

welcome

BIENVENIDO | BEM-VINDO



ISAGENIX.

Welcome to Isagenix



The Art of Wellbeing

The curve of a lip, the line of a fingernail, the movement of an arm, the repose of a torso, and the exuberance of living. **You are a work of art.**

And to stay well, that is the Art of Wellbeing™. You are perfectly carved just the way you are. Staying healthy, striving for better, and being at one with your authentic self — welcome to your canvas. Let's create today

Wellbeing working together

Small successes in other areas of wellbeing can often drive us to big-time weight wins. See what's possible with the Art of Wellbeing™.



Feel Better

Have it all: whole-body health and total peace of mind.



Eat Better

Before and afters that last with simple methods and proven products.



Look Better

Self-care that revitalises for confidence that shines.

Move Better

From walkers to runners and dancers to powerlifters, a stronger tomorrow starts today.



NEW PRODUCT

GLOW RADIANTLY, LIVE BEAUTIFULLY

Indulge in our little bottle of amazing that will have you glowing from the inside out. Support healthy skin, hair and nails* with 5g of Marine Collagen, vitamin C, zinc and biotin in every beautiful shot.

#DiscoverYourGlow

92%
SAID COLLAGEN
ELIXIR MADE THEIR SKIN
FEEL HEALTHIER**

OVER
150,000
BOTTLES SOLD
IN THE FIRST WEEK

NOMINATED 'BEST INNER
BEAUTY PRODUCT' BY

marie claire

RATED 9/10 BY

ELLE
AUSTRALIA

*Biotin contributes to the maintenance of normal hair and skin. Vitamin C contributes to normal collagen formation for the normal function of skin. Zinc contributes to the maintenance of normal hair, nails and skin

**Individual results may vary. Statistic based on a survey of 113 participants that used Isagenix Collagen Elixir™ consecutively for 30 days without cosmetic intervention or other known changes to their regular skincare products. The survey participants included Isagenix Associates, who are eligible to earn a commission for sales of Isagenix products.

top 5 tips for success



We asked our nutritionist for her top tips to have maximum success in your first 30 days...here's what she had to say.



1. Enter the IsaBody Challenge®

This is about you and your own personal progress, and the IsaBody Challenge is great tool to keep you accountable. It's free to join, plus you'll get the support of our IsaBody community, have access to a free fitness programme in our IsaLife™ app, and you'll earn yourself a product coupon worth £150 / €165 just for completing the challenge!



2. Use the IsaLife™ app to track your progress

This app will become your new best friend! It's a great way to keep track of your weight and other measurements, but you can also enter all of your meals and snacks (Isagenix products as well as other foods) so you can keep track of everything!



3. Don't ban foods

Remember, there's no such thing as an unhealthy food, just an unhealthy diet. Banning your favourite foods will only make you crave them more. Instead, just use the IsaLife app to make sure you still have a healthy balance across the week, even with the occasional treat!



4. Plan your Cleanse Days

If you're apprehensive about going all day without your regular meals and snacks, you're not alone. Thousands of people around the world have felt the same, but then they gave it a go, loved it, and now include Cleanse Days as part of their wellness routine. Don't go straight into a Cleanse Day though – we always recommend a couple of Shake Days first.



5. Enjoy time with family and friends

Remember this is a lifestyle change, not a diet. Enjoy yourself, have fun with your loved ones, make memories, and just make sure you get back on track the next day (don't put it off until Monday!).



PLAN YOUR
CLEANSE DAY

eat better



To nourish your body is a gift. Only you get to decide what's best to feed it. When you eat better, you're choosing to prioritise your health over everything else. Because when you put your nutrition first, everything else comes easily. Clean, protein-powered, and grateful. **This is the way to eat better.**

IsaLean™ Shake

Maximum nutrition. No empty calories. A perfectly balanced meal-in-a-scoop that's full of essential nutrients and actually tastes good. Some things really are good enough to be true.

- Lookin' lean. 24 grams of protein to build lean muscle and keep you feeling fuller for longer.
- Convenient and complete. A nutritious meal with the right balance of protein, good fats and carbohydrates. The difference? This meal can be made in seconds.
- No empty calories. Pure nutritious goodness in just 240 calories.
- Eat clean. Why put up with artificial flavours, colours, or sweeteners?
- Better dairy. Udenatured whey protein from happy, hormone-free, pasture-raised cows.



Creamy Dutch
Chocolate



Creamy French
Vanilla



Creamy
Strawberry



Gluten-Free



Soy-Free

Eat Better – Healthy Meals

IsaLean™ Shake Plant Based

Maximum nutrition. No empty calories. A perfectly balanced meal-in-a-scoop that's full of essential nutrients and actually tastes good.

- Lookin' lean. 24 grams of plant-based protein to build lean muscle and keep you feeling fuller for longer.
- Convenient and complete. A nutritious meal with the right balance of protein, healthy fats and carbohydrates. The difference? This meal can be made in seconds.
- Vegan friendly. With protein from wholegrain brown rice and peas, it's good for you and the planet.
- No empty calories. Pure nutritious goodness in just 250 calories.
- Eat clean. Why put up with artificial flavours, colours, or sweeteners?



Rich
Chocolate



Vanilla Chai
Flavour



Dairy-Free



Gluten-Free



Soy-Free



Vegetarian

Eat Better – Healthy Meals

Whole Blend IsaLean™ Bar

Beneath an indulgent exterior, each bar hides a blend of whole organic veggies, less than 1g of added sugar and it's nutritionally balanced. Yes, we can't quite believe it either.

- Nutritionally balanced. A blend of protein, complex carbohydrates, healthy fats, and vitamins and minerals in just 222 calories.
- Hidden veggies. Vitamins and minerals from a whole organic vegetable blend of broccoli, spinach, kale, chlorella, sweet potato and maitake mushroom.
- Lookin' lean. 20 grams of whey and milk protein to help you feel full between meals or after hitting the gym.
- Naturally sweet. Expect your taste buds to think otherwise, but there's less than 1g of added sugar inside.
- Fuel to feel full. 12.5g fibre in each bar to help you feel full and keep your digestive system healthy.



Chocolate
Indulgence



Gluten-Free



Soy-Free

Eat Better – Healthy Snacks



Whey Thins™ and Harvest Thins™

Craveable, crunchable, irresistible. This snack is high in protein for long-lasting energy. So next time that craving hits, grab your favourite flavour of Thins™ for on-the-go snacking that's as tasty as it is nutritious.

- Snacktime salvation. 100 calories, individually packaged and ready when you are.
- Satisfy cravings. 10-11g of protein in each bag helps you feel fuller for longer.
- Keep it moving. Good fats, carbs and plenty of protein for a boost of energy.
- Plant or Whey based. Something to suit every lifestyle.
- No need for favourites. Mix it up with White Cheddar or Thai Sweet Chilli.



Whey-Based
White Cheddar



Plant-Based
Thai Sweet Chilli



Gluten-Free



Kosher



Soy-Free



Dairy-Free
(Harvest Thins only)

Eat Better – Healthy Snacks

IsaDelight™

Chocolate is essential. Why pretend otherwise? Time to give up on deprivation dieting and give into delicious. Fortunately, IsaDelights™ are the right kind of delicious — the kind that's got hidden goodness inside so you can stay on track and indulge in one of life's greatest joys.

- Less sugar than your average. Also zero artificial flavours, colours, or sweeteners. If you're not getting that from your current chocolate affair, it's okay to ghost.
- Keep this on the low: Each square is 60 calories.
- Chocolate that nourishes. You might not expect chocolate to have green tea, B vitamins and essential amino acids inside, but we made it happen.
- Intermittent fasting days? Gym days? Tuesdays? You can enjoy IsaDelight chocolates every day — no matter what. Can any other chocolate do that? Didn't think so.
- Life's greatest joy. Isn't that a bit of an exaggeration? No. We would never exaggerate about chocolate — especially not Salted Caramel or Dark chocolate.



Dark
Chocolate



Milk Chocolate
With Sea Salt &
Caramel Flavour



Gluten-Free



Kosher

Eat Better – Healthy Snacks

Isagenix Snacks™

Intermittent fasting saviours since 2002. Tasty wafers with protein to nourish your body, and chromium to support your metabolism and blood glucose levels*. Because intermittent fasting shouldn't be about going without.

