

# IsaLean® Shake

NATURAL CREAMY CHOCOLATE  
NATURAL CREAMY VANILLA

IsaLean Shakes are delicious, creamy, nutritionally complete meal replacements that take your health and performance to new levels.



## Reasons why IsaLean Shakes are the perfect highly-nutritious food:

- They contain 23 grams of exclusively sourced IsaPro® Complex, the highest quality undenatured whey and casein protein and a superior amino acid complex that helps you maintain lean body mass.†
- Using a new, proprietary technology, our whey protein has lower lactose levels for easier digestion.
- IsaLean Shakes have Ionic Alfalfa™, our exclusive blend of over 70 supercharged trace minerals to keep your body running at peak performance.
- IsaLean Shakes are low in sodium and cholesterol to promote heart health.
- At only 240 calories and 6 grams of fat per shake, it's a perfect, high nutrition food that's less than \$2.75 per meal.\*
- Clinically proven to support great weightloss results and weight management.\*\*
- Your body will love them and your kids will too.

**Directions** - Mix 2 scoops of IsaLean Shake with 8 oz. of cold, purified water and ice. Blend in an IsaBlender™. For maximum nutritional benefits, drink within 10 minutes. Do not freeze.

Replace 1 or 2 meals daily as part of your Isagenix system. For more details, refer to Isagenix system instructions or consult your Isagenix Independent Associate.

Parents: IsaLean Shakes are great for kids ages 3–11. Mix 1 scoop with 4 oz. of cold, purified water.

**Note:** If you are pregnant, nursing, diabetic, on medication, have any medical condition, or are beginning a weight control program, consult your physician before using this product or making any other dietary changes. Discontinue use if allergic reaction occurs.

† 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.

\* Wholesale price available to Associates and Preferred Customers.

\*\* Based on a university study where shakes replaced two meals each day for seven days resulted in greater weight-loss and an increase in lean body mass in comparison to our previous shakes. For maximum results, take IsaLean Shakes as part of a complete Isagenix System.

Please see reverse side for nutritional facts and ingredients.

# IsaLean® Shake

## Frequently Asked Questions

### What makes IsaLean Shakes unique?

IsaLean Shakes contain superior nutrition compared to other meal replacement shakes on the market. IsaLean Shakes contain exclusively sourced IsaPro® Complex, the highest quality whey protein concentrate and casein protein from the world's largest dairy group in New Zealand, whose standards exceed the USDA organic standards. The cows are pasture-fed and not treated with hormones or antibiotics. The protein in our shakes is extracted from the milk using a proprietary technology that no other company in the world can mimic. As a result, IsaLean Shakes contain lower lactose levels and a superior amino acid profile. IsaLean Shakes also contain Ionic Alfalfa™—our proprietary blend of supercharged rare Earth minerals to keep the body running at peak performance.

### Why are IsaLean Shakes so important for the body?

IsaLean Shakes provide balanced nutrients to maximize nutrition while minimizing caloric intake for safe weight loss and effective weight management. Our exclusive shakes also have added enzymes to break down the carbohydrates, proteins and fats for maximum absorption of key nutrients.

### How do IsaLean Shakes support Nutritional Cleansing?

Protein is an important nutrient needed by everyone on a daily basis. It is made up of essential and non-essential amino acids, which are the “building blocks” for healthy bodies. Our high quality whey protein concentrate contains a superior amino acid profile for optimum health and wellness. Protein has a number of different roles in the body including the following:

- Repair body cells
- Build and repair muscles and bones
- Provide a source of energy
- Curb cravings
- Control many of the important processes in the body related to metabolism

### What can I add to my IsaLean Shakes?

Our delicious shakes are perfect enjoyed just as they are. However, they are also extremely versatile and can be mixed with other great Isagenix products. For extra nutrition, add a scoop of IsaFruits®, *Isagenix Greens!*™, *Want More Energy?*®, IsaPro, Isagenix FiberPro™ or a half of an Oatmeal Berry SlimCake. You can add fresh fruit to your shake. See your Independent Associate for recipes.

