

# ENERGY & PERFORMANCE SOLUTIONS

A simple guide to a better you





# YOUR HEALTH IS OUR **PRIORITY**

Our Energy and Performance line is designed to help you push harder, recover quicker and nourish your body with what it needs so you can get the best results, whatever your goal!

Thousands of people have already undergone their transformational journeys with Isagenix. We're so excited to see you become the next!

Always remember that small, healthy changes really do mean a lot. If you start to feel overwhelmed, step back and ask, "What is one thing I can do today to make a healthy change?". Whether it's a group workout, improving your endurance, or meal prepping, you'll be on your way.

## **Here's to you and your health!**

Our team of experts — including food scientists, exercise physiologists, nutritionists, and dieticians — are here to see that you have a great experience using our products. What does that mean for your performance?

## **Results You Can't Get Anywhere Else™.**

If you have any questions, Isagenix is full of people ready to help. Whether it's our Customer Service team, the person who introduced you to Isagenix, our social channels or Isagenix.com, we're here to support you.

# YOUR PRODUCTS

What makes Isagenix unique and effective is our no-compromise approach to product formulation and our convenient solution systems. Let's take a moment to get to know the nutritious and delicious products you are about to experience.

PRODUCTS YOU'LL LIKE.  
RESULTS YOU'LL LOVE.



## AMPED™ Nitro

Designed to prep your body for peak performance, this pre-workout supplement is full of active ingredients like creatine, beta-alanine and naturally sourced caffeine so you can push harder, train better and go further in your workouts.



## AMPED™ Hydrate

The perfect sports drink to stay hydrated and refreshed during your workout. It combines carbohydrates for fueling your body with vitamin C, B-complex and electrolytes to replace nutrients lost during exercise.



## AMPED™ Post-Workout

A blend of phytonutrients like tart cherry, curcumin and astaxanthin, as well as other nutrients like collagen, designed to help ease exercise-related soreness so you can be ready to hit your next session.



## IsaPro®

High-quality undenatured whey protein, with 18g protein per scoop, to fuel your body after your workout.

## OTHER GREAT PRODUCTS TO COMPLEMENT YOUR ACTIVE LIFESTYLE



### IsaLean™ Shake

A healthy balanced meal, made with simple, wholefood ingredients. With 24g of protein, carbohydrates and healthy fats in each serving, it gives you just the right amount of everything you need to feel great - plus it's ready in seconds!



### Ionix® Supreme

A fortified tonic packed with botanicals to help you tackle the challenges of everyday life. This powerful elixir is designed to be used daily to promote overall health and wellbeing.



### e-Shot™

A novel combination of energy-boosting caffeine and powerful botanicals - this isn't your typical energy drink. The blend of natural ingredients makes it a healthy and safe alternative to high-calorie, excessively caffeinated, artificially sweetened energy drinks and shots.



### IsaLean™ Bar

IsaLean Bar is the ideal go-to snack. Made from wholesome ingredients with enough protein and fibre to keep you going until your next meal. You can help yourself to either half a bar or a whole bar when hunger strikes.



# USING AMPED PRODUCTS: FOR EXERCISE AND BEYOND

Our AMPED products can help you get more out of your training. In addition to following the best training plan and using the right supplements, it's important that you're providing your body with the fuel it needs for the rest of the day. This will help you get better results, faster. Here's a few examples of how you could use products from the Energy and Performance Pack.

# EVERYDAY NUTRITION



## MORNING

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### EARLY MORNING

1 serving Ionix Supreme.

### BREAKFAST

1 IsaLean Shake mixed with ½ - 1 scoop IsaPro, e-Shot.

### MID-MORNING

Choose from 1 IsaLean Bar, Whey Thins, Harvest Thins, a handful of unsalted nuts and seeds, or Greek yogurt with oats / fruit.



