

SIMPLY WHEY PROTEIN. ALWAYS DELICIOUS.

ISAPRO[®] is the perfect source for high-quality whey protein. Available in Vanilla and **NEW** Chocolate.

WHY YOU NEED ISAPRO:



YOUR PROTEIN, YOUR WAY

A convenient way to add protein to a smoothie or meal.



BREAK THAT PLATEAU

Using IsaPro to boost protein can help conquer stubborn weight-loss plateaus.

PERFECT FOR ATHLETES

IsaPro is just the thing for high-protein diets and post-workout shakes for recovery.



PREVENT MUSCLE LOSS

Higher protein intake can help prevent age-related muscle loss.



WHAT IS ISAPRO?

IsaPro is 18 grams of high-quality, undenatured whey protein concentrate, available in Vanilla and **NEW** Chocolate flavors.



HOW IT WORKS:

Whey protein is the most effective for building and maintaining lean muscle and burning fat. IsaPro contains a complete branched-chain amino acid profile, all with low carbohydrates and fat and only 90 calories per serving.

MORE WAYS TO USE

IsaPro is a way to add extra protein to your diet and there are endless ways to incorporate it into your lifestyle. Mix with water and drink after a workout, or add a scoop to a fun recipe or delicious **oatmeal** to give your favorite foods a high-protein improvement.

Pro Oatmeal



Ingredients

- 1/2 cup oats
- 1/8 cup walnuts, chopped (or nut of choice)
- 1/2 cup raspberries (or berry/fruit of choice)
- 1/4 cup skim milk (or milk of choice)
- 1 scoop IsaPro Vanilla or Chocolate

Directions:

Follow directions for cooking oats. Once cooked, stir in nuts and IsaPro. Top with berries and milk, and an optional dash of cinnamon and/or unsweetened coconut flakes.

Before IsaPro:

- 223 calories
- 8 grams protein
- 23 grams carbohydrate
- 4 grams fiber
- 11 grams fat

After IsaPro:

- 313 calories
- **26 grams protein**
- 25 grams carbohydrate
- 4 grams fiber
- 12.5 grams fat

Perfect For:

- Breaking through weight-loss plateaus
- Starting a weight-loss or workout routine
- Athletes who want to increase protein intake
- Adults who want to prevent age-related muscle loss



SOY-FREE



GLUTEN-FREE



LOW-GLYCEMIC



Dairy protein sourced from "Cheerful Cows" not treated with hormones or routine antibiotics.

Flavors



Vanilla



Chocolate

For more information,
please contact your Isagenix
Independent Associate: