

Knights 30-Day Weight Loss System

The 30-Day Weight Loss System is a great introduction to Isagenix. Specially curated to support wellbeing goals at whatever stage you're at, this bundle fits seamlessly into your lifestyle and is designed to work as long-term, flexible approach to achieving and maintaining results. As you replace regular meals with our elevated wellbeing meals, snacks and supplements, you'll likely notice savings on your usual grocery bill as well as time usually spent cooking and preparing meals.



4 IsaLean™ Shake | 2 Cleanse for Life™ | 1 Ionix® Supreme
1 Isagenix Snacks™ | 1 Natural Accelerator™ | 1 IsaFlush™



IsaLean Shake Fast Facts

A tasty, convenient, low-glycaemic and nutritionally complete meal replacement available in canisters and packets.

- 24 g of high-quality undenatured protein supports lean muscle growth
- Excellent source of fibre to support weight management by keeping you full for longer
- Energy-fuelling carbohydrates, good fats and 21 essential vitamins and minerals to help you maintain good health
- 240 Cal per serve
- Available in canisters and packets in Creamy French Vanilla, Creamy Dutch Chocolate and Strawberry Cream. Chocolate Mint available in canister only. Plant-Based IsaLean Shake option also available.

What is IsaLean Shake?

No matter what stage you're at on your path to better, our delicious IsaLean Shake is designed to fill your nutritional gaps to support your weight loss, muscle building or on-the-go lifestyle. IsaLean Shake delivers quality protein, energy-fuelling carbohydrates, good fats and essential vitamins and minerals needed to maintain overall wellbeing.

Why do you need IsaLean Shake?

- Achieve health and wellbeing goals
- Excellent source of fibre to support weight management by keeping you full for longer.
- Build lean muscle
- High-quality undenatured protein to support lean muscle growth.
- 21 vitamins and minerals to nourish your inner environment

How does IsaLean Shake work?

Studies show that meal replacements high in whey protein help you burn fat and maintain lean muscle. Available in 14-Serve Canisters or Packets.



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.

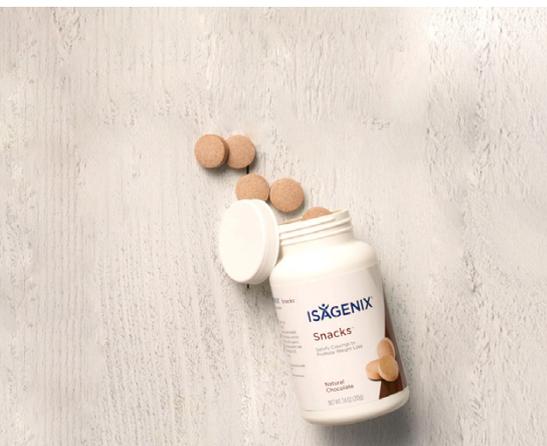
What are adaptogens and why are they important?

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.



Isagenix Snacks Fast Facts

Bite-size, chocolate-flavoured chewable wafers to help satisfy cravings, especially on Cleanse Days.

- Protein and chromium help curb appetite while supporting healthy blood sugar
- Only 30 Cal per wafer
- Contains no stimulants and no artificial colours, flavours or sweeteners

What are Isagenix Snacks?

Isagenix Snacks contains high-quality, undenatured whey and milk protein, good fats and energy-fuelling carbohydrates to naturally curb hunger and help support healthy blood sugar on your Cleanse Days.

Can I give my child Isagenix Snacks?

While it isn't harmful and many kids enjoy the taste, Isagenix Snacks wafers are intended for adults who are utilising one of our Isagenix Systems.

What are the benefits of Isagenix Snacks?

Each serving of Isagenix Snacks has a balance of proteins, carbohydrates and good fats to keep you feeling satisfied. These low-calorie wafers can be enjoyed on Cleanse Days.



Natural Accelerator Fast Facts

A safe, natural supplement to support healthy protein and fat metabolism.

- Natural thermogenic ingredients, including cayenne and green tea help increase energy
- Alpha-lipoic acid converts glucose into energy to support healthy metabolism
- Contains no stimulants that cause flushed or jittery feelings

What is Natural Accelerator?

Natural Accelerator is a powerful, natural supplement that contains nutrients which support fat and protein metabolism.

How is Natural Accelerator different from other products?

Natural Accelerator contains natural ingredients with no added caffeine, ephedra or ma huang. It uses only carefully selected thermogenic ingredients such as cayenne, green tea, cinnamon and ginseng to help support a healthy metabolism.

Will Natural Accelerator upset my stomach?

It shouldn't but we advise that you consult with your doctor before taking any Isagenix products.

Does Natural Accelerator have any harmful stimulants?

Natural Accelerator capsules contain no harmful stimulants.

Warnings

- *Not suitable for children.*
- *Vitamin supplements should not replace a balanced diet.*

The recommended dose of this product provides small amounts of naturally occurring caffeine from green tea (less than 1.1 mg per capsule – an average cup of coffee contains 80-120 mg of caffeine).



IsaFlush Fast Facts

A supplement designed to support regularity with natural cleansing herbs.

- Support for a balanced, regular digestive system and a healthy gut
- Natural ingredients like peppermint leaf and black walnut encourage digestive regularity
- Contains magnesium which may help to relax intestinal muscles
- Contains no laxatives or stimulants

What is IsaFlush?

A natural herbal supplement that combines magnesium and cleansing herbs to support digestive balance and regularity.

IsaFlush includes:

- Magnesium to assist energy production and to help relax intestinal muscles
- Peppermint leaf to relieve gastrointestinal discomfort
- Black Walnut to relieve constipation

How do I use IsaFlush?

Take 1–2 capsules daily, preferably on an empty stomach. Amount recommended may vary depending on intended purpose and advice from your doctor.

Will IsaFlush cause me to have stomach cramps?

Everyone is different but because IsaFlush contains no laxatives, it shouldn't cause any digestive cramping.