

# Peas to Make Your Acquaintance.



**SHANNON D.†**  
ISAGENIX MANAGER,  
FITNESS MODEL, TRAINER  
& MOTHER OF TWO.

*“Natural Berry Harvest IsaLean® Shake is a powerful, non-dairy protein alternative that’s ideal for every member of my family—and yours, too!”*

— Shannon D.

\*Not a paid model.

Introducing the first dairy-free addition to the IsaLean Shake family.

Ready for a boost of plant-based protein power? IsaLean® Shake in Natural Berry Harvest is the latest premium Isagenix meal replacement shake made with nutritionally complete, natural pea and hemp protein for those who are lactose intolerant or follow a vegetarian or vegan diet.

The Natural Berry Harvest IsaLean Shake features **Phyto-IsaLean Complex™**, a blend of natural pea and hemp protein with a complete amino acid profile that maintains and builds lean muscle while supporting healthy weight management. Gluten-free with no trans fat or artificial colors, flavors or preservatives, Natural Berry Harvest IsaLean Shake is suitable for all lifestyles.

It’s the plant-protein based, dairy-free meal replacement you’ve been waiting for.

**NEW  
PRODUCT!**



**14 packets per box**  
\$44.95 — 26BV

**ISAGENIX**  
Solutions to Transform Lives™

# The Challenge of Nutrition in the Modern World

## For some, dairy-based protein is hard to swallow.

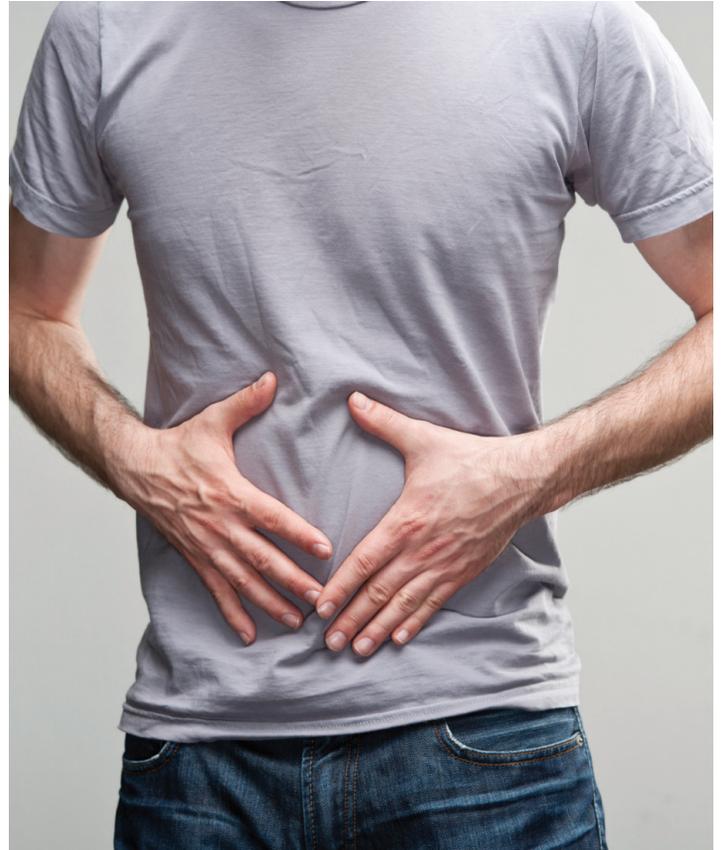
Protein is a necessary part of sustaining lean muscle mass and promoting weight loss. It's also essential for living a long, healthy life.

Protein is an important component of every cell in our body. Hair and nails are comprised mostly of protein. Our bodies use protein to build and repair muscle tissue. The body uses protein to make enzymes, hormones and other important body chemicals.

Like fat and carbohydrates, protein is considered a macronutrient; something the body needs relatively large amounts of. However, unlike fat and carbohydrates, our bodies do not store protein. That means you do not have a reservoir to draw from when your body needs more of it.

For those who are lactose intolerant or committed to living a healthy, dairy-free, no-animal protein diet, this can present a challenge.

These individuals are often in danger of losing lean muscle mass because of how difficult it can be to get enough protein.



