

The RAMP Effect

The RAMP Effect aligned with Isagenix offers solutions for weight loss, anti-aging, energy, performance enhancement, and wealth creation. Isagenix is a nutritional rebalancing and cellular cleansing program with side effects such as lean muscle development, weight loss, increased energy, mental clarity, reduce inflammation and many more. Isagenix is not a weight loss program, however weight loss can be a side effect of flooding your body with this amazing nutrition and flushing out the toxic fat if that is your goal.

This guide contains a lot of information to help make an educated Health and Wellness decision about Isagenix.

- [Why Isagenix? & Want to Learn More](#)
- [Investing In Your Health](#)
- [Package Options](#)

Isagenix products are excellent for [all kinds of weight wellness or health challenges](#).

There is a very large Isagenix community all around you to support your journey to better health and freedom. Let our knowledgeable coaches and the considerable online resources answer all your questions!!



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Want to Learn More?

Go to www.therampeffect.com/wellness

The First 30 Days

30 Day Commitment

The majority of Isagenix product users complete a structured 30 Day System to kick start their healthy transformation and reset or rebalance their system. There are “shake and food days” and “cleanse days” on the 30 Day System. Only four of the 30 days are cleanse days so the majority of the time you will be able to enjoy two shakes a day, snacks AND food. Yes, You EAT!

Shakes

Shake days consist of two shakes, two food snacks and one meal of your choice, as long as it's healthy and around 400-600 calories (depending upon your goals). Ask about a comprehensive list of healthy snacks and suggested recipes to complement your shake days.

[Isagenix shakes](#) come in chocolate, chocolate mint, french vanilla, strawberry, [kosher](#) natural vanilla and strawberry. They also come in [dairy free/vegan](#) chocolate and vanilla chai. They resemble the consistency of a milkshake or smoothie depending upon how you mix or blend them. They are surprisingly filling, but eating appropriate snacks throughout the day is vital to keep the body from kicking into starvation mode or from feeling hungry. If you find yourself constantly hungry during the day, our first question will be what are you eating for your healthy snacks, are you eating enough of them, and are you drinking enough water?

Cleansing

We ALWAYS suggest starting with 5 shake days before doing a cleanse day! The system recommends doing two deep cleanses during the 30 Day Program (A deep cleanse is a 2-day cleanse). The first day of a deep cleanse rids your body of toxins; the second day of a deep cleanse targets visceral fat. 20% of the toxic release occurs on day 1 and 80% on day 2. Product users typically see the biggest results after cleanse days during the 30 Day Program, but we encourage you to stay off the scales!

A cleanse day consists of a [Cleanse for Life](#) drink serving four times per day, an adaptogenic herbal tonic called [Ionix Supreme](#), as well as a number of chocolate flavored [fiber snacks](#) and [Isadelight](#) chocolates (green tea and nutrient infused chocolates that taste delicious). There is no meal serving during a cleanse day which allows the body to flush unwanted toxins without the digestion process stunting progress. Isadelights and/or [Whey Thin](#) snack crisps are purchased extra but can be a well-deserved treat on cleanse days.

The 30 Day Program delivers maximum results when users drink a lot of water- typically around ½ your body weight in ounces per day and even more on cleanse days. For best results, Isagenix does not suggest drinking much else other than pure water (however we have a low acidic



coffee that is delicious!) Not only will water help fuel nutrient absorption and toxin flush, but it fills your belly. Talk to your coach for strategies to avoid hunger!

Isagenix is NOT a colon cleanse, a common misperception involving frequent gastrointestinal bathroom breaks. You may expect above average urine breaks from increased water consumption.

Cleansing for Life

Giving up soda, sugary energy drinks and juices is unthinkable for many people, but the only way to rid your body of toxins and see optimal results is to eliminate them from your diet. You may drink herbal tea substitutes like green tea

Many 30 Day Program participants find cleanse days surprisingly energizing. Typically, users have several shake days in their system and along with the proprietary Cleanse for Life drink, their body responds favorably to the nutrition and detoxification. Results may vary, but the toxicity and acidity of your body will directly impact your detoxification experience. Five shake days are recommended at a minimum; talk to your coach about finding the right number of shake days to prepare for your first cleanse.

