

Athlete's Pak

Step-by-Step Guide

“ At 47, I did a natural bodybuilding competition. Normally, you diet for months. I used Isagenix in a short time, competed and won. ”

DAVID G.

ISAGENIX ATHLETE,
MEDICAL EXERCISE SPECIALIST
& MASTER PERSONAL TRAINER

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“The Athlete’s Pak has become an essential part of my day and workouts. I drink two IsaLean Shakes each day along with an IsaLean Bar which is packed with the protein I need to maximize muscle growth.”

- Clint J., Minnesota



Athlete's Pak

Your Path to Success

For best results, follow the steps below

- Use the Athlete’s Pak planner** to remind you when to take each product. Print additional copies (IsaProduct.com) of the planner and use this tool to support your success.
- 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
- Buy healthy foods and plan great tasting healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including sodas, foods with artificial sweeteners and coloring, and junk food.

encouragement, tracking your progress and keeping you focused. You can also get free daily advice (IsaDiary.com) and helpful tips from the Personal Coaching section of IsaProduct.com.

Visit ChooseMyPlate.gov for healthy eating tips.

Athlete’s Pak Overview

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

(2) IsaLean® Shake or IsaLean Pro Shake

IsaLean Shake and IsaLean Pro Shake use the highest-quality whey protein to repair body cells, build and repair muscle and bones, provide a valuable source of energy and curb cravings.*

(1) IsaPro®

Fuel muscle growth, jump-start your metabolism, or boost the protein in your IsaLean Shake to curb cravings. Whey protein is a high-quality product for those serious about losing weight and/or gaining lean muscle mass.*

(1) Ionix® Supreme: Powder or Liquid

Beat stress, increase mental and physical performance and boost recovery naturally with this powerful Adaptogen-rich tonic.*

(1) Replenish™

A refreshing sports drink to rehydrate and re-energize your body for performance and replace nutrients and electrolytes that can be lost during exercise.

(1) IsaLean Bar (10 bars per box)

With 18 grams of high-quality, undenatured whey and milk protein, support weight management, maintain lean muscle and promote muscle growth with these tasty meal replacement bars.

POPULAR ADD-ONS TO THE ATHLETE’S PAK:



Whey Thins™

A savory and filling Isagenix snack with 10 grams of protein in a 100-calorie pack.



Ageless Essentials™ with Product B® IsaGenesis® (for Men or Women)

Go beyond the surface symptoms and target the ultimate causes of aging. Add life to your years and years to your life with an increased feeling of youth, health and vitality. Add Product B IsaGenesis to your optimal daily intake of vitamins and minerals.*



Ageless Essentials Daily Pack (for Men or Women)

Get your optimal daily intake of premium vitamins, minerals, antioxidants, and omega-3s in convenient, individually wrapped A.M. and P.M. packets.*



e+ Energy Shot

A nutrient-packed, naturally-caffeinated energy shot that gets—and keeps—you active and alert.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Athlete's Pak Planner



IsaLean® Shake

- Two scoops contain 24 grams of high-quality, undenatured whey and milk protein.
- Fuel muscle growth and maximize muscle strength by drinking IsaLean Shake in the morning and spacing protein intake throughout the day.
- Available in **Strawberry Cream, Creamy French Vanilla, and Creamy Dutch Chocolate**



IsaPro®

- To give your IsaLean Shake and even greater protein boost, add 1 scoop of IsaPro to 11/2 scoops of IsaLean Shake. This boosts the protein count of your shake to just over a whopping 36 grams!



Ionix® Supreme

- Ionix Supreme contains Adaptogens that power performance, boost energy, help your body recover, and better cope with the effects of stress.
- For best results, drink 1 to 2 ounces before your workout.



Replenish™

- This refreshing sports drink powder replenishes muscle glycogen levels, vitamins, and electrolytes that are lost during exercise.
- For best results, mix with water and drink before, during, and after your workout.



IsaLean® Bars

- This on-the-go meal replacement contains premium, undenatured whey protein, healthy fats and energy-fueling carbohydrates.
- Eat one before your workout to help sustain energy levels or after a workout to help replenish your body.

Autoship Rewards

Ensure you always have your Athlete's Pak right at your fingertips and at a great price! When you enroll on Autoship, our convenient, automatic shipping service, you can get 10% off your pak versus purchasing it individually at wholesale. For more details, visit the "Library" section of your Back Office.



7 Reasons Athletes Should Use Isagenix

1. BOOSTS ENERGY WITHOUT HARSH STIMULANTS

The various unique and exclusive nutrients in Isagenix products deliver an array of energy-reviving nutrients that result in an energy boost that is safe and effective.

2. ACCELERATES RECOVERY

Whey protein helps the body to recover after workouts by building up the levels of protein in the muscles. While other foods that contain protein might have a sampling of amino acids, whey protein has them all— including branched-chain amino acids that can help your muscles recover after a workout.

3. ENHANCES MENTAL ACTIVITY

Many Isagenix athletes report improved mental focus, concentration, energy and endurance associated with their athletic endeavors.

4. BALANCES APPETITE

More and more studies are revealing how important protein is for satiety, as well as muscle growth and maintenance. It was found

that individuals who add leucine-rich protein, like whey protein, to their diet, coupled with exercise, have more lean muscle tissue and lose more body fat. High-quality Isagenix whey protein helps support weight loss by curbing hunger and keeping you satisfied longer. It also helps support muscle maintenance.

5. PROTECTS CELLS

Isagenix products deliver potent antioxidant nutrients that protect the body's cells, tissues and organs. This allows the body to function at its optimal capacity for more intense training.