## AFTERNOON

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### LUNCH

1 IsaLean Shake mixed with ½ - 1 scoop IsaPro.

### MID-AFTERNOON

Choose from 1 IsaLean Bar, Whey Thins, Harvest Thins, a handful of unsalted nuts and seeds, or Greek yogurt with oats / fruit.



## EVENING

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### DINNER

Balanced 600+ calorie meal.

### BEFORE BED

1-2 scoops IsaPro, option to mix with Greens™.

# EXERCISE DAYS



## PRE-WORKOUT

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### AMPED NITRO

15-30 mins before training.



## DURING WORKOUT

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### AMPED HYDRATE



## POST-WORKOUT

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### AMPED POST-WORKOUT

Option to mix with IsaLean Shake or IsaPro.



### Some easy guidelines:

- Eat 4-6 high-quality, protein-based meals every three hours spaced evenly throughout the day.
- Consume 20-40 grams of protein at each meal.
- Eat your first meal within one hour of waking up in the morning.
- Eat your last meal within two hours of going to sleep in the evening.

**TIP:** Stay accountable by writing out your own schedule on a weekly basis. No one else's plan will look exactly the same!





# HOW TO LOVE MEAL PREP

You've seen the pictures on Facebook and Instagram - a kitchen counter lined with dozens of food containers with the same meal, almost always chicken, broccoli and rice. Preparing meals in bulk is a great way to keep your nutrition organised, but you should also love what you eat every day and make sure you're having a variety of different foods throughout the week.





These are some foods you can mix and match to keep your meals interesting:

### PROTEIN

- Beans and pulses like chickpeas, kidney beans or lentils.
- Fish like salmon, cod or mackerel.
- Meat like chicken, turkey or lean beef.
- Eggs, cheese, or nuts.

### CARBOHYDRATES

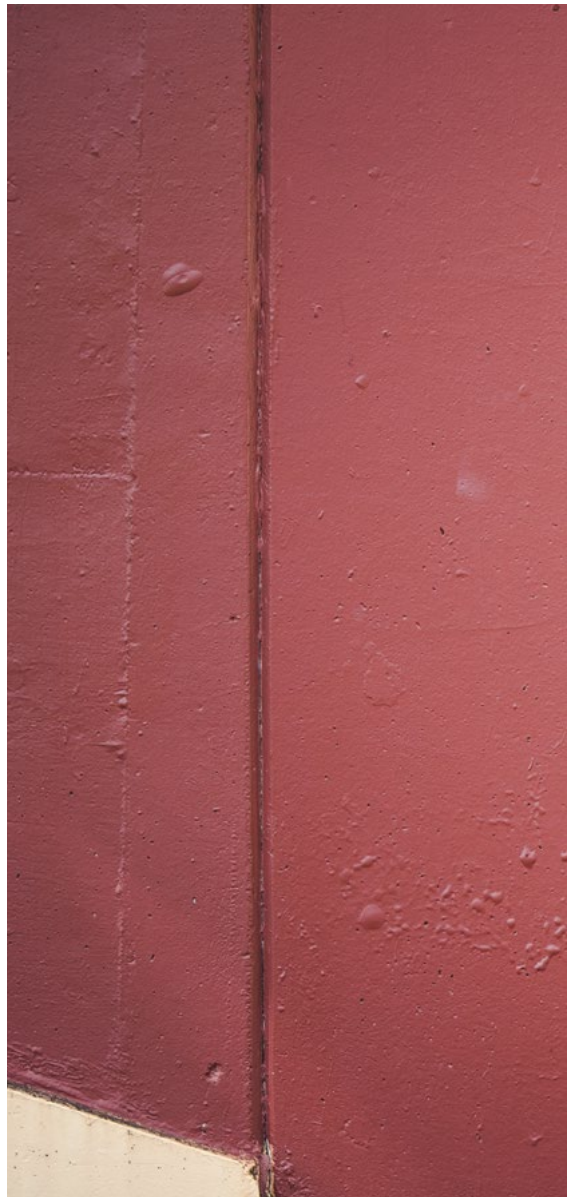
- Brown or wild rice.
- Quinoa, couscous, buckwheat and other grains.
- Potatoes with their skins on, including sweet potato.
- Wholegrain pasta or bread.
- Polenta.