- Calorie controlled energy. Reap the benefits of fasting whilst getting a boost of energy in just 15 calories.
- Metabolism support. The chromium inside these little wafers help support metabolism and normal blood glucose levels* while you're fasting.
- Fasting not your thing? These snacks aren't part of an exclusive Cleanse Day Club – just snack on them when you get hungry. It's a simple as that.
- What's your flavour? Satisfy your sweet tooth with whey-based chocolate or plant-based wild berry



Whey-Based
Chocolate



Plant-Based
Wild Berry



*Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.



Dairy-Free
(Plant-Based
Wild Berry Only)

Eat Better – Healthy Snacks



Greens™

Getting your veggies and essential nutrients has never been easier! With a combination of kale, spinach, spirulina, chlorella and more in every scoop, all that's left is for you to add to your favourite drink, shake or mix with water.

- Easy, convenient, tasty. Don't let life get in the way of fresh veggie goodness. Just add water for your boost of spinach, kale, spirulina, broccoli and more.
- Minimal processing for maximum nutrition. Greens is cold processed for maximum nutritional retention.
- All natural. Made from whole vegetables, with no added sugar and just 30 calories per serving.



Dairy-Free



Gluten-Free



Vegetarian



Soy-Free

Eat Better – Daily Supplements



Thermo GX™

Your metabolism is a workaholic. There, we said it. Maybe it's time we gave it a helping hand with natural ingredients that are known to support metabolism, with ingredients that even mother nature herself would approve of.

- Support your metabolism. Niacin and chromium are known to support metabolism*, which breaks down food for energy and nutrients – a really important job!
- Natural blend. Mother nature knows best, so we've blended green tea extract, cocoa seed, apple cider vinegar and cayenne which have been used traditionally to support the metabolism.
- No nasties. All-natural ingredients with absolutely no stimulants.



*Contains niacin and chromium. Niacin contributes to normal energy-yielding metabolism. Chromium contributes to normal macronutrient metabolism.



IsaMove™

Keep calm and stay regular. IsaMove is gentle digestive support. Because it's really hard to be a happy human without a happy gut.

- Support while you sleep. Use IsaMove before bed to gently support your digestive system overnight.
- Age old ingredients. A combination of magnesium with peppermint, psyllium husk and hyssop which have been used for centuries to support healthy digestion.
- All natural. Which means absolutely no laxatives, because your digestive system deserves better than that.
- Clean. Dairy, gluten, and soy-free. Fully vegetarian.



feel better



Complex? Yes. Full of emotions and the potential for greatness? Indeed. When your body is performing the way you want it to, you can conquer anything. Grounded, confident, and powerful. **This is the way to feel better.**

Ancient ingredients to support your modern life



Ionix Supreme is like mother nature's answer to wellbeing. It's a fortified tonic that's full of botanicals designed to help you tackle the challenges of everyday life.

Researchers have found that a group of plants when consumed daily can help normalise the bodies functions under stress, improve our performance, and reduce fatigue. Take a second to imagine how that might feel... We've combined these botanicals to bring you Ionix Supreme!

- A carefully selected blend of well-studied but unique botanicals, like eleuthero, Schisandra, wolfberry and more
- These ingredients have been used for centuries by ancient tribes for prevention and to improve performance
- Include as part of daily routine, either on its own, over ice, or mixed with cold or warm water

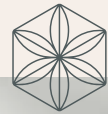
Ionix[®] Supreme

We call Ionix[®] Supreme 'Mother Nature's Answer to Wellbeing'. Get the best of her botanicals and targeted ingredients that have been used for centuries to help you stay focused and conquer your day. Thank her, not us, for this nutrient-rich botanical elixir.

- Adapt naturally. A unique blend of powerful botanicals like hibiscus flower, wolfberry, schisandra and eleuthero.
- Chosen with care. Each botanical and targeted ingredient has been chosen for its role in supporting physical and mental performance.
- Based on research. Unique botanicals have been found to help normalise the body's functions under stress, help improve our mental and physical performance and reduce fatigue when consumed daily.
- Age old ingredients. Derived from plants that have been used for centuries in Ayurveda and Traditional Chinese medicine.



Natural Fruit
Flavour



Dairy-Free



Gluten-Free



Soy-Free



Vegetarian

Feel Better – Daily Supplements

Nourish. Balance. Revitalise.



Nourish for Life is packed with nourishing botanicals to support your body's natural detoxification process, and is a key feature that makes Cleanse Days different from ordinary fasting.

What is a Cleanse Day?

Cleanse Days are our version of intermittent fasting. Intermittent fasting is not just for weight loss! It can also benefit your overall health and wellbeing, and we've created an easier way to make fasting part of your routine! You'll drink Nourish for Life four times during the day to maintain energy and focus. Then choose from several tasty snack options to help you out. You can even satisfy your sweet tooth on a Cleanse Day... as long as it's an IsaDelight™!

- Nourishing B vitamins to help reduce tiredness and fatigue*
- Biologically active botanicals, like ashwagandha, aloe vera leaf, Siberian ginseng root, peppermint leaf and more.
- Drink four times throughout your Cleanse Day to maintain energy and focus.
- Can also include as part of daily routine, either on its own, over ice, or mixed with cold or warm water.

* B vitamins [B6, B12 and niacin (B3)] contribute to the reduction of tiredness and fatigue.

Is Nourish for Life only for Cleanse Days?

No! You can reap the benefits of Nourish for Life every day – we call this 'Everyday Cleansing'. If fasting isn't for you, this is the perfect alternative! Just have one serving (59ml / 1 scoop mixed with 60-120ml water) of Nourish for Life either first thing in the morning or before bed in the evening.

How many Cleanse Days can I do per month?

You can include up to four Cleanse Days throughout the month, and it's up to you how this looks. You can do four single Cleanse Days (e.g. one per week), or two Double Cleanse Days, where you do two days back-to-back twice per month.

Nourish For Life™

Own fast days (or any day) with a nourishing drink made from a synergistic blend of herbs and botanicals to help give you energy. Think intermittent fasting isn't your thing? Think again.

- Cleanse Day companion. Just trying to get through a fast day? Nah, you're about to make fast day the best day with targeted amounts of nutrients to give you energy and focus.
- Team superfoods. Peppermint, aloe vera, turmeric, liquorice root, bilberry, ashwagandha and siberian ginseng to fuel your fast.
- Support your detoxification system. A targeted blend of nourishing B vitamins, biologically active botanicals and functional flavours.
- Fast days not your thing? Try Everyday Cleansing instead and drink Nourish for Life each day to reap the botanical benefits.
- Flavour heroes. Now the most difficult part of Cleansing is picking your flavour. Peach Mango? Natural Rich Berry? The delicious struggle is real.



Peach
Mango



Natural Rich
Berry



Dairy-Free



Gluten-Free



Soy-Free



Vegetarian

Feel Better – Cleanse Day Support

e-Shot™

Cheap energy shots are everywhere. A plant-based energy shot with naturally sourced caffeine, epic botanicals, and no artificial ingredients? Let's just say your long search for high-quality energy is over.

This is elevated energy. Mother Nature's clean caffeine mixed with a powerful blend of botanicals. Fuel up on the good stuff.

- Elevated energy. 80mg of plant-based caffeine from Green Tea and Yerba Mate.
- Do more. Fuel your workout and your everyday.
- Botanical goodness. A unique blend of siberian ginseng, hawthorn berry and schisandra.
- Squeaky clean. No artificial flavours, colours, or sweeteners.



Apple
Pomegranate
Flavour



Dairy-Free



Gluten-Free



Soy-Free



Vegetarian

Feel Better – Energy

move better



A powerful machine able to touch, create, breathe, command muscles without so much as a thought — this is how you communicate to the world. When you have the ability to move, dance, jump, lift, and celebrate yourself and your power, you can move mountains. **This is the way to move better.**

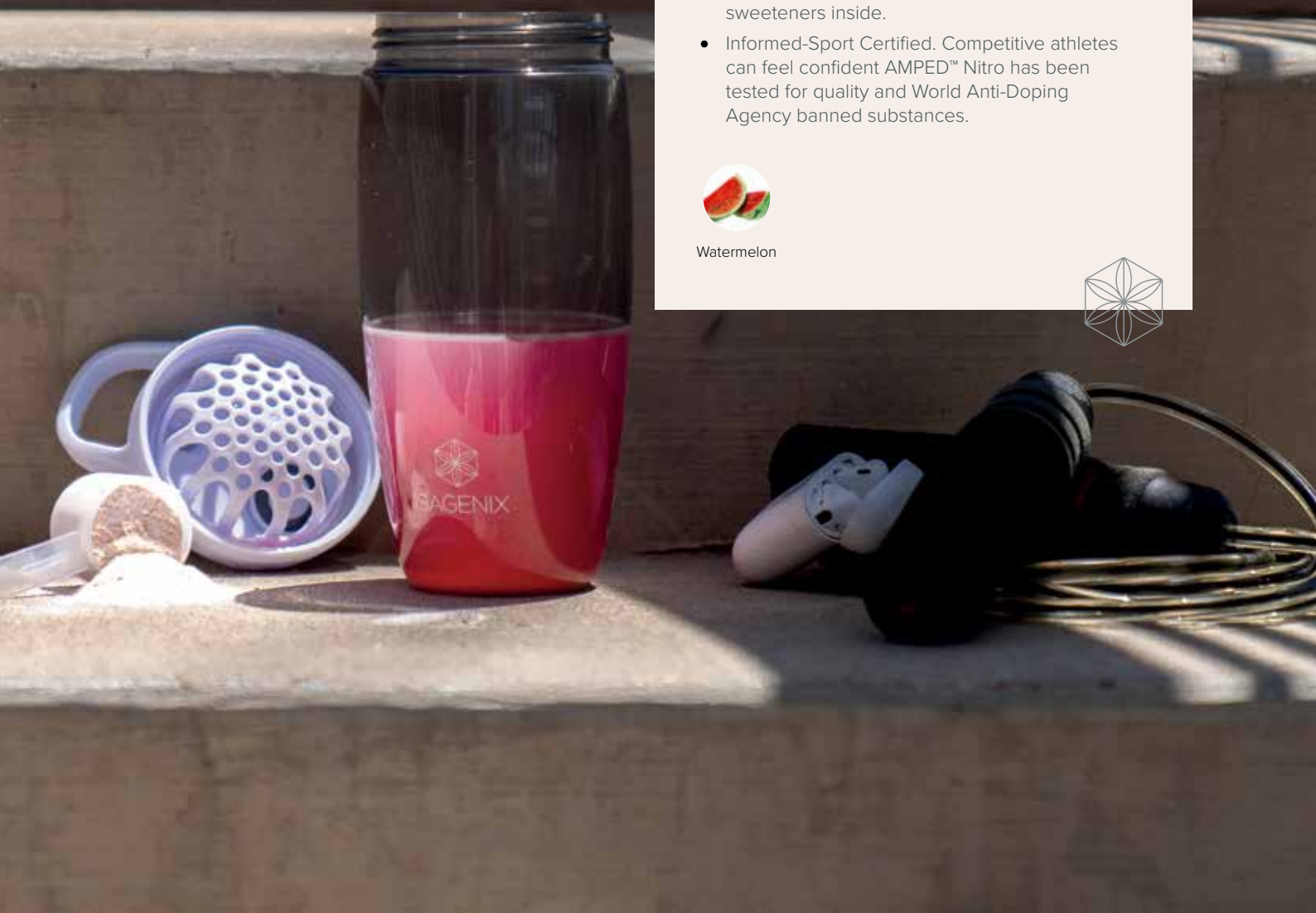
AMPED™ Nitro

Natural ingredients, unbelievable energy. All pre-workouts give you energy, but what about a pre-workout that's made from all-natural targeted ingredients, without excessive amounts of caffeine, to help increase power, strength and speed? Now that's something special.

- Train better. Unique blend of targeted ingredients to help increase power, strength and speed.
- Stay alert. 80mg of naturally sourced caffeine to energise you for a killer workout.
- Go further. Help reduce fatigue and supply more nutrients to your muscles, so you can keep going until that last rep.
- All natural. No artificial flavours, colours or sweeteners inside.
- Informed-Sport Certified. Competitive athletes can feel confident AMPED™ Nitro has been tested for quality and World Anti-Doping Agency banned substances.



Watermelon



Dairy-Free



Gluten-Free



Soy-Free

Move Better — Pre-Workout

AMPED™ Hydrate

Whether it's running a marathon or just Saturday errands, good hydration is for everyone — not just athletes. Which means the electrolytes, vitamins and minerals in every sip of AMPED™ Hydrate are made especially for you. Your turn to be a hydration hero.

