

# Knights 30-Day Performance System

Isagenix Performance products are perfect for athletes and active individuals and can be adapted to fit the needs of everyone, from weekend warriors to elite athletes. The products included in this bundle provide quality protein, pre-during and post-workout nutrition and the flexibility to choose flavours and packaging, making it simple to fuel your individual goals.



2 IsaLean™ PRO | 1 IsaPro™ | 1 Cleanse for Life™ | 1 Ionix® Supreme  
1 AMPED™ Nitro | 1 AMPED™ NOx | 1 AMPED™ BCAA Plus  
1 AMPED™ Post-Workout | 1 AMPED™ Hydrate | 1 e+ 6ct



## IsaLean PRO Fast Facts

A complete meal replacement shake with 36 g of undenatured protein.

- High-protein nutrition helps to satisfy cravings and break through weight-loss plateaus
- 36 g of undenatured whey and milk protein promotes lean muscle growth and maintenance
- Branched-chain amino acids naturally boost and maintain muscle growth while helping to speed postworkout recovery
- Adding more quality protein to your diet can help to slow age-related muscle wastage
- Available in Natural Chocolate, French Vanilla and Strawberry Cream packets and canisters

### What is IsaLean PRO shake?

IsaLean PRO Shake is a complete meal replacement with 36 grams of undenatured protein. With 12 more grams per serving than IsaLean Shake, this protein powerhouse helps you overcome weight and fitness plateaus, build lean muscle and allows athletes to experience superior muscle recovery and growth.

### What makes IsaLean PRO Shake unique?

This complete meal replacement provides 36 grams of high-quality protein, energy-fueling carbohydrates, filling-fibre, vitamins and minerals, all packed into one convenient, delicious, creamy shake.

### Can I use IsaLean PRO Shake on Cleanse and Shake Days?

IsaLean PRO Shake is not intended for use on Cleanse Days, however, as an alternative to IsaLean Shake, IsaLean PRO Shake is the perfect way to boost your protein intake on Shake Days, so you can experience even greater results.



## IsaPro Fast Facts

A source of high-quality, undenatured whey protein to add to Shakes or meals.

- Aids in post-workout recovery and muscle building and maintenance
- Less than 3 g carbohydrates and only 150 Cal per serve
- 27 g of whey protein concentrate per serve, in delicious Vanilla flavour

### What is IsaPro?

High-quality undenatured whey protein concentrate with 27 grams of protein in every serving.

- A perfect protein boost any time of day
- Great as a post-workout shake
- Contains a complete branched-chain amino acid profile

### How much protein does IsaPro contain per serve?

27 grams of high-quality undenatured whey protein.

### When should I use IsaPro?

IsaPro is designed to boost your protein consumption in conjunction with IsaLean or IsaLean PRO shakes. Both IsaLean and IsaLean PRO shakes are meal replacements and contain the necessary vitamins, minerals, carbohydrates and good fats your body needs whereas IsaPro is a pure source of protein and amino acids for an added boost post-workout.



## Cleanse for Life Fast Facts

Antioxidant botanical blend to support the body's natural detoxification process.

- An essential component for intermittent fasting with the Isagenix System
- Contains over 10 nourishing vitamins, herbs and botanicals
- Supports the body's natural detoxification process
- Antioxidants to protect against the effects of oxidative stress
- 30 calories per serve
- All-natural ingredients with no artificial colours, flavours or sweeteners
- Available in Peach Mango flavour in powder and Natural Rich Berry flavour in powder or Kosher-certified liquid

### What is Cleanse for Life?

A scientifically formulated, synergistic blend of natural cleansing herbs and botanicals designed to support whole-body cleansing and protect against the effects of oxidative stress and harmful toxins.

### What is the difference between the liquid and the powder?

The Cleanse for Life liquid and powder provide nutritional cleansing benefits with the main variation being delivery form — liquid versus powder. The liquid is already blended, so there is no mixing needed. The powder can be mixed with water whenever and wherever you want.