You want to try your best to do what works for your transformation and your body; Isagenix is not a diet, it is pure nutrition and your 30 day goals may not solely be weight loss. Plan around 600 calories for your meal, and 1200 calories for the day; keep in mind your daily consumption will depend on your custom goals.

Try tracking your calories using the MyFitnessPal app if you are worried you wont get enough. All Isagenix products and nutritional information is in the MyFitnessPal app which is very convenient! Making smart food choices takes planning and some commitment. Many product users increase their knowledge about healthy eating habits and toxicity throughout the 30 Day Program, so while it may take some effort to eat healthy, typically smart habits begin to form over the course of 30 days.

31 Days and Beyond!

If you are happy with your results after the 30 days, you can move into maintenance mode. Maintenance typically involves one or two shakes a day to replace meals or pre/post workouts, and daily cleansing or doing a 1 or 2 day cleanse during the month and ionix for energy, recovery and even stress levels. Maintenance can be what you want it to be and is anywhere from 50-75% less of an investment (or free if you chose to share with others!). Depending on personal goals, some people choose to do another 30 Day Program right after they complete their first.

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Investing in your health

The Isagenix 30 Day Program breaks down to approximately \$10-\$20 a day, about the cost of a lunch or dinner out in a restaurant. Isagenix is actually comparable to an average monthly grocery and eating-out budget (typically full of nutritionally depleted food).

Occasionally we hear product users tell us if they didn't INVEST in something, they wouldn't commit to it fully. The financial investment creates personal accountability! There are many different options to begin your Isagenix transformation because Isagenix caters to so many different needs. Two different 30 day options are outlined in full below.

When you order wholesale pricing with an Isagenix Associate, the system will automatically set up auto-replenishment, or monthly reordering. The auto-replenish setting is easily changed if for some reason you do not wish to continue using Isagenix products after 30 days. Your coach will be following up with you regularly to assess your progress and to help you determine how to proceed.

Satisfaction guaranteed! If you are not satisfied with your Isagenix experience, return them for a full refund. How confident are we that you will be satisfied? 100% confident!

Let's Break Down the Cost

A 30 Day Program for weight loss or for someone who isn't overly active will replace two meals each day, so your food bill should go down. Depending on eating expenses, some people actually save money by having two shakes per day. Think about comparing how much you spend in a week on groceries, Starbucks, fast food, etc., versus your 30 Day Program costs. Also consider the convenience and ease of having to worry less about what to do for 2 of your 3 meals each day!

Finally, Isagenix gives you **half of the cost back** if you get two people to join you on the journey and do it with you. Once people see the effects it has on you, referrals will be a piece of cake! Many Isagenix product users get healthy FOR FREE and help transform others' lives at the same time. Sharing your successful experience is the best endorsement, and part of the reason Isagenix is not sold in stores.

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30 Day Value Pak *BEST VALUE*

One of the most popular 30 Day Program packs is the Value Pack. The Value Pack contains all of the foods and products to start your healthy transformation and the best success rate. This pack with shipping and handling costs approx. \$20 a day. It is the best value and will replace two meals and some snacks plus give you the extra support you need to be successful!

[Be sure to read up on all our great products.](#) The value pack comes with the following included:

- 4 canisters of **IsaLean or IsaLean Pro (extra cost)** shake powder (2 shakes per day for the month)
- **Cleanse for life** powder (4 cleanse days out of the month)
- **Ionix Supreme:** nutritional blend to help with energy, inflammation, stress, and cell repair (excellent for workout days)
- **Natural Accelerator:** Apple cider vinegar and cinnamon accelerator tabs to boost your metabolism and increase fat burn
- **IsaSnacks:** Chocolate, Vanilla or Berry snacks which are fiber snack wafers to help you maintain your sugar levels on cleanse days or curb appetite or cravings
- **Isaflush:** a digestive aid with live enzymes to help with digestion and better absorption of all the nutrients in the shake,
- **eShot+:** All natural energy shot with [adaptogens](#) to fight fatigue and aid performance and recovery
- [Whey Thins](#) - Protein Packed Snack - Can be used on cleanse day!
- [IsaGreens](#) - Phytonutrients, over 30 vegetables, herbs, and botanicals
- **IsaBlenderMAX®** Turbo Blender
- **IsaLean® Bars** - 10 bars (meal replacement bars; pick one of five flavors)
- **IsaDelight Plus™** Dark or Milk Chocolate: 30 count (additional cost with medium pack)
- **Ageless Essentials™ with Product B™ Antioxidants plus Telomere Support for Women or Men** (60 packets): amazing vitamins with anti aging support that retail for \$138 on their own.
- Event \$75 Gift Certificate & Free Wholesale membership (\$29-39 value)
- \$25 Product Coupon for a future order
- 2 Free Wholesale Memberships for Friends and Family (\$58 value)

30 Day Premium Pak *BETTER*

The Premium Pack contains all of the foods and products to start your healthy transformation plus some extras for those with snacking needs! This pack with shipping and handling costs approx. \$15 a day. . It is a premium option and will replace two meals and some snacks plus give you the extra support you need to be successful!

[Be sure to read up on all our great products.](#) The value pack comes with the following included:

- 4 canisters of **IsaLean or IsaLean Pro (extra cost)** shake powder (2 shakes per day for the month)
- **Cleanse for life** powder (4 cleanse days out of the month)
- **Ionix Supreme:** nutritional blend to help with energy, inflammation, stress, and cell repair (excellent for workout days)
- **Natural Accelerator:** Apple cider vinegar and cinnamon accelerator tabs to boost your metabolism and increase fat burn
- **IsaSnacks:** Chocolate, Vanilla or Berry snacks which are fiber snack wafers to help you maintain your sugar levels on cleanse days or curb appetite or cravings



- **Isaflush:** a digestive aid with live enzymes to help with digestion and better absorption of all the nutrients in the shake,
- **eShot+:** All natural energy shot with [adaptogens](#) to fight fatigue and aid performance and recovery
- **Whey Thins** - Protein Packed Snack - Can be used on cleanse day!
- **IsaBlenderMAX®** Turbo Charged Blender
- **IsaLean® Bars** - 10 bars (meal replacement bars; pick one of five flavors)
- **IsaDelight Plus™** Dark or Milk Chocolate: 30 count (additional cost with medium pack)
- **1 Sample Shaker Cup filled with goodies to share to keep!**
- **Free wholesale** membership (\$29-39 value!)

30 Day Basic Starter Pack

The Basic 30 Day Starter Pack is approximately \$10-12-a day. The cost will change depending upon how you chose to have your products packaged or if you select dairy free options. The basic starter pack comes with:

4 canisters of **IsaLean or IsaLean Pro** shake powder

Cleanse for life powder

Ionix Supreme

Natural Accelerator

IsaSnacks

Isaflush

Amped Hydrate Sticks (All natural electrolyte replacement – replaces sports drinks or juices)

Sample Shaker to include seasonal product samples (such as: eShot+, IsaLean protein bar, Fiber bar...)

30 Day Custom Starter Pack (ideal when weight loss is not the primary goal)

The 30 Day Custom Starter Pack is approximately \$10+ a day. The cost will change depending upon how you chose to have your products packaged and what you add in with your \$50 product voucher that is include with this package to customize it. The 30 day custom starter pack comes with:

4 canisters of **IsaLean or IsaLean Pro** shake powder

Cleanse for life powder

Ionix Supreme

Natural Accelerator, IsaSnacks, Isaflush (only for your cleanse days)

You can add any products with a \$50 voucher included: We recommend Isadelights for cleanse days always. Other items we suggest are a full bottle of Natural Accelerator if 15+ more lbs to lose, performance products or protein bars!

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