

Knights All-Rounder Pack

A glimpse into our Isagenix systems. Delicious meal replacement shakes to fuel your body, Ionix Supreme to manage day-to-day stress, Cleanse for Life and IsaDelights to support your body's natural detoxification process during your intermittent fasting days and e+ for a clean energy boost for the day ahead or your next workout.



1 IsaLean™ Shake | 1 Ionix® Supreme | 1 Cleanse for Life™
1 IsaDelight | 1 e+ 6ct



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.



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.



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.



IsaDelight Fast Facts

Deliciously rich, sweet chocolates made from high-quality cocoa beans, green tea extract, amino acids and antioxidants

- Specifically formulated with green tea extract, amino acids, antioxidants, B vitamins and minerals to help ease hunger and sugar cravings, especially on Cleanse Days
- Just 60 Cal per serve
- Available in Milk Chocolate, Milk Chocolate with Sea Salt and Caramel flavour and dairy-free Dark Chocolate

What are IsaDelight chocolates?

IsaDelight chocolates are individually packaged chocolates with green tea extract, amino acids and antioxidants. They're a nutritious alternative to traditional supermarket chocolate.

How does IsaDelight work?

Chocolate is already deliciously decadent with health benefits included thanks to the main ingredient of cocoa bean. To make it even more nutritious, we added antioxidants from green tea to help your body get more nutrition while you satisfy cravings on Cleanse Days. And each square has 45-70 calories and 4 grams of fat or less.

Why do I need IsaDelight?

IsaDelight chocolates are a tasty way to satisfy cravings during Cleanse Days or any day you want a calorie-controlled chocolate indulgence. Cleanse Days can be challenging, and the delectable taste of chocolate is just what you need to make it through the day.



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.