## AVAILABLE IN TWO GREAT FLAVORS

### Natural Creamy Chocolate

Nutrition Facts	
Serving Size 2 scoops (2.15 oz.) 61g	
Servings per Container 14	
<b>Calories per serving</b>	Calories from Fat 50
Calories 240	Calories from Saturated Fat 10
<b>%Daily Value*</b>	
<b>Total Fat 6g</b>	9%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol 30mg</b>	10%
<b>Sodium 190mg</b>	8%
<b>Potassium 480mg</b>	10%
<b>Total Carbohydrate 26g</b>	9%
Dietary Fiber 4g	15%
Sugars 15g	
<b>Protein 24g</b>	
Vitamin A 50%	Vitamin C 40%
Calcium 40%	Iron 10%
Vitamin D 80%	Vitamin E 35%
Thiamin 60%	Riboflavin 70%
Niacin 45%	Vitamin B6 60%
Folate 80%	Vitamin B12 200%
Biotin 45%	Pantothenic Acid 40%
Phosphorus 20%	Iodine 40%
Magnesium 45%	Zinc 45%
Selenium 40%	Copper 50%
Manganese 60%	Chromium 80%
<b>Molybdenum 60%</b>	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less than 65g 80g
Cholesterol	Less than 20g 25g
Sodium	Less than 300mg 300mg
Total Carbohydrate	Less than 2,400mg 2,400mg
Dietary Fiber	30g 375g
	30g 30g
Calories per gram: Fat - 9 • Carbohydrates - 4 • Protein - 4	

#### Ingredients

Exclusive IsaPro Complex (whey protein concentrate (undenatured, New Zealand), calcium caseinate (undenatured, New Zealand), non-fat dry milk), fructose, Sunflower oil powder, natural cocoa powder, maltodextrin, soy lecithin, natural flavors, Olive oil powder, Flaxseed (*Linum usitatissimum*), soluble fiber, guar gum, xanthan gum, sodium chloride, magnesium oxide, tri-calcium phosphate, honey powder, silicon dioxide, magnesium citrate, Ionic Alfalfa™ (*Medicago sativa*), potassium citrate, *Lactobacillus acidophilus*, copper amino acid chelate (Copper Chelazome™), Yucca root powder (*Yucca schidigera*), vitamin C (ascorbic acid), Psyllium seed powder (*Plantago psyllium*), biotin, vitamin A (beta carotene), vitamin E (d-alpha tocopheryl succinate), zinc oxide, manganese amino acid chelate, iodine amino acid chelate, niacinamide, vitamin B5 (pantothenic acid), vitamin D3 (cholecalciferol), chromium amino acid chelate, niacin, selenium amino acid chelate, molybdenum amino acid chelate, vitamin B6 (pyridoxine), enzyme blend (bromelain (from *Ananas comosus*), lactase (from *Aspergillus oryzae*), lipase (from *Rhizopus oryzae*), cellulase (from *Trichoderma longibrachiatum*), protease (from *Aspergillus oryzae*), papain (from *Carica papaya*), alpha amylase (from *Bacillus subtilis*), acid stable protease (from *Aspergillus niger*)), vitamin B12 (cyanocobalamin), vitamin B2 (riboflavin), vitamin B1 (thiamin), folate (folic acid).

**Contains milk and soy ingredients.**

### Natural Creamy Vanilla

Nutrition Facts	
Serving Size 2 scoops (2.15 oz.) 61g	
Servings per Container 14	
<b>Calories per serving</b>	Calories from Fat 50
Calories 240	Calories from Saturated Fat 10
<b>%Daily Value*</b>	
<b>Total Fat 5g</b>	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
<b>Cholesterol 30mg</b>	10%
<b>Sodium 115mg</b>	5%
<b>Potassium 300mg</b>	7%
<b>Total Carbohydrate 27g</b>	9%
Dietary Fiber 4g	16%
Sugars 16g	
<b>Protein 23g</b>	
Vitamin A 50%	Vitamin C 40%
Calcium 40%	Iron 6%
Vitamin D 80%	Vitamin E 35%
Niacin 60%	Riboflavin 70%
Niacin 45%	Vitamin B6 60%
Folate 80%	Vitamin B12 200%
Biotin 45%	Pantothenic Acid 40%
Phosphorus 20%	Iodine 40%
Magnesium 40%	Zinc 45%
Selenium 40%	Copper 50%
Manganese 60%	Chromium 80%
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Contact your Isagenix Independent Associate: