

PERFORM AT YOUR PEAK



ANNA R. **AMPED** AMBASSADOR
Fitness enthusiast



AMPED

AMPLIFY YOUR WORKOUT.

YOUR WORKOUT AS YOU KNOW IT, IS ABOUT TO CHANGE.

From the moment you put on your workout gear to your final stretch, AMPED™ is there to support your performance – throughout your entire workout.

Part of the newly expanded Isagenix Performance Product Range, AMPED is scientifically designed to prepare your body, keep you working at your peak and help you recover so you know you're performing at your absolute best.

AMPED has the power to transform not only your workout, but your business, with products that cater to active individuals and athletes.



AMPED™ POWER

Pre-workout supplement designed to prepare your body for a workout by helping to increase available energy to working muscles.



AMPED™ NOx

Pre-workout shot that supports nitric oxide production to help prime your body for a better and longer workout.



AMPED™ RECOVER

Post-workout supplement drink mix containing branched-chain amino acids to help your muscles recover more quickly after workouts.

ONE PROGRAM. COMPLETE SOLUTION.

Individually, the products in the AMPED and Performance range are effective but together they provide a powerful solution to boost your athletic performance.

AMPED PRO PAK

The perfect ongoing program for those seeking long-term results by complementing their training with performance nutrition. A mix of essential nutrients, high quality protein and natural caffeine help you achieve muscle growth while hastening post-workout recovery and allowing you to experience optimal performance.

AU AS \$375.10 | **WS** \$396.00 | **230BV** | \$25PIB | \$25CB

NZ AS \$468.05 | **WS** \$494.50 | **221BV** | \$30PIB | \$30CB

- 2 x IsaLean™ PRO
- 1 x IsaLean™ Bar
- 1 x Cleanse For Life™
- 1 x e+ (6ct)
- 1 x Ionix® Supreme
- 1 x Replenish™ (24ct)
- 1 x AMPED™ Power
- 1 x AMPED™ NOx (6ct)
- 1 x AMPED™ Recover



Information provided in this publications and on all packaging and labels is for general purposes only and designed to help you make informed decisions about your health. It is not intended to substitute advice from your physician or health-care professional. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight control program, consult your physician before using Isagenix® products or making any other dietary changes. Discontinue use if adverse events occur. Isagenix programs and products are not intended to diagnose, treat, cure or prevent any disease. For best results, use your Isagenix program in conjunction with regular exercise and a balanced diet.

RICO G. AMPED AMBASSADOR
Former All Blacks Rugby Player





AMPED POWER
 AU \$42.00 | 28BV NZ \$54.00 | 26BV

e+
 AU \$23.00 | 14BV NZ \$29.00 | 14BV



AMPED NOx
 AU \$25.00 | 15BV NZ \$31.00 | 15BV



AMPED RECOVER
 AU \$38.00 | 23BV NZ \$50.00 | 24BV

REPLENISH
 AU \$28.00 | 15BV NZ \$32.00 | 15BV



TARGET MARKETS.

THE ISAGENIX PERFORMANCE PRODUCTS.

The Isagenix Performance Products are perfect for athletes and active individuals of all types at all levels and can be adapted to fit the needs of everyone from weekend warriors to elite athletes.

KYLIE D.
Crossfitter



POWER

Resistance training, Interval training, Pilates, Power yoga, Weight lifting.

Athletes participating in the above sports can benefit from priming muscles by ensuring energy and nutrients are delivered to cells prior to training. Focus and concentration must be kept high and muscles sustained with energy throughout such intense exercise regimes.

PRE-WORKOUT:

15-30 minutes before training, have 1 serve **AMPED™ Power** and 1 **e+**

DURING WORKOUT:

1 serve **Replenish™**

POST-WORKOUT:

1 serve **AMPED™ Recover** and 1-2 serves **IsaPro™**

JONATHAN P.
Mountain biker



ENDURANCE

Running, Cycling, Swimming, Hiking, Rowing.

Endurance athletes require not only optimal blood flow and nutrient delivery before beginning exercise, they also need regular replenishment to protect muscles during their training.