**An estimated 30-to-50 million Americans struggle with lactose intolerance.\*  
The numbers speak for themselves:**

**33%** Of people are lactose intolerant

**75%** Of adults have a decrease in lactase activity

**40%** Of people maintain the ability to digest lactose after childhood

**75%** Of African-American, Jewish, Mexican-American and Native American Adults are lactose intolerant

**90%** Of Asian-Americans are lactose intolerant

## Toxic Consequences of the Modern World

In the past century, allergies have increased dramatically in the modern world. Today, allergies are triggered by everything from air pollution to toxins in the water to processed foods, pesticides and even antibiotics and hormones pumped into our food supply. This makes for unhealthy living and eating habits that are a perfect storm of toxicity—making us sicker by the day.

### Food-borne allergies afflicting our population include:

- Allergies to dairy, gluten, wheat and barley
- Unhealthy trans fats
- Animal-sourced ingredients
- Soy-based allergies
- GMO ingredients

Add in the high frequency of artificial colors, preservatives and additives common in everyday foods, and the number of accessible, healthy food possibilities dwindle by the day. With the uptick in unhealthy foods along with foods tainted by unsafe ingredients, maintaining a healthy, nutritionally-balanced diet is a challenge for everyone.

# Planting the Seeds for a Potent Protein Alternative



## A Dairy-Free Protein Alternative

The current whey protein-based IsaLean® Shakes are nutritious, balanced meal replacements with high-quality protein, energy-boosting carbohydrates and good fats to help reduce cravings, promote healthy weight loss and fat burning while building strong, lean muscle mass.

IsaLean Shake Natural Berry Harvest is no different! A premium meal replacement option made with a nutritionally complete plant-based dietary profile derived from natural pea and hemp protein, Natural Berry Harvest IsaLean Shake is suitable for all lifestyles. All IsaLean Shake flavors provide your body with maximum nutrition as you become healthier and leaner.

## The Pluses of Plant-based Protein

IsaLean Shake Natural Berry Harvest is safe, sensible, and effective for those with dairy and soy allergies or those who are lactose-intolerant.

The dairy-free protein in Natural Berry Harvest IsaLean Shake helps create longer-lasting satiety (sense of feeling full), key for assisting in weight loss.

“Experience the natural, nutrient-rich, plant-based IsaLean® Shake and feel the difference. I’m proud we finally have a meal alternative for those who are lactose intolerant that is also suitable for vegetarian, vegan and other lifestyles.”

– John W. Anderson,  
Isagenix Founder and Master Formulator

A flavorful addition to the Isagenix family of shakes Natural Berry Harvest IsaLean Shake is a great protein source for vegetarian populations that helps retain lean muscle. What’s more, the convenient, recyclable packaging is in synch for today’s on-the-go lifestyles while still being earth-friendly.

## Phyto–IsaLean Complex™?

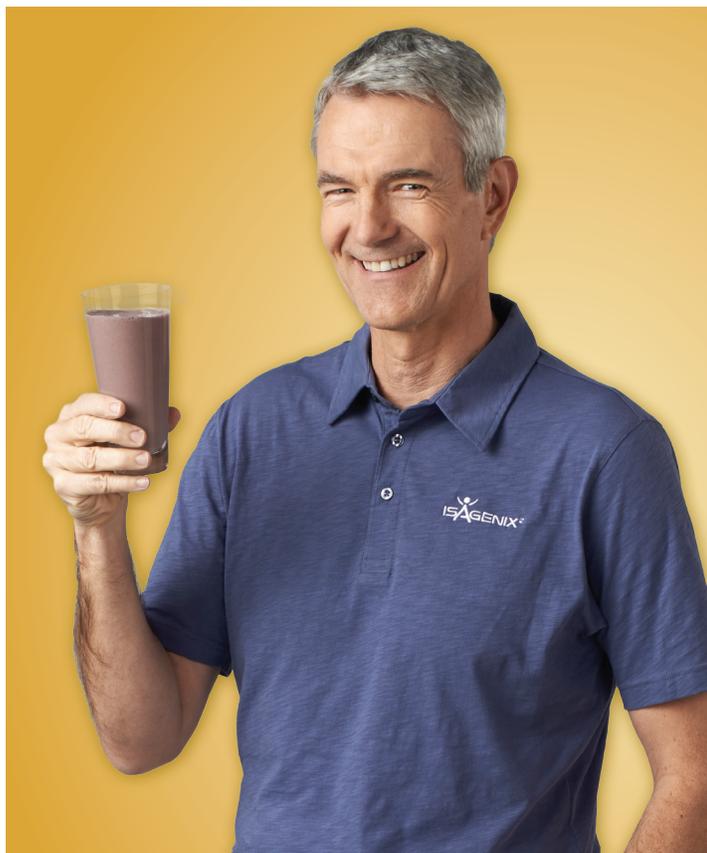
**Phyto-IsaLean Complex™**, is our unique blend of natural pea and hemp protein. These two proteins are superior choices for plant-based protein. Both proteins combined are an excellent choice based on their complete amino acid profile, similar to that of our dairy-based IsaLean Shakes. Pea protein is also good for satiety (fullness) and exerting antioxidant and immune-building activity. At only 250 calories, it’s easy to digest for those with dairy sensitivities leaving you feeling fuller longer while supporting healthy blood sugar levels.