- Renew and replenish. Get back the nutrients and fluids lost during daily activity.
- Quench more than just your thirst. Satisfy your body's craving for essential vitamins and minerals.
- Keep on moving. Fuel with electrolytes, carbohydrates and vitamins during your workout for peak performance.
- Hydration hero. No artificial flavours, colours, or sweeteners and just 35 calories per serving.



Juicy
Orange



Move Better — Hydration

AMPED™ Post-Workout

Sore muscles keeping you from your next workout? Never skip a session again with AMPED Post-Workout, designed to boost muscle recovery and ease exercise related soreness. See you at the squat rack.

- Bounce back. Designed to boost muscle-recovery, promote healthy joints and ease exercise-related soreness*.
- Clever ingredients. Targeted blend of tart cherry, curcumin, astaxanthin and collagen, which have been shown to help muscle recovery and post-workout soreness.
- For everyone. Supplements aren't just for elite athletes – struggle to walk up the stairs after leg day or your weekend hike? We got you.
- Post gym refresh. Thirst quenching tropical punch flavour.
- Informed-Sport Certified. Competitive athletes can feel confident AMPED™ Post-Workout has been tested for quality and World Anti-Doping Agency banned substances.



Tropical
Punch



<https://eu.isafyi.com/amped-post-workout-everything-you-need-to-know/>



Dairy-Free



Gluten-Free



Soy-Free

Move Better — Post-Workout

IsaPro®

Spoiler alert: protein isn't just for body builders! Get 18g of the good stuff in every serving to support muscle repair and growth*, boost protein intake and keep you feeling full.

- Better dairy. 18g of undenatured whey protein from happy, hormone-free, pasture-raised cows.
- Lookin' lean. A perfect post-workout drink to support muscle repair and growth*.
- Feel satisfied. Pure nutritious goodness in just 100 calories that helps you feel fuller for longer.
- Get creative. Just add water, scoop into shakes or mix into your favourite recipes.
- All natural. No artificial sweeteners or flavours.



Vanilla



* Protein contributes to growth in muscle mass as well as the maintenance of muscle mass.

Move Better — Post-Workout

look better



You start the day an unfinished canvas. As time ticks on, life leaves its marks upon the surface. But you can end each day fresh and clean and begin anew. When your outside matches the beauty of your inside, self-care gives you the confidence to shine bright. This is the way to look better.

Collagen Elixir™

Infused with an innovative blend of marine collagen peptides and powerful botanicals, Collagen Elixir™ indulges your skin with beauty and nourishment from the inside out. Are you ready to discover your glow?

- 5g marine collagen peptides. Support your body's natural production of collagen for healthy, hydrated skin*.
- Promote healthy hair, skin and nails**. A boost of vitamin C, zinc, and biotin in every beautiful bottle.
- Ancient botanical blend. Indulge in hydrating aloe vera, calming chamomile, nourishing goji and acerola berry.
- Naturally sweet. Infused with wild berry, a hint of sweet botanicals and zero added sugar.
- Good for you, good for the planet. Responsibly sourced collagen and 100% recyclable packaging that's made in a carbon neutral facility.
- All natural. No artificial colours, flavours or sweeteners.



CINDY ALBERTO VAZQUEZ

120 DAYS



GIL VERSTRAETEN

30 DAYS



KARINE ANTILLE

30 DAYS

*Li P, Wu G. Roles of dietary glycine, proline, and hydroxyproline in collagen synthesis and animal growth. *Amino Acids*. 2018; 50:29–38

**Biotin contributes to the maintenance of normal hair and skin. Vitamin C contributes to normal collagen formation for the normal function of skin. Zinc contributes to the maintenance of normal hair, nails and skin

Results depicted are those of Isagenix Customers who used Collagen Elixir™ along with a skincare and supplement routine for 30 & 160 days with daily use. Results not typical. In a preliminary study, participants experienced a 9.5% reduction in the appearance of wrinkles over 30 & 160 days.



Gluten-Free



Soy-Free

Look Better – Skin, Hair and Nails



ISAGENIX®

THE ART OF WELLBEING™

 Europelsagenix

 Isagenix_Europe