### How does Cleanse for Life work?

Cleanse for Life is not a colon cleanse or laxative. Unlike other products on the market that may deplete the body of vital nutrients, Cleanse for Life supports the body's natural detoxification processes and nourishes the body as it goes through its normal detoxing process.

### How do I use Cleanse for Life?

Cleanse for Life should be used as part of an Isagenix System for either daily cleansing or deep cleansing. Take one scoop of powder dissolved in 250 mL of water up to twice daily. Enjoy warm or cold.

For a deeper, one- or two-day cleanse, take two scoops of powder dissolved in 250 – 500 mL of water up to four times throughout the day. Enjoy warm or cold. Cleansing is most effective with a combination of both daily and deep cleanses. Refer to your System Guide for further guidance.



### Ionix Supreme Fast Facts

A unique tonic that helps buffer the body from the effects of physical, environmental and life stress.

- A combination of adaptogens, antioxidants and nutrients help balance your body's systems and support overall energy
- Strengthens your body's ability to manage the effects of stress
- Natural botanicals help support better mental and physical performance
- Contains no artificial colours, flavours or sweeteners
- Available in powder or liquid

### How should I take Ionix Supreme?

Ionix Supreme can be taken first thing in the morning or right before going to bed in the evening. We recommend trying out both methods and seeing how your body responds and adjust accordingly.

### What are adaptogens and why are they important?

Adaptogenic ingredients derived from plants help combat the effects of stress and power performance.

### What makes Ionix Supreme unique?

We found the most complete group of ingredients from around the world to create a powerful, nutrient-rich supplement containing a variety of adaptogens that help balance the body, protect against the effects of stress and support overall wellbeing.

Ionix Supreme is a comprehensive collection of proven ingredients that are well documented to support mental and physical performance. It contains no artificial flavors, colors, or sweeteners. It is made with quality ingredients tested for potency and purity and produced by experts using a proprietary brewing process to help preserve benefits of the included ingredients.



### AMPED Nitro Fast Facts

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

- Creatine supports performance during intensive exercise by increasing availability of energy to muscles
- Nitrosigine® and caffeine help boost energy and focus for optimal training
- Formula contains function-enhancing ingredients designed to be taken before a workout

## What is AMPED Nitro?

AMPED Nitro is designed to offer athletic support by preparing your body before a workout and helping to improve performance. This pre-workout drink is designed to improve strength and performance before exercise.

## What makes AMPED Nitro unique?

The scientifically supported combination of active ingredients in AMPED Nitro puts it a cut above the rest. Creatine supplies energy to muscle and prime muscles for improved post-workout recovery. Beta-alanine creates a buffer in muscles that decreases the buildup of lactic acid and helps reduce fatigue. Taurine helps decrease exercise-related muscle damage and oxidative stress. The effectiveness of AMPED products depends on nutritional timing – when you take each product throughout your workout. There are three windows, pre-, mid- and post workout, where these products are designed to help deliver results.

## Who can use AMPED Nitro?

Adults who want to increase strength, energy and stamina during workouts.



## AMPED NOx Fast Facts

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

- Nitrates from fruit and vegetable extracts help give you stamina during training
- Polyphenols from grape, cherry, pomegranate and apple juice support overall health
- Boost energy, reduce fatigue and improve performance

## What is AMPED NOx?

Taken before a workout, AMPED NOx contains fruit and vegetable extracts designed to support nitric oxide production and support blood flow for delivery of oxygen to cells. Perfect to help prime muscles for maximum performance during high-intensity workouts.

## How does nitric oxide work?

Nitric oxide helps blood vessels function normally during exercise. This increases delivery of vital nutrients and oxygen to working muscles and helps delay fatigue. The result from proper nitric oxide production is enhanced muscle efficiency so you can train harder for longer.

