

ISAGENIX.

The 30-Day Reset Guide





What is a 30-Day Reset?

Isagenix 30-Day Reset is a simple, convenient system for maximum nutrition, supporting natural detoxification and everything in between.

This straightforward system has been specifically designed to help you get results in 30 Days.

So, what are you waiting for? Get started on your journey today whether that's for weight loss, getting back to healthy habits, or just want to feel your best and achieve your goals through balanced everyday nutrition.

NO MATTER WHAT YOUR HEALTH GOAL IS, THIS SYSTEM CAN HELP YOU GET THERE.

Why Reset?

1 Clinically Validated Weight Loss System

The Isagenix Weight Loss System is 3x proven over a healthy-heart diet for weight loss and maintenance .

2 Nutrient Supported Intermittent-Fasting

Whether you're getting back into healthy habits, looking to enhance your nutrition, or want to look and feel your best, the 30-Day Reset is for you.

3 For Your Business

Did you know taking part in the Isagenix 30-Day Reset is a great opportunity to showcase our products, systems and results with your followers?

64%

MORE WEIGHT
LOSS*

2x

AS MUCH
VISCERAL
(ABDOMINAL)
FAT LOSS*

71%

MORE TOTAL
BODY FAT
LOSS*

*Arciero, et al. Obesity 2023

To read the full results from our published clinical studies, visit IsagenixHealth.net/research.

MORE INFORMATION ABOUT OUR CLINICAL STUDIES CAN BE FOUND AT
ISAGENIXHEALTH.NET/RESEARCH



How Your 30-Day Reset Works

The 30-Day Reset doesn't require a huge change to your day-to-day life. In fact, it's designed specifically to work around your life, not interrupt it!

There are just two key elements to your 30-Day Reset: Shake Days and Cleanse Days.

Shake Days

Shake Days provide a framework for healthy eating and balanced nutrition. Taking control of your health and reshaping your habits is easier with protein-packed IsaLean™ Shakes, balancing botanicals and targeted supplements.

How to do a Shake Day

MORNING: Ionix® Supreme, IsaLean™ Shake & Thermo GX™ (optional)

MID MORNING: 100-150 calorie snack e.g. Harvest Thins™ (optional) & e-Shot™

LUNCH: IsaLean™ Shake, Thermo GX™ (optional)

MID AFTERNOON: Snack Bite (optional)

DINNER: Healthy balanced meal (400-600 calories)

BEFORE BED: IsaMove™

**Sample Shake Day.*

**DID YOU KNOW:
THERE ARE SO MANY DIFFERENT WAYS TO DO YOUR SHAKE DAY, CUSTOMISE AND FIND
A WAY FOR YOU!**

Cleanse Days

Cleanse Days are Isagenix's clinically supported method of intermittent fasting. You'll nourish your body with botanicals, vitamins, minerals to fight cravings, support your detoxification system and more.

How to do a Cleanse Day

MORNING: Ionix® Supreme, Nourish for Life™ & Thermo GX™ (optional)

LUNCH: Nourish for Life™, Thermo GX™ (optional)

MID AFTERNOON: Nourish for Life™

DINNER: Nourish for Life™ & Thermo GX™ (optional)

**Sample Cleanse Day.*

Customise your Cleanse Day and enjoy snacks throughout the day. Spend up to 10 Cleanse Credits a day on our Cleanse Day Tracker.

[**CLEANSE DAY TRACKER**](#)

You can find social shareables to support your Shake Days & Cleanse Days below. Why not also learn more about the benefits beyond weight loss in the article below.

[**SHAKE DAY ASSETS**](#)

[**CLEANSE DAY ASSETS**](#)

[**BENEFITS BEYOND
WEIGHT LOSS ARTICLE**](#)



**DID YOU KNOW:
THE BENEFITS OF FASTING GO BEYOND WEIGHT LOSS**

Getting Started...

