



IsaShake Complex™ System

Start Your Pre Cleansing Regimen TODAY

Before we launch our line of Nutritional Cleansing and Replenishing paks and systems later this month, we're gearing up with a **Pre Cleansing Period** using our **IsaShake Complex System** - this is an opportunity to begin using the most popular Isagenix® product and to provide your body the necessary building blocks to replenish, revitalize and renew itself before commencing a cleansing and ideal weight system. Each IsaShake Complex is a complete, delicious and satisfying meal.

WHY PRE CLEANSING?

Pre Cleansing twice daily with our **IsaShake Complex System** is key to Nutritional Cleansing. It provides your body with the vital nutrition necessary to achieve your ideal weight and enjoy overall health and wellness.

HOW DOES PRE CLEANSING WORK?

To Pre Cleanse, simply replace 1 - 2 meals each day with an everyday IsaShake Complex drink. We also recommend each day eating one 400 - 600 calorie meal consisting of lean protein, vegetables and healthy grains.

WHAT DOES OUR ISASHAKE COMPLEX SYSTEM INCLUDE?

The IsaShake Complex System includes 4 IsaShake Complex canisters (a total of 56 complete meals) and can be ordered in:

- 4 canisters of Natural Vanilla
- 4 canisters of Natural Chocolate
- 2 canisters of Natural Vanilla and 2 of Natural Chocolate

WHY ARE OUR SHAKES THE BEST?

- Contain 23 grams of undenatured New Zealand whey and casein protein and a superior amino acid complex
- Helps you maintain lean body mass
- Lower lactose levels for easier digestion
- Contains our exclusive blend of super-charged trace minerals
- Enzyme-activated to help maximize absorption of key nutrients
- Clinically proven to help you achieve your ideal weight.

IsaShake Complex. A delicious and nutritious meal.

100 BV
\$250 pesos PIB

** See mixing instructions on container and back of this flyer



IsaShake Complex™ System

Congratulations. You are about to experience the everyday IsaShake Complex as part of your pre-cleansing program.

The IsaShake Complex is a nutritionally complete meal that will allow you to easily manage your calories while providing your body the **necessary nutrients** to support your good health.

We are providing directions as well as some helpful hints to increase your enjoyment of your Isagenix® lifestyle.

DIRECTIONS

Each canister of **IsaShake Complex** contains a total of 14 complete meals. A measuring scoop is included in your canister to help you to obtain the proper amount of nutrients with each serving.

Add 8 oz of cold purified water (if ice is preferred, combine a total of 8 oz of ice and cold purified water) 2 scoops of IsaShake Complex and blend, preferably in an electric blender or shaker. For **maximum nutritional benefits**, drink within 10 minutes. Do not freeze.

Replace 1 or 2 meals daily as part of your Isagenix system. For more details, refer to Isagenix system instructions or consult your Isagenix Independent Associate.

Parents:

if you would like your children (ages 2-12) to use IsaShake Complex, mix 1 scoop with 4 oz of purified water.

• Helpful hints for Pre-Cleansing and Shake Days:

- Replace 1 or 2 meals each day with 2 IsaShake Complex drinks. Most people prefer a shake in place of breakfast and dinner.
- Enjoy 1 sensible meal each day of 400-600 calories consisting of lean protein, vegetables and healthy grains (see meal planner)
- Drink a minimum of 8 glasses of water each day to help your body absorb the nutrients and promote cleansing.

Pre-Cleanse and Shake Days are a **good time to reduce any use of caffeine, alcohol, cigarettes and /or sugar consumption**. Most people find that regular use of the IsaShake Complex reduces the cravings for these products.

Eating sensibly enhances the wellness benefits you'll experience from the **Cleansing & Ideal Weight System**. The chart below is a general guide to foods that are the perfect accompaniments to your everyday shake and Pre-Cleanse Days.

Protein	Starches	Fat	Vegetable	Other
1 egg or 4 egg whites	1 cup organic slow-cooked oatmeal	1 tbsp. flax oil	2 cups peppers, tomatoes, onions	1 organic apple
5 oz. chicken breast	1 cup steamed organic brown rice	1-2 tbsp. olive oil	3 cups mixed greens	1/2 cups melon
5 oz. salmon or other fish	1 cup whole-grain pasta	Reduced-fat salad dressing	3 cups steamed vegetables	1 cup herbal tea with 1-2 tsp. honey
5 oz. chicken or turkey burger	1 baked yam	Reduced-fat feta cheese	2 cups Greek or Caesar salad	1 cup berries
2 cups tofu or meat alternative	1 cup baked, low-fat yam fries	2 tbsp. nuts of choice	3 cups assorted vegetables	1 organic pear
1/2 cups beans or lentils	1 cup wild or basmati rice	1-2 tbsp. coconut milk	Canned tomatoes	1 cup herbal iced tea with 1-2 tsp. honey
4 slices turkey meat	2 slices whole wheat bread	1/4 cup almonds (unsalted, raw)	2 cups spinach salad	1 tsp. Dijon mustard and 1 tbsp. lemon

TRACK YOUR PROGRESS

We encourage you to weigh and measure yourself before beginning your program and at least weekly thereafter. Keep in mind that some people experience significant inch loss as their bodies burn fat and retain muscle.

SHARE YOUR RESULTS

Be sure to share your success with your family and friends, encourage them to experience for themselves the life-changing benefits of the Isagenix lifestyle.

