

# ISAGENIX SUGGESTED



## RAMADHAN GUIDE

### SAHUR (PRE-DAWN MEAL)

- 2 glasses of water
- 1 serving of Ionix® Supreme Concentrate
- 1 serving of IsaShake™ / IsaLean™ Pro
- 1 serving of e+ Concentrate
- 2 capsules of Product B™
- 1 softgel of IsaOmega Supreme®

### BUKA PUASA (BREAK FAST)

- 2 glasses of water
- 3 pieces of dates
- 1 serving of Amped™ Hydrate Concentrate
- 1 serving of IsaShake™
- 1 softgel of IsaOmega Supreme®

### SELEPAS MAGHRIB (AFTER MAGHRIB PRAYER)

- 400-600kcal healthy and balanced meal
- 3 servings of vegetables\*
- 2 servings of fruits\*\*
- 2 capsules of Product B™

### SELEPAS TERAWIH (AFTER TERAWIH PRAYER)

- 1 glass of water
- 1 FiberSnacks!™ / 2 wafers of Isagenix® Snacks!

### SEBELUM TIDUR (BEFORE BEDTIME)

- 1 serving of Cleanse for Life™ Concentrate

## Suggested RAMADHAN MyPak

PRODUCT	QTY
IsaShake™	10
e+ Concentrate	2
Ionix® Supreme Concentrate	2
Cleanse for Life™ Concentrate	2
Amped™ Hydrate Concentrate	3
Isagenix® Snacks!	1
Product B™	1
IsaOmega Supreme®	1
Total Wholesale Price: (including P&H for Delivery)	S\$416.50
BV:	182

\* 1 serving of vegetables = size of a fist

\*\* 1 serving of fruit = size of 1 tennis ball

# MENU SARANAN



# RAMADHAN ISAGENIX

## SAHUR

- 2 gelas air kosong
- 1 hidangan Ionix® Supreme Concentrate
- 1 hidangan IsaShake™ / IsaLean™ Pro
- 1 hidangan e+ Concentrate
- 2 kapsul Product B™
- 1 biji IsOmega Supreme®

## BUKA PUASA

- 2 gelas air kosong
- 3 biji kurma
- 1 hidangan Amped™ Hydrate Concentrate
- 1 hidangan IsaShake™
- 1 biji IsOmega Supreme®

## SELEPAS MAGHRIB

- 400-600kcal hidangan sihat dan seimbang
- 3 hidangan sayur-sayuran\*
- 2 hidangan buah-buahan\*\*
- 2 kapsul Product B™

## SELEPAS TERAWIH

- 1 gelas air kosong
- 1 FiberSnacks!™ / 2 biji Isagenix® Snacks!

## SEBELUM TIDUR

- 1 hidangan Cleanse for Life™ Concentrate

# RAMADHAN My Pak

## Saranan Isagenix

PRODUCT	QTY
IsaShake™	6
e+ Concentrate	2
Ionix® Supreme Concentrate	2
Cleanse for Life™ Concentrate	2
Amped™ Hydrate Concentrate	3
Isagenix® Snacks!	1
Product B™	1
IsaOmega Supreme®	1
Total Wholesale Price: (including P&H for Delivery)	S\$416.50
BV:	182

\* 1 hidangan sayur-sayuran = saiz 1 genggam tangan  
 \*\* 1 hidangan buah-buahan = saiz 1 bola tenis