friends. For meal ideas, go to IsaProductAU.com or purchase *Better Living* from IsaSalesTools.com.au.
- Engage in an exercise program with both aerobic and resistance training. Enjoy Replenish™ to replenish lost glycogen, vitamins and electrolytes. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal kilojoule intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 2.1 litres for women and 2.6 litres for men.

Track Your Progress

MEASUREMENT TRACKER

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

Use the tape measure included in your Welcome Kit.

CLEANSE DAY GUIDELINES

- We recommend you do no more than 2 Cleanse Days consecutively or within a week.
- We recommend you do 2 Cleanse Days per week for no more than 3 consecutive weeks, unless there are modifications where more kilojoules are consumed on specific Shake Days.
- Only participate in light to moderate exercise on Cleanse Days.
- Complete at least 2 Shake Days (also referred to as Pre-Cleanse Days) before beginning a 2-Day Deep Cleanse.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations** for total water consumption are 2.1 litres for women and 2.6 litres for men.

**Recommended by the National Health and Medical Research Council.

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

Your Success is Our Success!

WE'VE DEVELOPED A RANGE OF RESOURCES TO HELP YOU ACHIEVE A HEALTHIER, MORE ENERGETIC LIFESTYLE.

Science: ISAPRODUCTAU.COM

Want to know more about our life-changing products? Here you'll find information sheets, fast facts and videos to ensure you have the best product experience.

Inspiration: ANZ.ISAMOVIE.COM






Our diverse video suite allows you to share Isagenix with everyone. Learn about our four incredible solutions, life-changing products and business opportunity.

News and information: ANZ.ISAFYI.COM

Subscribe to our buzzing news portal. Sharing all the latest success stories, tools, promotions and products, we're here to keep you informed.

Community: SOCIAL MEDIA

Join us for daily encouragement, business building support and networking opportunities on the following social platforms:

-  [Facebook.com/IsagenixAustraliaNewZealand](https://www.facebook.com/IsagenixAustraliaNewZealand)
-  [Instagram.com/IsagenixANZ](https://www.instagram.com/IsagenixANZ)
-  [Twitter.com/IsagenixANZ](https://twitter.com/IsagenixANZ)
-  [YouTube.com/IsagenixANZ](https://www.youtube.com/IsagenixANZ)
-  [SoundCloud.com/IsagenixANZ](https://www.soundcloud.com/IsagenixANZ)

Weight loss should not be considered typical. In a study performed in 2012 by University of Illinois at Chicago researchers, subjects lost an average of 4.1kg with an average of 0.9kg of the loss from visceral fat after 30 days on an Isagenix Program. The subjects also had a greater level of adherence and had more consistent weight loss from week to week compared to subjects on a traditional diet. Always consult your physician before making any dietary changes or starting any nutrition, weight control or exercise program.

Information provided in this publication and on all packaging and labels is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your physician or health-care professional. If you are pregnant, nursing, 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. Isagenix programs and products are not intended to diagnose, treat, cure or prevent any disease. For best results, use your Isagenix program in conjunction with regular exercise and a balanced diet.



“With Isagenix I have a high quality, consistent and yummy food source! This amazing system of products keep me healthy, lean and happy and I know my body is at its optimum at all times.”

NATALIE COOK

OLYMPIC GOLD MEDALLIST

7 STAR GOLDEN CIRCLE, 5 STAR CRYSTAL EXECUTIVE

DO YOU WANT TO LEARN HOW TO GET YOUR NEXT PROGRAM PAID FOR?

- Do you have friends or family that would benefit by using the Energy & Performance Pro Pak?
- Do you want to manage your weight or feel healthier?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

Go to ANZ.IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!

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