30 Days, endless benefits

This guide will not only help you on your 30-Day Reset journey but also includes a range of helpful tools such as articles, assets and a day by day social media campaign. These tools will encourage your team, customers or followers to join you on a 30-Day Reset as well as introduce new people to Isagenix!

ARE YOU READY TO RESET?

- ✓ Click here to order your [30-Day Reset Pack](#) today!
- ✓ Invite your followers to join you on your 30-Day Reset through the tools included throughout this guide. Keep reading for tips!
- ✓ Use the next section of this guide to help plan and run your 30-Day Reset



Followers: A group of people (family, friends, unawares) who are following you and your journey, whether that be on social, a Facebook or Whatsapp group.

IT'S TIME TO HIT THE RESET BUTTON ON UNHEALTHY HABITS!

Let's get started!

7 days before your reset begins...

Now is a great opportunity to get people excited and inspired by the 30-Day Reset through sharing results, [articles](#), [testimonials](#) and so much more. Engage with your friends, family, team, customers and social following & anyone else who may want to reset.

Order your [30-Day Reset Pack](#), decide how you want to run your reset and set up your Whatsapp group, plan your social or any other way that works for you!



DAY 1: ALL ABOUT THE RESET

Share all exciting details about the reset and inspire people to get involved and commit to their own reset!

Pro tip: If you are using social media, try using the poll, quiz, question & slider tools on Instagram to increase engagement.

DAY 2-6: REASONS TO RESET

Utilise [Isagenix clinical studies](#) and tools linked throughout this guide to inspire and educate people on the 30-Day Reset and Isagenix products. You can also find some great testimonials here and a [weight loss video](#).

DAY 7: GETTING READY TO RESET

Take your before images, measurements and share your goals, whether that's weight loss, enhancing your nutrition or improving your overall wellness and encourage others to do the same!

**HAVE YOU OR SOMEONE YOU KNOW COMPLETED A RESET?
SHARE YOUR TESTIMONIAL, THE PRODUCTS YOU LOVED AND RESULTS YOU ACHIEVED.
WHETHER THAT'S LOSING WEIGHT, HITTING THE RESET BUTTON OR ENHANCING YOUR
NUTRITION - PEOPLE WANT TO HEAR FROM YOU.**

The Social Media Guide

The social media guide provides examples and prompts to help inspire yourself and those joining you on your reset to be accountable and to stay on track throughout the 30 days.



If you do not wish to use social media as part of your 30-Day Reset, you will still find information and encouragement throughout the social media guide that will help you on your journey, whether that's education, guidance or support, which you can utilise to help you get to the end of the 30 days!

[30 DAY RESET ASSETS](#)

We're here to help!

You can find lots of useful tools and product education over [here](#) as well as [30-Day Reset social shareables](#) to support you getting started and throughout your reset. However, if you choose to document your reset on social media it's a great idea to make your own content.

Top tips from the social experts...

- Creating your own organic content goes along way!
- Be personable, relatable and consistent
- Don't only talk about Isagenix and the reset, engage with your audience through relatable subjects, be the real you!
- It's really important to stay authentic so don't be scared to show off your own personality and creative flair.

**DID YOU KNOW:
INSTAGRAM AND FACEBOOK STORIES ARE GREAT FOR SOCIAL MEDIA ENGAGEMENT**

Week 1 *of the 30-Day Reset*



Day 1 - Getting started

Post your own image on of you unboxing your 30-Day Reset Pack & having your first IsaLean™ Shake.

Day 2 - How are you feeling?

Showcase your morning routine, share how you are feeling on Day 2 and educate your audience on tomorrow's Cleanse Day and encourage them to take part!

Day 3 - The first Cleanse Day

Film highlights of your Cleanse Day on stories. This can be of the products you are using, how you are feeling or providing support.

Remember to be real and capture everyday activities.

Day 4 - Check-in

Check-in with your followers post Cleanse Day and don't forget to break your fast with an IsaLean™ Shake for breakfast. Try jazzing up your IsaLean™ Shake and share with your audience.



