Your Path to Success

FOR BEST RESULTS, FOLLOW THE STEPS BELOW

1. Use the Shake and Cleanse Day planners (page 3) 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 system.

2. Follow the President’s Pak monthly schedule as created by Isagenix® Founder and Master Formulator John W. Anderson (page 4) or create a customised schedule using our Cleanse and Shake Day guidelines and custom calendar tool (page 5). Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.

3. Take your measurements and create your goals with our easy-to-use measurement tracker (page 4). Use the measuring tape included in your Welcome Kit.

4. Success loves company — so be sure to enlist an accountability partner or Isagenix coach like your sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get free daily advice (ANZ.IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProductAU.com.

5. Buy healthy foods and plan great tasting healthy meals. Limit temptation by removing unhealthy foods and snacks from your home including caffeinated soft drinks and coffee, foods with artificial sweeteners and colouring, and junk food. See swapit.gov.au for helpful tips.

I lead with the President’s Pak, it really is the way forward. It’s simple to show people the benefits and it is amazing value!

Jen P. QLD

President’s Pak Overview

YOUR PRESIDENT’S PAK CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

(2) Cleanse for Life™: Liquid or Powder
Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body’s natural ability to remove impurities.*

(4) IsaLean™ Shake: Chocolate or Vanilla
Lose weight, stay full, and build or maintain muscle with arguably the most nutritionally-complete meal replacement in the world.

(1) Natural Accelerator™
Help raise your metabolic rate naturally without stimulants using a blend of natural thermogenic ingredients.

(1) IsaFlush!™
Stay regular and soothe intestinal discomfort with natural herbs and minerals.*

(1) Ionix® Supreme: Powder
Beat stress and increase mental and physical performance naturally with this powerful adaptogen-rich tonic.*

(1) Isagenix Snacks!™: Chocolate
Curb your appetite and support healthy blood sugar levels naturally with a balance of proteins, carbohydrates, and healthy fats.*

(1) Product B Antioxidants plus Telomere Support
Go beyond the surface symptoms and target the ultimate causes of ageing. Add life to your years and years to your life with an increased feeling of youth, health and vitality.

(2) IsaLean™ Bar (10 bars per box)
These tasty bars are packed with 18 grams of high-quality, undenatured whey and milk protein. With the same benefits as IsaLean Shake, they provide a low calorie meal with a balance of healthy fats and energy-fueling carbs.

(1) Ageless Actives
More than three supplements in one to help support energy production, protect cardiovascular health, improve calcium absorption and protect cells from oxidative stress. Contains CoQ10, vitamin D3 and resveratrol, along with a blend of adaptogens, botanicals and antioxidants.

(2) Essentials: Men and Women
Scientifically formulated to meet the individual needs of men and women. Essentials for Men are high in zinc and selenium to promote prostate health. Essentials for Women contains five kinds of calcium for strong bones, healthy hair, skin and nails.

(1) IsaBlender
Blends a perfect creamy shake every time.

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

**Early Morning**
- Drink 1 serving of Ionix Supreme
- Drink 1–2 glasses of purified water

**Morning—Breakfast**
- Enjoy an IsaLean Shake
- Take 1 Natural Accelerator capsule
- Take 2 Product B, 2 Ageless Actives, 2 Essentials capsules

**Late Morning—Snack**
- Optional: Choose one serving of a Shake Day snack
- Drink 1–2 glasses of purified water

**Early Afternoon—Lunch**
- Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal
- Drink 1–2 glasses of purified water

**Mid Afternoon—Snack**
- Optional: Choose one serving of a Shake Day snack
- Take 1 Natural Accelerator capsule
- Drink 1–2 glasses of purified water

**Evening—Dinner**
- Enjoy 1 serving of IsaLean Shake or eat a healthy, low-glycemic and balanced 400-600 calorie meal
- Take 2 Product B, 2 Ageless Actives, 2 Essentials capsules

**Late Evening—Bedtime**
- Take 1–2 IsaFlush! capsules, as needed

To benefit from Everyday Cleansing, drink 1 Everyday Cleansing 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.)

**SHAKE DAY SNACK OPTIONS:**
- 2 Isagenix Snacks!™
- 1 FibreSnacks!™
- 1 SlimCakes™
- 1 IsaLean™ Bar
- 1-2 IsaDelight Plus™ chocolates (Dark Chocolate)
- 1–2 servings of Want More Energy?™
- 6 Unsalted almonds

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**CLEANSE DAY PLANNER**

**Early Morning—Cleanse 1**
- Enjoy 1 Deep Cleansing serving* of Cleanse for Life
- Take 1 Natural Accelerator capsule
- Take 2 Product B, 2 Ageless Actives, 2 Essentials capsules

**Mid Morning—Snack**
- Drink 1 serving of Ionix Supreme
- Recommended: Enjoy 1 IsaDelight Plus chocolate
- Take 2 Isagenix Snacks! — 30 minutes after consuming IsaDelight Plus chocolates
- Drink 1–2 glasses of purified water

**Late Morning—Cleanse 2**
- Enjoy 1 Deep Cleansing serving* of Cleanse for Life
- Take 2 Isagenix Snacks!
- Take 1 Natural Accelerator capsule
- Drink 1–2 glasses of purified water

**Mid Afternoon—Cleanse 3**
- Enjoy 1 Deep Cleansing serving* of Cleanse for Life
- Take 2 Isagenix Snacks!
- Take 1 Natural Accelerator capsule
- Drink 1–2 glasses of purified water

**Evening—Cleanse 4**
- Enjoy 1 Deep Cleanse serving* of Cleanse for Life
- Take 2 Product B, 2 Ageless Actives, 2 Essentials capsules

**Late Evening—Bedtime**
- Take 1-2 IsaFlush! capsules with 235 mL of purified water

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

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**CLEANSE DAY OPTIONS/SUPPORT:**
- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolate (Dark Chocolate)
- 1–2 servings of Want More Energy? (if you are exercising)
- 2 Isagenix Snacks!

