

# Your head-to-toe guide to staying in tip-top shape!

## REJUVENATE YOURSELF

Cut the stress and bring your body back into balance with adaptogens that energize and invigorate your cells. Available in liquid and powder forms, Ionix® Supreme contains over 200 specially sourced ingredients from around the globe to normalize and support the body's overall functions.



## HEART OF THE MATTER

Not getting your recommended two servings of salmon each week? The American Heart Association recommends omega-3s for heart health. The omega-3s in IsaOmega Supreme are more potent than other brands for maximum heart protection.\* Plus it has no fishy aftertaste.



Bite into a serving of Oatmeal Berry SlimCakes® for an additional dose of heart-healthy goodness. Packed with fiber, omega-3s from flaxseed and a blend of antioxidants, this is another tasty tool in your arsenal to total heart health.\* Even better, it's less than 100 calories so it won't affect your waistline.



## THE CLEANSER

Your liver has a hefty job — it breaks down the toxins that enter your body. Give it a detoxifying edge with Cleanse for Life™. This rejuvenating drink supports your body's natural cleansing process by helping to sweep away impurities.\*



## BRAIN-BOOSTING CHOCOLATE

Turn that frown upside down! Help give your mood a boost with IsaDelight®.\* It's packed with feel-good amino acids, B vitamins and antioxidants. Best of all, curbing those cravings on Cleanse Days will be easier because chocolate may help you resist emotional eating, which could lead to weight gain or breaking your cleanse.



## FACING FACTS

Fend off fine lines and wrinkles with IsaDermix®, our revolutionary skincare line. Treat your body's largest organ to a slew of antioxidants, peptides, vitamins and botanicals to nourish, hydrate and revitalize skin.



## SHAKE IT UP

Packed with 23 grams of our exclusively-sourced, undenatured whey and casein protein, IsaLean® Shakes in Natural Creamy Chocolate and Natural Creamy Vanilla shakes are a deliciously creamy, high nutrition food that's less than \$2.75 per meal.



## TUMMY TIME

Are you getting enough fiber in your diet? Most people only get half of the recommended 20 to 35 grams of fiber each day. Give your tummy more fiber with a scoop of Isagenix FiberPro™ in your shake or glass of H<sub>2</sub>O to help keep you full, lower your risk of digestive disorders and help you maintain a healthy body weight.\*



## DO YOUR BODY GOOD

Fast-absorbing and delicious too, IsaCalcium® contains a blend of calcium, magnesium and vitamin D. One serving has three times more calcium than an 8-ounce glass of milk.