DID YOU KNOW:

BEING ORGANIC AND CAPTURING REALISTIC DAILY ACTIVITIES ON YOUR STORIES IS RELATABLE TO YOUR FOLLOWERS AND CAN BE MORE ENGAGING THAN GRID CONTENT!



Day 5 - The first Friday

This may be your & your followers first Friday whilst taking part in the 30-Reset. Motivate, excite and remind them why they are doing this and the results that are possible with our [clinical study shareables](#).

Day 6 - Tips from the nutritionist

[Share our nutritionist reel](#) on how to get back on track if you feel like you've had a 'bad day' and ensure your team don't give up! You're almost one week into your reset!

Day 7 - Week 1 complete

Celebrate 1 week of the 30-Day Reset and praise your followers! Capture snippets of your day getting ready for the week ahead whether you are food shopping, meal prepping or simply sharing tips.

Week 1 round up

Week 1 of the 30-Day reset is all about starting your journey, learning what works for you and how to best incorporate the products into your every day life. Remember, to have fun with it and stay positive!



WHETHER YOU'RE LOOKING TO LOSE A FEW POUNDS OR ENHANCE YOUR NUTRITION AND WELLBEING, THERE ARE SO MANY DIFFERENT WAYS TO USE OUR PRODUCTS.

Week 2 *of the 30-Day Reset*



Day 8 - Motivation Monday

It's time to take your measurements and photos – remind your followers to do the same. Feel free to share your results so far as part of your 1 week check in! Be real, tell your audience how you're feeling, any learnings and don't forget to motivate and support as the new week begins.



Day 9 - Products you love

Share the products, recipes and hacks you've been loving and why! If you've been using any products outside of the 30-Day Reset Pack that have elevated your reset recommend them to your followers. Our favourites are Harvest Thins™, Snack Bites or Nootropic Elixir.

Day 10 - Products on a Cleanse Day

Did you know we have a range of products, including snacks you can eat on a Cleanse Day? *Snack Bites, Harvest Thins™, Isagenix Snacks™ and AMPED™ Hydrate* are all *Cleanse Day approved!*

[CLEANSE DAY TRACKER](#)

WHY NOT TRY A NEW FLAVOUR ISALEAN SHAKE THIS WEEK OR TURN IT INTO SOMETHING MORE EXCITING... HOW ABOUT A SMOOTHIE BOWL OR FROZEN BARK?



Day 11 - Up for a challenge?

Challenge yourself and your team to a double Cleanse Day next week! Engage with your followers and get them excited. Make it fun!

Day 12 - Half way point!

Congratulations you are now half way! Share your progress with your followers.

Day 13 - Tips from the nutritionist

Share our nutritionist top tips to support your followers Cleanse Cleanse Day/double Cleanse Day.

Day 14 - Week 2 complete!

Set your week up the right way with our Bedtime Belly Buster. Share this with your followers and ask how they like to set up the new week.

BEDTIME BELLY
BUSTER EXPLAINED

Week 2 round up

Week 2 of the 30-Day Reset is a chance to be creative with the products as well as challenge and push yourself into trying new things.

Week 3 *of the 30-Day Reset*



Day 15 - Get ready for a new week

It's that time again! Take your measurements and images and share your progress! Engage with your followers on how they are feeling and progressing.

Don't forget to show yourself starting the week on track with your morning shake.

Day 16 - All about Shake Days

Take a photo of your lunch time shake! Show your audience how simple, easy and convenient Isagenix Shake Days are. Encourage and support your followers on the upcoming double Cleanse Day.

Day 17 - Cleanse Day

It's your 3rd Cleanse Day, you know how they go right? Why not film a day in the life on stories or as a reel. Don't forget to support and encourage your followers today.

Day 18 - Double Cleanse Day

Enhance your results, share your feelings and engage with your team, you're not alone!



DID YOU KNOW?

BASED ON THE ISAGENIX FINDINGS, TWO CLEANSE DAYS MAY MODESTLY ENHANCE RESULTS IN THE SHORT TERM IF WEIGHT LOSS IS YOUR GOAL



Day 19 - Check-in!