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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
Cleansing Calendar & Guidelines

30-DAY CLEANSING CALENDAR (START ON ANY DAY OF THE WEEK)

Endorsed by Isagenix Founder and Master Formulator John W. Anderson

S Day 1  S Day 2  C Day 3  C Day 4  S Day 5  S Day 6  S Day 7
S Day 8  S Day 9  C Day 10  C Day 11  S Day 12  S Day 13  S Day 14
S Day 15  S Day 16  S Day 17  S Day 18  S Day 19  S* Day 20  S Day 21
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 for breakfast is recommended.
• It is okay to add Isagenix products such as IsaPro™ to your IsaLean Shake.
• Your daily 400-600 calorie meal can be prepared for either lunch or dinner. Enjoy this meal with family or friends. For meal ideas, go to swapit.gov.au or IsaProductAU.com.
• Engage in an exercise program with both aerobic and resistance training. Enjoy Want More Energy?™ 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 caloric 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 2.7 litres for women and 3.7 litres for men.

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 calories are consumed on specific Shake Days.
• Only participate in light to moderate levels of 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 2.7 litres for women and 3.7 litres for men.

**Recommended by the Institute of Medicine.

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

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.
Customise Your Program

CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The President’s Pak is a flexible 30-day program that can easily be customised to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **4 or more Cleanse Days** total during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Days and follow the Shake and Cleanse Day guidelines (on page 4). If you schedule more than 4 Cleanse Days, you will need to purchase additional Cleanse for Life® and *Isagenix Snacks!*™.

To be sure you don’t run out of product by next month; order no later than day 20 or enrol in the Autoship Rewards program.

**Use the calendar below to create your custom, 30-Day experience.**

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**26 x S=Shake Days  4 x C=Cleanse Days**

To be sure you don’t run out of product by next month; order no later than day 20 or enrol in the Autoship Rewards program.

**Please note:** When customising your President’s Pak experience, the Shake and Cleanse Day Guidelines must still be followed (page 4).

**Back-to-back Cleanse Days are defined by John Anderson as “Deep Cleanse Days.”**
Your Success is Our Success!

THAT IS WHY WE HAVE DEVELOPED A COLLECTION OF RESOURCES TO HELP YOU ALONG THE WAY TO A HEALTHIER, MORE ENERGETIC LIFESTYLE.

EDUCATION: ISAPRODUCTAU.COM
This easy-to-navigate site contains everything you need to know about the products in your President’s Pak. You’ll also have access to product information sheets, videos, fast facts, FAQs, success stories to keep you motivated, worksheets to track your health goals and much more!

INSPIRATION: ANZ.ISAMOVIE.COM
Our most popular videos demonstrate how Isagenix® transforms lives.

MOTIVATION: ANZ.ISADIARY.COM
Get the most out of Nutritional Cleansing with free, daily advice and motivation.

NEWS: ANZ.ISAFYI.COM
All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are now in one place online!

SCIENCE: ISAGENIXHEALTH.NET
Learn more about the science behind our products, FAQs and more!

TRAINING: ISAGENIXPODCAST.COM
Download our weekly training calls straight to your iPod, send your prospects a simple link to the audio or even listen in to the recorded calls from one place.

COACHING: CONFERENCE CALLS
Check out daily and weekly programs that coach, inspire and motivate. Visit IsagenixNews.com/Conference-Calls for more information.

COMMUNITY: SOCIAL MEDIA
At Isagenix, we’ve long recognised social networking — or what we like to call “social entrepreneurship” — as a revolutionary way of doing business. IsaGeeks.com, and our Facebook.com/IsagenixAustraliaNewZealand, Twitter.com/IsagenixANZ and YouTube.com/IsagenixANZ sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.

I’ve lost 23 kilos and gained lean muscle. Now I enjoy shakes as part of my everyday life and as a busy mum, they’re a great meal on the go.

Rebecca Hoover
2012 IsaBody Challenge® Runner Up
Total Weight Loss 23 kilos

Visit ANZ.IsaBodyChallenge.com

DO YOU WANT TO LEARN HOW TO GET YOUR NEXT PROGRAM FOR FREE?
• Do you have friends or family that would benefit by using the President’s Pak?
• Do you want to keep losing weight or feel healthier for life?
• 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!

† The weight loss testimonials presented apply only to the individuals depicted, cannot be guaranteed, and should not be considered typical. A 2008 university study showed a statistically significant weight loss of 3.2 kilos during the first 9 days of the 30-Day Nutritional Cleansing Program.