## Who should use AMPED NOx?

AMPED NOx is perfect for athletes and adults looking to improve performance and stamina during high-intensity exercise.

## Can I use AMPED NOx, AMPED Nitro and e+ together?

You can and should use all three products. While both AMPED Nitro and NOx are pre-workout supplements, they offer complementary benefits that can improve your workout in different ways. Adding an e+ to your pre-workout routine provides a caffeine and Adaptogen boost to further aid your performance.



## AMPED BCAA PLUS Fast Facts

Loaded with amino acids to help you create lean muscle and sustain energy levels during workouts.

- Blend of BCAAs, L-glutamine, L-carnitine and more
- 45 calories, 7 g carbs and just 5 g sugar
- Made with natural ingredients and no artificial colours, flavours or sweeteners
- Stimulant-free

### What is AMPED BCAA Plus?

AMPED BCAA Plus is a mid-workout supplement that delivers branched-chain amino acids (BCAAs) to stimulate muscle protein synthesis, prevent muscle breakdown and reduce muscle fatigue.

### When do I use AMPED BCAA Plus?

AMPED BCAA Plus is designed to help promote the building of lean muscle and fuel muscles during a workout.

### How does AMPED BCAA Plus help during a workout?

AMPED BCAA Plus delivers BCAAs like leucine, isoleucine and valine to sustain energy production in working muscles and help support muscle protein synthesis. Additionally, AMPED BCAA Plus supplies L-carnitine, an essential component the body needs to support fat burning during a workout.

### Who is AMPED BCAA Plus designed for?

AMPED BCAA Plus is designed for anyone ages 18 and older looking for optimal performance and the best results from their workouts. It's always recommended to consult with your doctor about your dietary supplement use while pregnant or breastfeeding.

### What is the best way to use AMPED BCAA Plus?

AMPED BCAA Plus is best used during a workout. Mix two scoops with 240 ml of purified water or your beverage of choice. If preferred, pour over ice and sip throughout your workout.

### Can I consume more than one serving of AMPED BCAA Plus per day?

AMPED BCAA Plus can be consumed up to two times per day.

### Can I use AMPED BCAA Plus on a Cleanse Day?

AMPED BCAA Plus provides 45 calories per serving. If exercise is a normal part of your Cleanse Days, then AMPED BCAA Plus can be incorporated as part of your Cleanse Day schedule.



## AMPED Post-Workout Fast Facts

Boost your recovery by reducing muscle soreness so you can get back to performing at your peak in your next workout.

- High-potency tart cherry, turmeric, astaxanthin and specialised collagen peptides
- 35 calories • Collagen for joint health
- Informed-Sport Certified

### What is AMPED Post-Workout?

A post-workout supplement formulated with a combination of natural ingredients including tart cherry, curcumin, astaxanthin and collagen peptides that work to promote recovery from strenuous exercise.

### What makes AMPED Post-Workout different?

AMPED Post-Workout combines scientifically studied ingredients to help you recover after a hard workout. High-potency tart cherry supports muscle recovery after intense exercise. Curcumin and astaxanthin help to protect against exercise-induced oxidative stress. Hydrolysed collagen helps to support healthy cartilage in joints. The ingredients in AMPED Post-Workout boost muscle recovery and ease exercise-related muscle and joint soreness so you can be ready for your next workout.

### When do I use AMPED Post-Workout?

AMPED Post-Workout is designed to support muscle recovery and is best when consumed soon after a workout.

### Who is AMPED Post-Workout designed for?

AMPED Post-Workout is designed for elite athletes, everyday athletes and weekend warriors alike. It's ideal for anyone age 16 and older who is looking to improve performance and decrease recovery time after a physically demanding workout.

Isagenix recommends that pregnant and breast-feeding women always check with their physician before starting an exercise regimen or starting use of any dietary supplement, including AMPED Post-Workout.

### What is the best way to use AMPED Post-Workout?

AMPED Post-Workout is best used as a post-workout recovery drink. Mix two scoops with 240 mL of purified water or your beverage of choice.

### Can I consume more than one serving of AMPED Post-Workout per day?

AMPED Post-Workout can be consumed up to two times per day after a workout.

### Do I need AMPED Post-Workout if I'm already taking AMPED BCAA Plus?

AMPED Post-Workout and AMPED BCAA Plus have different ingredients and support different benefits. AMPED BCAA Plus is designed to be used during your workout to provide muscle fuel for maximum strength and endurance with branched-chain amino acids, L-carnitine, and other supporting amino acids. AMPED Post-Workout is a post-workout supplement formulated with tart cherry, curcumin, astaxanthin and collagen peptides to promote recovery from strenuous exercise.

### Can I use AMPED Post-Workout on a Cleanse Day?

AMPED Post-Workout provides 35 calories per serving. If exercise is a normal part of your Cleanse Days, then AMPED Post-Workout can be incorporated as part of your Cleanse Day schedule.



### AMPED Hydrate Fast Facts

A refreshing sports drink mix that helps to hydrate and sustain your body's energy for peak performance.

- A natural fuel for the body, helping you to sustain your energy without caffeine or stimulants
- Electrolytes replace those lost during exercise
- Contains Betacarotene and C and B-Complex vitamins to help replenish energy levels
- Contains only natural ingredients and no artificial sweeteners or colours
- Available in Juicy Orange and Lemon Lime flavours

### How to use AMPED Hydrate?

The perfect sports drink to stay hydrated and refreshed during your workout. When mixed with water, Hydrate can be enjoyed before, during and after activity.

- Supports hydration and recovery by replacing fluids and electrolytes lost during activity
- Helps sustain performance



## e+ Fast Facts

A long-lasting, flavourful energy shot made with naturally sourced, plant-based caffeine and adaptogens.

- Plant-based caffeine from green tea and yerba mate boosts energy without causing jitters
- Long-lasting energy to help fuel exercise performance with only 35 Cal per bottle
- Contains no artificial colours, flavours or sweeteners
- Available in Raspberry and Lemon Lime flavours

### What makes e+ unique?

e+ contains natural caffeine derived from green tea and yerba maté along with a blend of botanicals and adaptogens that increases energy, stamina and mental alertness. No other energy shot on the market contains our proprietary adaptogenic botanical blend that helps provide the simultaneous boost to energy and physical performance.

Many other energy shots may have excessive levels of caffeine, processed sugar, artificial sweeteners, flavours and colouring, which could potentially cause unwanted side effects.

### How much caffeine does one shot of e+ contain?

Each 60 mL serve of e+ contains 85 mg caffeine derived from green tea extract and yerba mate.

### When to use e+ and how long will the effects last?

e+ is fast acting and can increase energy that may last for hours. We recommend using e+ prior to a workout, first thing in the morning or whenever you feel you need a mental and/or physical boost throughout the day.

As our ingredients are natural, effects may vary between individuals. We recommend using half of a bottle (30mL) for moderate energy and one whole bottle (60mL) for maximum energy; maximum of two bottles daily.

If you have any medical conditions, are pregnant, breastfeeding, diabetic, on medication or otherwise have any concerns if e+ is right for you, please check with your physician before taking this or any supplement.

### How does e+ increase endurance and stamina and enhance cognitive function?

Adaptogens (found in e+) have been studied in athletes for decades and have been shown to support increased energy production and improved endurance by decreasing the perception of effort and elevating cardiovascular function. Research also shows a benefit to exercise performance after consuming caffeine.

e+ may also have beneficial effects on cognitive function mainly due to the natural caffeine and adaptogenic botanicals contained in each serving. Rhodiola, eleuthero root and schizandra berry have all shown to increase speed and accuracy during stressful cognitive tasks. Caffeine has also been found to improve alertness.