

# Healthy Aging and Telomere Support System

## *Step-by-Step Guide*



“Once, I could barely walk around the block.  
Now I can cycle 130 kilometers at a time.  
I look and feel so confident now.”

**MARINA BAKKER**, AGE 54  
2011 ISABODY CHALLENGE® FINALIST



*Create Your Path to Success* PAGE 2

*Plan Your Shake & Cleanse Days* PAGE 3

*Customize Your 30 Days to Fit Your Lifestyle* PAGE 5

*Find Resources for Support* PAGE 6

# Healthy Aging and Telomere Support System Overview

Congratulations on your choice to take the next step toward comprehensive wellness and longevity. The Healthy Aging and Telomere Support System helps you stay on track with a 30-day stock of quality products to keep your body cleansed and nourished the Isagenix way. In addition, you get healthy aging and complete nutrition support from our revolutionary Ageless Essentials™ with Product B® IsaGenesis®. Aging never felt, and looked, so good.

## YOUR HEALTHY AGING SYSTEM CONTAINS THE FOLLOWING LIFE-CHANGING PRODUCTS:

### (1) Ionix® Supreme: Liquid or Powder

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

### (1) Cleanse for Life®: Liquid or Powder

Cleanse your way to better health with a synergistic blend of gentle herbs and nutrients to support the body's natural ability to remove toxins and impurities.\*

### (2) IsaLean® Shake: or IsaLean Pro Shake

Lose or maintain your weight, stay full, and build or maintain lean muscle with this meal replacement shake in the world.\* Available in **Strawberry Cream, Creamy French Vanilla, and Creamy Dutch Chocolate**

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

A foundational product for your best health and longevity. This 30-day supplement includes superior healthy aging and whole-body nutritional support. Featuring the newest fourth generation of Product B® IsaGenesis® for greater cellular and telomere support, plus a full spectrum of vitamins, minerals, omega-3s and antioxidants for complete nourishment.

### (1) 2-Day Cleanse Support Kit

12 *Isagenix Snacks*™, 4 *IsaFlush*® capsules, 4 *Natural Accelerator*™ capsules. The products inside the 2-Day Cleanse Support Kit are to be used on Cleanse Days. Follow the instructions on the Cleanse Day Planner (page 3).



## Your Path to Success

*For best results, follow the steps below*

- 1. Use the Shake and Cleanse Day planner (page 3)** to remind you when to take each product. Print additional copies as needed ([IsaProduct.com](http://IsaProduct.com)) and use this tool to support your success.
- 2. Follow the Healthy Aging and Telomere Support System monthly schedule** or create a customized schedule using our Cleanse and Shake Day guidelines and custom calendar tool (page 5). Planning your days in advance will help you create a routine that fits your lifestyle and supports your goals.
- 3. Take your measurements** and track your success with our easy-to-use measurement tracker (page 4). Use the measuring tape included in your Welcome Kit.
- 4. Success loves company—** so be sure to enlist an accountability partner or Isagenix coach like your enrolling sponsor, spouse, friend or co-worker. Have this person join you in your transformation or have them offer you daily support by providing encouragement, tracking your progress and keeping you focused. You can also get helpful tips from the “Personal Coaching” section of [IsaProduct.com](http://IsaProduct.com).
- 5. Buy healthy foods and plan healthy meals.** Limit temptation by removing unhealthy foods and snacks from your home including sodas, foods with artificial sweeteners and coloring, and junk food.

### Your Pak, Your Way

- **IsaLean® Shake OR IsaLean® Pro**
  - Canisters or packets
  - Any flavor combo
- **Ionix® Supreme**
  - Canister, sticks or liquid
- **Cleanse for Life®**
  - Canister, liquid or singles
- **Ageless Essentials™ with Product B IsaGenesis**
  - For Men or Women

Isagenix is committed to providing you flexibility and simplicity tailored to help you maximize results. Customize any system or pak with any flavor, packaging or upgrade option.

Some days you feel like vanilla, some days are made for chocolate, others you just want to grab your Cleanse for Life® and go. You want the best for your health and your business, and we want to provide you the best options. Now you can...

Custom build your system or pak the way you like; it's your call.

Enjoy Autoship Rewards Pricing with a simple discount structure.

Now you can pick any flavor or package and upgrade options are all up to you!

\* 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.

Visit [IsaProduct.com](http://IsaProduct.com) for healthy recipes.

# Now You're Ready to Begin

## SHAKE DAY PLANNER

### Early Morning

- Drink 1 serving of Ionix® Supreme
- Drink 1-2 glasses of purified water

### Morning—Breakfast

- Enjoy an IsaLean® Shake
- Take 1 A.M. packet of the Ageless Essentials™ with Product B® IsaGenesis®

### Late Morning—Snack

- Optional: Choose one serving of a Shake Day snack
- Drink 1-2 glasses of purified water

### Early Afternoon—Lunch

- Eat a healthy, low-glycemic and balanced 400-600 calorie meal

### Mid-Afternoon—Snack

- Optional: Choose one serving of a Shake Day snack

### Evening—Dinner

- Eat a healthy, low-glycemic and balanced 400-600 calorie meal
- Take 1 A.M. packet of the Ageless Essentials™ with Product B® IsaGenesis®

## SHAKE DAY SNACK OPTIONS (product sold separately)

- 2 Isagenix Snacks™
- 1 FiberSnacks™
- 1 SlimCakes®
- 1-2 IsaDelight Plus™ (milk or dark chocolate)
- 1-2 servings of Replenish™
- Whey Thins™

## SHAKE DAY SUPPORT OPTION

Add 2 oz Cleanse for Life to 64 oz of purified water and drink throughout the day. (Additional Cleanse for Life will need to be purchased).