### VEGETABLES

- Aim to have a variety of different coloured vegetables throughout the week.
- Try to eat what's in season - this will help to keep costs down as well as give you more variety.
- When you're cooking vegetables, opt for healthier cooking methods like steaming, roasting or stir-frying with a small amount of oil.

# INFORMED SPORT

For competitive athletes, we know how important it is that you take products that are free from banned substances. The Informed-Sport certification is a recognised and trusted program around the world. Rest assured, AMPED™ Nitro and AMPED™ Post-Workout have undergone rigorous testing to provide the highest level of assurance for athletes and are Informed-Sport certified. Tests search for a wide range of banned substances on the World Anti-Doping Agency list, including anabolic agents, stimulants, drugs of abuse, and beta-2-agonists. To check if a product is Informed-Sport certified, visit [Informed-Sport.com](https://www.informed-sport.com) and type in your product batch (lot) number into the Certified Product Search box. Numbers are typically found on the label or the bottom of the product.



# ISABODY

## CHALLENGE®

The IsaBody Challenge® is a 16-week total body transformation challenge designed to support you in reaching your ultimate health and wellness goals using Isagenix products! It's a great way to jump right in, be supported throughout your journey, and win prizes while you're at it. Everyone who successfully completes the Challenge receives a £150/€165 product coupon, an IsaBody t-shirt and an Achievement Certificate to celebrate your success. You could also win the European Grand Prize of £5,000/€5,500, and become our GLOBAL IsaBody™ Grand Prize Winner!

**Thomas Philbin-Malucelli**  
2019 Global IsaBody  
Challenge Winner.





# FREQUENTLY ASKED QUESTIONS

## **I'm just getting started with exercise – are there any top tips?**

The three essential components of fitness are strength, endurance and flexibility, so you should look to incorporate all three into your routine. You might choose to emphasise one over another depending on your goals – for example, spending more time on weights than cardio. There's so many different ways to be active, whether that's outdoors, in the gym, group fitness classes or at home. Whatever it is that keeps you motivated is the one for you!

## **How long before my workout should I take AMPED Nitro?**

We recommend taking AMPED Nitro 15-30 minutes before your workout.

## **Is AMPED Hydrate only for when I'm training?**

No! It's important that we say hydrated throughout the day, so AMPED Hydrate can be consumed at any time. AMPED Hydrate helps to rehydrate, nourish and energise your body to get the most out of every workout. It also supplies the body with easily digestible carbohydrates that can be delivered to your muscles quickly.

## **Is there a specific time frame when I should take AMPED Post-Workout?**

We recommend taking AMPED Post-Workout no later than 30 minutes after your workout finishes.



**Should I have IsaPro in addition to AMPED Post-Workout?**

You can have both IsaPro and AMPED Post-Workout after you've finished training, or you could have IsaPro later on as a post-workout snack.

**Should I replace my meals with IsaLean Shake?**

IsaLean Shake can serve many purposes depending on your nutrition requirements and goals. For some, IsaLean Shake could be a meal, for others it could be a snack or they could add other ingredients to it to provide more calories, protein, carbs, fruits or veggies.

**What can I add to my IsaLean Shake?**


Anything you like! You can add products like IsaPro or nut butters to increase the amount of protein, or foods like bananas or oats to increase the carbohydrates. You can also use IsaLean Shake as a base for your smoothie bowl and add these other ingredients as toppings.

**Is the Energy and Performance System only suitable for specific sports?**

These products are easy for you to adapt no matter your level of fitness or the type of training you do.



ISAGENIX®  
THE ART OF WELLBEING.

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