Check in with your followers post double Cleanse Day. Struggling with energy? Try an e-Shot™ or Nootropic Elixir to help fuel your focus!

Day 20 - Tips from the nutritionist

Our nutritionist talks all things balance in this week's top tips reel. Share and educate your audience!

Day 21 - Evening routine

Fancy sharing your evening routine on your social channels?



Here's some ideas... cooking a recipe, an evening walk, skincare routine, taking your IsaMove™ or any other evening rituals you do to complete your week and get ready for the new week ahead!

1 DAY VS 2 DAY
CLEANSE DAYS

Week 3 round up

By Week 3 of the 30-Day Reset you've found your favourite products, are noticing some benefits and are into your new routine.

**WHEN PLANNING A MEAL, REMEMBER THE THREE KEY COMPONENTS:
PROTEIN, CARBOHYDRATES & VEGETABLES**

Week 4 *of the 30-Day Reset*



ENERGY & PERFORMANCE
PACKS

Day 22 - It's the last sprint!

Congratulations you made it to the final week of the 30-Day Reset!

Take your measurements and images, give your followers all the motivation to help them get through the last week and give it their all.

Day 23 - IsaBody Challenge Transformations

Share IsaBody® Challenge information, success stories and transformations with your followers! You never know who you may inspire to get involved!

Day 24 - Looking to get active?

It's no secret that training goes hand in hand with great nutrition, that's why we have a great range of energy and performance packs to help you on your fitness journey!

Day 25 - Nutrition from the inside out

Nourish your body from the inside out with Collagen Elixir™, Isagenix SuperMix and Isagenix Greens™ for overall wellness.



Day 26 - What's next?

You've almost completed your 30-Day Reset, so what's next? You can continue your reset and progress to 60-Days. Inspire your followers to join you by sharing some results after 60-Days.

Day 27 - It's a lifestyle

Talk to your audience on stories about Isagenix as a lifestyle, it can be so much more than a 30-Day Reset!

Remind those who are going to continue to order their products!

Day 28 - Maintaining your results

Share how you're going to implement what you have learnt and enjoyed on the 30-Day Reset into every day life to help you maintain results.

Day 29 - 1 Day to go!

With just a few days to go, share the benefits of the reset beyond weight loss. For example, share how you feel, sleeping pattern, energy levels and anything you've noticed over the past 30-Days.



Congratulations, you did it!

Day 30 - Week 4 complete!

Congratulations you did it!

Jump on stories and congratulate your followers and motivate them for the final day. This is also a great opportunity to get them excited for future resets.

Don't forget to take your final measurements and pictures and share your transformations.



What's next?

[TRANSFORMATION TEMPLATES](#)

Whether you've achieved your goals or are still on your journey, Isagenix is here for you every step of the way. It's important to maintain your results and to continue to implement some of the things you've learnt over the 30-Days to achieve your goal and maintain those amazing results – maybe that's having an IsaLean™ shake for breakfast, implementing some of the healthy habits you've enjoyed such as healthy meal prepping, snacking smarter or even continuing to include a couple of Cleanse Days each month. The choice is yours!

If you're still on your journey (that's totally fine btw!)... are you continuing on your reset, thinking about your next challenge or maybe starting to get active? Check out our Energy + Performance products to elevate your fitness goals! Or why not start investing in your skincare with our Collagen Elixir™ and Celletoi™ skincare range?

DID YOU KNOW?

WE HAVE A MAGAZINE! CHECK OUT THE ART OF WELLBEING MAGAZINE [HERE](#)

“

Just under two weeks in and my energy level today was off the charts! Ready to crush my second Cleanse Day tomorrow. Feeling great, losing a few pounds and feeling stronger already.

TESTIMONIAL



I'M IMPORTANT: THIS INFORMATION IS INTENDED FOR ISAGENIX EUROPE MEMBERS ONLY.