

AMPED PRO Pak

Step-by-Step Guide

“AMPED™ products help me kick-start my workouts and recover better after intense training. I can train harder and more effectively and I know I'm also getting great nutrition from the rest of the Isagenix range.”

RICO GEAR

FORMER ALL BLACKS RUGBY PLAYER



Maintain Muscle

Experience Faster Recovery

Improve Performance

AMPED PRO Pak overview

YOUR AMPED PRO PAK CONTAINS THE FOLLOWING PRODUCTS:

(2) IsaLean™ PRO (chocolate or vanilla) (14ct)

Maintain lean muscle and improve satiation with this nutritionally-balanced meal replacement that contains 36g of undenatured protein per serve.

(1) IsaLean™ Bar (10ct)

Protein-rich, nutritionally-balanced bars to keep you satisfied while on-the-go. Available in four delicious flavours.

(1) Cleanse for Life™

A blend of minerals, antioxidants, gentle cleansing herbs and Aloe vera to nourish your body and support your immune system.

(1) e+ (6ct)

A nutrient-packed liquid shot with caffeine from green tea and yerba mate to help improve focus and physical performance.

(1) Ionix® Supreme

A mineral-rich drink formula with specialised adaptogens to help your body adapt to stressful situations.

(1) Replenish™ (24ct)

A refreshing, natural drink mix with electrolytes and vitamins to support and revitalise your body during and after exercise.

(1) AMPED™ Power

A pre-workout supplement designed to offer athletic support by preparing your body before training and helping to improve performance.

(1) AMPED™ NOx (6ct)

The perfect pre-workout shot to help prime muscles for maximum performance during high-intensity exercise.

(1) AMPED™ Recover

A post-workout drink for better muscle recovery and rebuilding.



AMPED PRO Pak

The Right Nutrition

Time in the gym won't get you the results you want without the right nutrition and supplement support. Now you have the perfect nutritional program to help you reach your fitness and performance goals. The AMPED PRO Pak is convenient and easy to incorporate into your active lifestyle, whether you're an athlete, gym-goer or weekend warrior. The specialised products in the AMPED PRO Pak will help you:

- Get lean
- Increase performance
- Train harder
- Build muscle
- Improve strength
- Experience faster recovery

FOR BEST RESULTS:

1. Use the Shake and Cleanse Day planners on page 3 to help you remember when to take the different products. Print additional copies at IsaProductAU.com to help you continue to follow the program.
2. Concentrate on nutrient timing and give your body appropriate nutrition at times when it is primed to use the nutrients most effectively. AMPED™ products are designed to support your body's needs before, during and after workouts.

Visit healthyactive.gov.au for helpful tips.

For full ingredients listing visit Isagenix.com. Always read the label. Use only as directed.

Now You're Ready to Begin

SHAKE DAY PLANNER – 2 Shake Meals per day

Morning

- Drink 1–2 glasses of purified water.

To benefit from 'Everyday Cleansing', drink 1 serving of Cleanse for Life™ in the morning.

Breakfast

- Enjoy 1 packet of IsaLean™ PRO with 240mL of purified water and ice.
- Take 2 Essentials™†.
- Drink 30mL of Ionix® Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 180mL of purified water.

Mid-Morning — Snack

- Drink 1–2 glasses of purified water.
- OPTIONAL: 1 'Shake Day Snack Ideas'.

Lunch

- Enjoy 1 packet of IsaLean PRO with 240mL of purified water and ice OR eat a healthy, balanced 2500 kJ meal.
- Drink 1–2 glasses of purified water.

Mid-Afternoon — Snack

- Drink 1–2 glasses of purified water.
- OPTIONAL: 1 'Shake Day Snack Ideas'.

Dinner

- Enjoy 1 packet of IsaLean PRO with 240mL of purified water and ice OR eat a healthy, balanced 2500 kJ meal.
- Drink 1–2 glasses of purified water.
- Take 2 Essentials†.

Pre-Workout

- Take 1 AMPED™ NOx followed by 1 e+ and 1 serve of AMPED Power prior to working out.

Mid-Workout

- Sip 1-2 serves Replenish™ while you train.

Post-Workout

- Have 1 serve of AMPED™ Recover and 1 serve of IsaPro†.