## CLEANSE DAY PLANNER

### Early Morning—Cleanse 1

- Enjoy 1 Deep Cleansing serving\* (4 oz) of Cleanse for Life
- Take 1 Natural Accelerator capsule
- Take 1 A.M. packet of the Ageless Essentials™ with Product B® IsaGenesis®

### Mid Morning—Snack

- Drink 1 serving of Ionix Supreme
- Recommended: Enjoy up to 2 IsaDelight Plus chocolates
- Take 2 Isagenix Snacks™—30 minutes after consuming IsaDelight Plus chocolates
- Drink 1-2 glasses of purified water

### Late Morning—Cleanse 2

- Enjoy 1 Deep Cleansing serving\* (4 oz) of Cleanse for Life

### Early Afternoon—Snack

- Take 2 Isagenix Snacks™
- Take 1 Natural Accelerator capsule
- Drink 1-2 glasses of purified water

### Mid Afternoon—Cleanse 3

- Enjoy 1 Deep Cleansing serving\* (4 oz) of Cleanse for Life

### Early Evening—Snack

- Take 2 Isagenix Snacks™
- Drink 1-2 glasses of purified water

### Evening—Cleanse 4

- Enjoy 1 Deep Cleanse serving\* (4 oz) of Cleanse for Life
- Take 1 P.M. packet of the Ageless Essentials with Product B® IsaGenesis®.

### Late Evening—Bedtime

- Take 1-2 IsaFlush capsules with 8 oz of purified water

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

## CLEANSE SUPPORT OPTIONS (product sold separately)

- For a boost of energy or to manage blood sugar, eat ¼ apple or pear
- 1-2 IsaDelight Plus chocolates (milk or dark chocolate)
- 1-2 servings of Replenish™ (if you are exercising)
- 2 Isagenix Snacks™

For more Shake and Cleanse Day tips and tools, see the guidelines section on Page 4 and visit [IsaProduct.com](http://IsaProduct.com)  
*Recommended / Optional products sold separately*

# Product Usage Calendar & Guidelines

*Healthy Aging and Telomere Support System Calendar  
(Start on any day of the week)*

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

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

S=Shake Days  
C=Cleanse Days

## Shake Day Guidelines

- Enjoying an IsaLean Shake for breakfast is recommended.
- It is okay to add Isagenix products such as Isagenix Greens™, IsaPro®, and IsaFruits® to your IsaLean Shake.
- For meal ideas, go to ChooseMyPlate.gov or IsaProduct.com.
- Engage in an exercise program with both aerobic and resistance training. Consult your doctor prior to starting any exercise program.
- For athletes or those engaging in high-intensity exercise: Consult your trainer or doctor to obtain optimal caloric intake. This may include an extra meal or shake during the day.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations\*\* for total water consumption is 64 ounces or eight, eight-ounce glasses of water

## Cleanse Day Guidelines

- We recommend you do no more than 2 Cleanse Days consecutively or within a week and no more than 3 consecutive weeks.
- Only participate in light to moderate levels of exercise on Cleanse Days.
- Drink plenty of water throughout the day. As a guideline for healthy adults living in a temperate climate, approximated recommendations for total water consumption are 64 oz for women and 125 oz 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   |        |      |                  |                   |       |           |       |         |          |                    |                     |             |              |                   |                    |
| Goals        |        |      |                  |                   |       |           |       |         |          |                    |                     |             |              |                   |                    |

*Use the tape measure included in your Welcome Kit.*

Additional tools can be found online in your Associate Back Office in the “Resources” section and by visiting [IsaProduct.com](http://IsaProduct.com).

# Customize Your Healthy Aging and Telomere Support System

## CREATE A PROGRAM BASED ON YOUR UNIQUE LIFESTYLE.

The Healthy Aging and Telomere Support System is a flexible, 30-day program that can easily be customized to fit your lifestyle and long-term health goals. Day 1 can start any day of the week. Just remember to include **2 or more Cleanse Days** during the month; the rest are Shake Days. Remember to have at least two Shake Days before your Cleanse Day(s) and follow the Shake and Cleanse Day guidelines (on page 4). If you schedule more than two Cleanse Days, you will need to purchase additional Cleanse for Life®.

Use the calendar below to create your custom, 30-day experience.

|  |  |  |  |  |  |  |
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**28 x S**=Shake Days    **2 x C**=Cleanse Days

To be sure you don't run out of product by next month; order no later than day 20 or enroll in the Autoship Rewards program.

**Please note: When customizing your Healthy Aging and Telomere Support System experience, the Shake and Cleanse Day Guidelines must still be followed (page 4).**



# 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](http://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 coaching calls, 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](http://ISAMOVIE.COM)

Our most popular videos demonstrate how Isagenix transforms lives.

**News:** [ISAFYI.COM](http://ISAFYI.COM)

All of the latest and greatest information about products, incredible deals, breaking news, tips to build your business and much more are in one place online!

**Science** [ISAGENIXHEALTH.NET](http://ISAGENIXHEALTH.NET)

Learn more about the science behind our products, FAQs and more!

**Training:** [ISAGENIXPODCAST.COM](http://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.

**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 have something for everyone, including cleanse community support and support for creating a business model and leveraging social networks.



“ We have been taking Product B routinely for a while now because of our hectic lifestyles. Product B has given us more energy to enjoy life. We are encouraged by how great we feel and excited about our future.

-John and Lori L. ”

## DO YOU WANT TO GET YOUR NEXT HEALTHY AGING AND TELOMERE SUPPORT SYSTEM FOR FREE?

- Do you have friends or family that would benefit from using the Healthy Aging and Telomere Support System?
- 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](http://IsagenixBusiness.com) or talk with your sponsor to learn more about the Isagenix Opportunity!**