## Impressive Nutritional Hot-points For Natural Berry Harvest IsaLean Shake:

- Great new flavor
- 22 grams of high-quality plant-based protein
- Complete amino acid profile similar to our whey-based IsaLean Shakes
- 8g dietary fiber from chia and flax seeds
- 0g trans fat, cholesterol-free
- Dairy- & lactose-free
- Free of GMOS, soy, wheat (gluten), barley
- No artificial colors, flavors or preservatives



# The Age of Dairy-Free, Plant-Based Protein has Arrived at Isagenix!



## Why Natural Berry Harvest IsaLean Shake?

Isagenix offers whey protein-based meal replacements and snack alternatives that unfortunately, won't work for part of the population—specifically individuals who choose to live a vegetarian lifestyle or those with lactose intolerance or milk allergies. The Natural Berry Harvest Shake is a meal replacement option that blends high-quality, plant-based proteins to suit lifestyles of vegetarians and those who need to avoid dairy. It also serves as another flavorful option for anyone using an Isagenix system.

“These sources of non-dairy protein are non-GMO, natural plant sources and have a great amino acid profile when combined. There are so many companies using soy protein and that’s just not acceptable for Isagenix,” says John. In his 33 years as a formulator, John explains he has never used soy protein in any product, even prior to its bad publicity. “We want our products to be 100-percent safe, all natural, and deliver the best nutrition.”

– John W. Anderson,  
Isagenix Founder and Master Formulator

### Is the Natural Berry Harvest IsaLean Shake vegan-friendly as well?

Yes, the Natural Berry Harvest Shake meets all of the requirements of a vegan diet.

### Can the Natural Berry Harvest IsaLean Shake be used on Shake Days as part of the 30-Day Cleansing and Fat Burning System?

Yes. Isagenix has created a dairy-free version of the popular 30-Day Cleansing and Fat Burning System, which includes a guide with complete system instructions and tips.

### Is Natural Berry Harvest IsaLean Shake suitable for the needs of athletes for adequate muscle building and repair?

Absolutely. The Natural Berry Harvest IsaLean Shake is a suitable option for athletes. When coupled with any strength training regimen, Natural Berry Harvest IsaLean Shake will contribute to muscle building and repair.

### How Does The Natural Berry Harvest Shake Compare To Other Dairy-Based IsaLean Shakes?

The Natural Berry Harvest IsaLean Shake compares well with other flavors of our dairy-based IsaLean Shakes. Providing a nutritionally complete amino acid profile with our **Phyto-IsaLean Complex™** the shake is packed with premium nutrition and a balanced ratio of high-quality protein, healthy fats and energy-boosting carbohydrates to support weight loss and increase lean body mass. The Natural Berry Harvest IsaLean Shake is a meal replacement with 250 calories—22 grams of protein, 22 grams of carbohydrates, and 8 grams of fat—similar to the whey-based IsaLean Shakes. The shake also provides 8 grams of filling fiber from chia and flax seeds to help promote a healthy digestive system.

### What are the sources of some of the other nutrients in the Natural Berry Harvest Shake?

The fats in Natural Berry Harvest IsaLean Shake are derived from a heart-healthy blend of monounsaturated and polyunsaturated fats. Cold-pressed, extra virgin olive oil, which is rich in monounsaturated fatty acids, provides the main source of fat in the Natural Berry Harvest IsaLean Shake. Flax seed also contributes heart-healthy omega-3 fatty acids. Rounding out the fat sources are medium-chain triglycerides derived from coconut oil that are easily absorbed for quick energy and have been found to support weight management.