PRE-WORKOUT:

One hour before exercise, have 1 serve **AMPED Power** and 1 **AMPED™ NOx**.
15-30 minutes before, have 1 **e+**

DURING WORKOUT:

1-2 serves **Replenish** depending on duration

POST-WORKOUT:

1 serve **AMPED Recover** and 1-2 serves **IsaPro**

MATT F.
Former AFL player



TEAM SPORT

Football, Soccer, Basketball, Netball, Rugby.

PRE-WORKOUT:

15-30 minutes before training, have 1 serve **AMPED Power** and 1 **e+**

DURING WORKOUT:

1-2 serves **Replenish** depending on duration of game or training

POST-WORKOUT:

1 serve **AMPED Recover** and 1-2 serves **IsaPro**

SOCIAL MEDIA.

#AMPEDmode

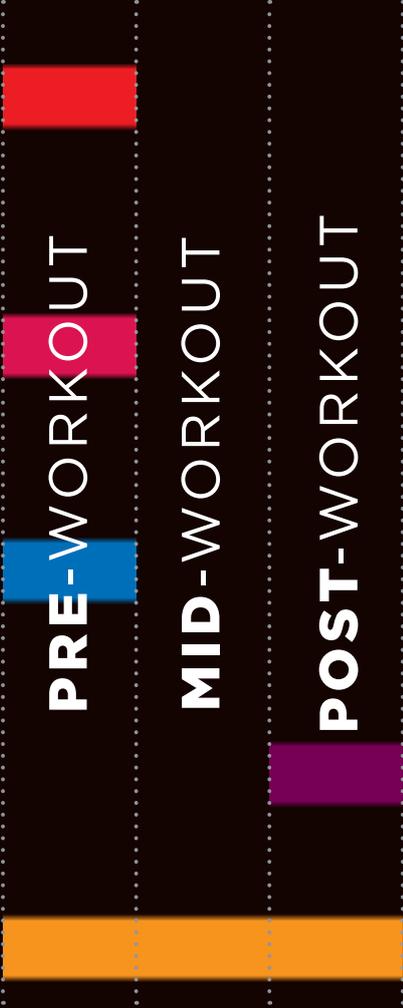
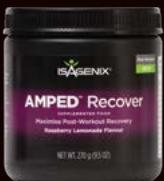
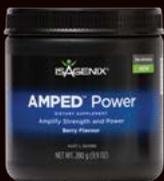
Social media is a powerful tool that will help you share AMPED. Take selfies, product photos and videos of your AMPED experiences and share them on social media using the messaging below:

*I'm so excited to try the new #Isagenix AMPED range!
#AMPEDmode*



NUTRITIONAL TIMING

The effectiveness of AMPED products depends on **nutritional timing** – when in regards to your workout you take each product. There are three basic timings – pre-, mid-, and post-workout – where the different products are specifically designed to work and help deliver results.



FAQs

Q. Who can use AMPED Power?

A. Some people may hesitate to use AMPED Power because they don't want to 'bulk up', but without consuming more foods and undertaking exercise in an effort to bulk it is very unlikely to happen.

Studies show that it takes months of extremely intense and specialised training, along with a high-kilojoule diet, for people – especially women – to develop what may be considered 'bulky' muscles. Resistance training has many benefits for different people with different goals and body types and AMPED can benefit people pursuing many different exercise regimes.

Q. Can I use AMPED Power, e+ and NOx before a workout?

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

Q. How do I use Replenish as a mid-workout supplement?

A. Replenish is all about easy packaging. You shouldn't have to stop a training session in its tracks to replenish your body's nutrients, so Replenish comes in convenient sticks. Each stick contains two serves. If you're engaging in endurance exercise, you can easily empty the stick into an IsaShaker and have two serves ready to sip on throughout your workout.

Q. Can I use AMPED products on Cleanse Days?

A. All three AMPED products are recommended to help support you before, during and after your workout, even on Cleanse Days.

BEN K. AMPED AMBASSADOR
Strength training and conditioning enthusiast



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WORKOUT**

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