SHAKE DAY SNACK IDEAS:

- 1 Slim Cakes™†
- 1-2 e+
- 6 almonds (unsalted, raw)
- 1 boiled egg
- Fibre Snacks™†

CLEANSE DAY PLANNER

Cleanse #1 (Morning)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Take 2 Essentials†.
- Drink 30mL of Ionix Supreme liquid or mix 1 level scoop of Ionix Supreme powder with 180mL of purified water.
- Drink 1-2 glasses of purified water.

Mid-Morning — Snack

- Drink 1-2 glasses of purified water.
- OPTIONAL: 1 'Cleanse Day Options/Support'.

Cleanse #2 (Lunch)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

Early-Afternoon — Snack

- Drink 1-2 glasses of purified water.
- 2 Isagenix Snacks™†.
- OPTIONAL: 1 'Cleanse Day Options/Support'.

Cleanse #3 (Mid-Afternoon)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.

Early-Evening — Snack

- Drink 1-2 glasses of purified water.
- 2 Isagenix Snacks†.
- OPTIONAL: 1 'Cleanse Day Options/Support'.

Cleanse #4 (Evening)

- Enjoy 2 level scoops of Cleanse for Life with 60-120mL of purified water.
- Drink 1-2 glasses of purified water.
- Take 2 Essentials†.

** Follow 'Deep Cleansing Directions' on the Cleanse for Life label to ensure proper serving size.

CLEANSE DAY OPTIONS/SUPPORT:

- 2 Isagenix Snacks†
- 1-2 IsaDelight™† chocolates (maximum 2 per day)
- 1-2 e+
- 1-2 servings of Replenish (if you are exercising)

† Recommended product is not included in the AMPED PRO Pak and must be purchased separately.

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit IsaProductAU.com

2500 kJ Meal Ideas

Plan to eat sensible meals that are high in protein and fibre and contain a healthy balance of complex carbohydrates and healthy fats. See table below for suggestions and serving size recommendations. Combine one choice from each of the categories below so that the kilojoules in your meal add up to around 2500.*



PROTEIN
(20 – 35 g protein)



COMPLEX CARBOHYDRATES
(~ 45 g carb)



HEALTHY FATS
(~ 10 g fat)



VEGETABLES
(unlimited)



OTHER
(~ 25 g carb)

Free Range Chicken Breast
(140 g.)

Organic Old Fashioned Oatmeal
(1 cup cooked)

Olive or Flax Oil
(1 tbsp)

Dark Greens, Broccoli, Kale, Spinach
(2–3 cups)

Organic Apple or Pear
(1)

Salmon Or Other Fish
(140 g.)

Organic Brown, Wild or Basmati Rice
(1 cup cooked)

Cottage Cheese
(½ cup)

Mixed Salad Greens
(2–3 cups)

Melon or Papaya Fresh
(1 ½ cups)

Gluten Free Chicken or Turkey Burger
(140 g.)

Quinoa
(1 cup cooked)

Organic Almond Butter
(1 tbsp)

Capsicums, Tomatoes & Onions
(2–3 cups)

Organic Berries
(1 cup)

Steak
(140 g.)

Gluten Free or Whole-Grain Pasta
(1 cup cooked)

Avocado
(½)

Steamed Mixed Vegetables
(2–3 cups)

IsaDelight™
(1)

Tofu or Meat Alternative
(1 ½ cups)

Corn Tortillas
(1 or 2 small)

Unsalted, Pumpkin, Sunflower or Sesame Seeds
(1 tbsp)

Sliced Tomatoes
(2 cups)

Fresh Herbs, Basil, Rosemary, Coriander or Parsley

Free Range Egg/Egg Whites
(1 egg and 5 whites)

Sweet Potato
(1 cup cooked)

Raw Almonds or Walnuts
(12)

Asparagus
(6 spears)

Herbal Tea with 1-2 tsp Honey, Hot or Iced
(1 cup)

Free Range White Turkey Meat (Sodium-Nitrate Free)
(4 slices)

Beans or Lentils
(1 cup cooked)

Reduced-Fat Feta Cheese
(2 tbsp)

Green Beans
(1 cup)

IsaLean™ Bar
(½)

*kJ and macronutrient ranges reflect differences in serving size and variety of item selected

Cleansing Calendar & Guidelines

CLEANSING CALENDAR (START ON ANY DAY OF THE WEEK)

Endorsed by Isagenix Founder and Master Formulator John W. Anderson

S Day 1	S Day 2	S Day 3	S Day 4	S Day 5	S Day 6	C Day 7
S Day 8	S Day 9	S Day 10	S Day 11	S Day 12	S Day 13	C Day 14
S Day 15	S Day 16	S Day 17	S Day 18	S Day 19	S* Day 20	C Day 21
S Day 22	S Day 23	S Day 24	S Day 25	S Day 26	S Day 27	C Day 28
S Day 29	S Day 30					

* To ensure product for next month, make sure to order no later than day 20 or enrol in the Autoship Rewards program.

S=Shake Days
C=Cleanse Days

SHAKE DAY GUIDELINES

- Isagenix recommends enjoying an IsaLean™ PRO Shake for breakfast.
- If your training regime requires extra protein, you can add IsaPro™ to your Shake.
- Prepare your 2500kJ meal for lunch or dinner. For meal ideas, purchase *Better Living* from IsaSalesTools.com.au or visit healthyactive.gov.au.
- Engage in an exercise program with both aerobic and resistance training. Consult your physician before undertaking a new exercise program.
- If you are exercising a lot, be sure to adjust your kilojoule and protein intake to account for your output. Depending on how intense your training is, you may need to consume an extra meal each day, or consume IsaLean PRO or an IsaLean™ Bar between meals. Consult your physician for optimal kilojoule intake.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, the National Health and Medical Research Council recommends total daily water consumption of 2.1L for women and 2.6L for men.

Track Your Progress

MEASUREMENT TRACKER

Measurements	Weight	Neck	Upper Arm (left)	Upper Arm (right)	Chest	Diaphragm	Waist	Abdomen	Buttocks	Upper Thigh (left)	Upper Thigh (right)	Calf (left)	Calf (right)	Upper Knee (left)	Upper Knee (right)
Day 1															
Day 11															
Day 30															
Total Lost / Gained															
Goals															

Use the tape measure included in your Welcome Kit.

CLEANSE DAY GUIDELINES

- We recommend you do no more than 2 Cleanse Days consecutively or within a week.
- We recommend you do 2 Cleanse Days per week for no more than 3 consecutive weeks, unless there are modifications where more kilojoules are consumed on specific Shake Days.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Complete at least 2 Shake Days (also referred to as Pre-Cleanse Days) before beginning a 2-Day Deep Cleanse.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, the National Health and Medical Research Council recommends a daily total water consumption are 2.1 litres for women and 2.6 litres for men.

Additional tools can be found at IsaProductAU.com

Your Success is Our Success!

WE'VE DEVELOPED A RANGE OF RESOURCES TO HELP YOU ACHIEVE A HEALTHIER, MORE ENERGETIC LIFESTYLE.

Science: ISAPRODUCTAU.COM

Want to know more about our life-changing products? Here you'll find information sheets, fast facts and videos to ensure you have the best product experience ever.

Inspiration: ANZ.ISAMOVIE.COM

Our diverse video suite allows you to share Isagenix with everyone. Learn about our four incredible solutions, no-compromise products and business opportunity.

News and information: ANZ.ISAFYI.COM

Subscribe to our buzzing news portal. Sharing all the latest success stories, tools, promotions and products, we're here to keep you informed.

Community: SOCIAL MEDIA

Join us for daily encouragement, business building support and networking opportunities on the following social platforms:

Facebook.com/IsagenixAustraliaNewZealand

Instagram.com/IsagenixANZ

Twitter.com/IsagenixANZ

YouTube.com/IsagenixANZ

Soundcloud.com/IsagenixANZ

Information provided in this publications and on all packaging and labels is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your physician or health-care professional. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if adverse events occur. Isagenix programs and products are not intended to diagnose, treat, cure or prevent any disease. For best results, use your Isagenix program in conjunction with regular exercise and a balanced diet.



“Incorporating AMPED Recover™ into my daily training routine has taken my results to a level I didn't think was possible. I can train longer and harder but then wake up the next day able to train hard again because my recovery is phenomenal.”

ANNA RICHARDS
FITNESS ENTHUSIAST

DO YOU WANT TO LEARN HOW TO GET YOUR NEXT PAK PAID FOR?

- Do you have friends or family that would benefit by using the AMPED PRO Pak?
- Do you want to manage your weight or feel healthier?
- Do you want to earn a part-time income (holidays, car payments, mortgages) or even a full-time income?

Go to ANZ.IsagenixBusiness.com or talk with your sponsor to learn more about the Isagenix Opportunity!