6. IMPROVED IMMUNE FUNCTION

The unique nutrient profile of Isagenix products supports improved immunity, which is crucial for training athletes.

7. NATURAL & "CLEAN"

Isagenix products use no artificial ingredients and use only the highest-quality nutrients for optimal athletic performance. Isagenix uses ingredients from nature which are triple-standardized to ensure purity and safety.

Experience the Isagenix Difference

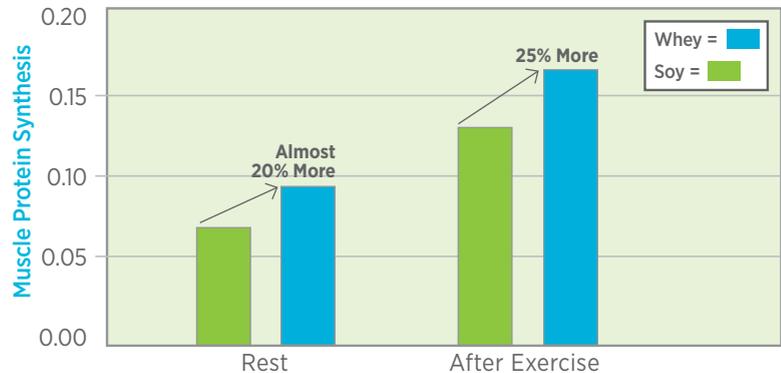
Benefits of Isagenix Whey Protein

Isagenix whey protein is sourced from “Cheerful Certified” cows not treated with hormones or routine antibiotics. The protein is put through an ultrafiltration process to keep the whey intact (undenatured). This results in a superior amino acid profile with a high concentration of branched-chain amino acids, such as leucine. Branched-chain amino acids are essential in supporting lean muscle growth.

Supplementing your regular workouts and weight-resistance training with Isagenix protein throughout the day will help you:

- Spur muscle growth to the max
- Slow muscle breakdown
- Enhance feeling of fullness
- Boost metabolism and fat burning

Whey Leads to 25% More Muscle Growth After Exercise & 20% More Growth at Rest Compared to Soy



Whey protein stimulates more muscle growth than soy. As graph depicts, at rest, whey protein stimulates almost 20% more muscle growth than soy and after exercise, whey stimulates 25% more muscle growth than soy. *Tang et al. J. Apply Physiol. 107, 2009*

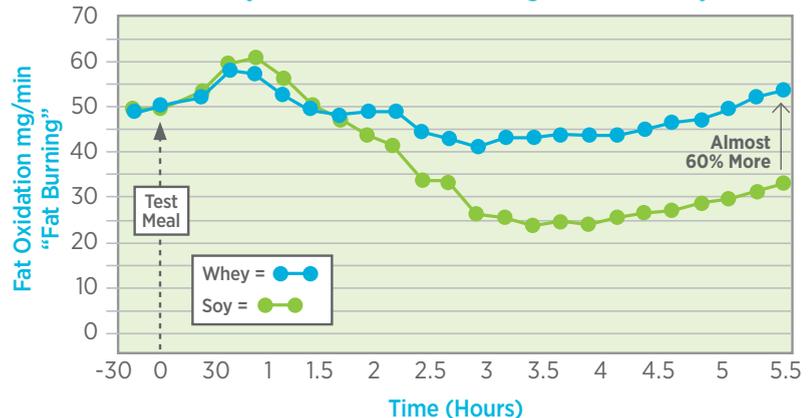
Why Undenatured Whey Protein Is Superior

Undenatured whey goes through a filtering process that preserves its fragile, but powerful, biologically active peptides. This is superior to denatured proteins, which contain biologically active peptides that are destroyed due to high heat and acid treatments.

Undenatured whey contains numerous dipeptides (amino acid pairs) and tripeptides (amino acid triples) that have beneficial biological activity. Studies show undenatured whey also supports production of glutathione, a key antioxidant for battling oxidative stress and guarding telomere health.

There are a number of meal replacement shakes out there employing various ingredients such as soy. Research shows that whey protein surpasses the results of soy-based shakes (see graph) for fat burning and muscle retention and growth. Whey protein increases your ability to stay full longer and stimulates the production of heat in the human body. As you build lean tissue with high-quality whey protein (often aided by resistance training exercises), you are able to burn more calories.

Whey Protein Boosts Fat Burning Better Than Soy



Whey protein has been proven to consistently deliver the best results for fat oxidation (aka “fat burning”). *Acheson et al. 2011.*

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: ISAPRODUCT.COM

This easy-to-navigate site contains everything you need to know about the products in your 30-Day System. 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: ISAMOVIE.COM

Our most popular videos demonstrate how Isagenix® transforms lives.

News: 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 IsaFYI.com and select the "Calls" page.

Community: **SOCIAL MEDIA**

At Isagenix, we've long recognized social networking—or what we like to call "social entrepreneurship"—as a revolutionary way of doing business. IsaGeeks.com, and our Facebook. com/Isagenix, Twitter.com/Isagenix and YouTube.com/Isagenix sites have something for everyone, including cleanse community support and support for creating a business model by leveraging social networks.



“The other products I was using were not even close to Isagenix. The protein is second to none.”

Paul Anthony
World Champion Natural
Bodybuilder and
Personal Trainer

Do you want to learn how to get your next Athlete's Pak for free?

- Do you have friends or family that would benefit by using the Athlete's Pak?
- Do you want to keep losing weight or feel healthier for life?
- Do you want to earn a part-time income (vacations, car payments, mortgages) or even a full-time income?

Go to 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 7 pounds (3.2 kg) during the first nine days of the Cleansing and Fat Burning System.

