

Outrigger-canoe racer Butch Keahiolalo feels Isagenix substantially improves his performance and energy.



*"When I take the Isagenix® products—the IsaLean Shakes, Essentials, and Ionix Supreme—I definitely don't feel as tired."*  
Butch Keahiolalo

## Achieve Peak Performance with Isagenix®

### Isagenix® Gives Outrigger-Canoe Racer Competitive Edge to Win Starbucks® Kaua'i Championship

KAUAI, Hawaii – For the first time in his career, Butch Keahiolalo took first place in not only one of outrigger-canoe racing's most important events—the Starbucks Kaua'i Championship—but also in nearly half of the ten races in the series leading up to the final championship race.

Keahiolalo, who says the Isagenix products gave him a competitive edge, earned the Starbucks® Kaua'i Island Champion crown April 16, 2005 in Kaua'i, Hawaii.

"One competitor dominated the last two years," says Keahiolalo. "I was in the top ten, but I couldn't beat him. After using Isagenix® products, I beat him by almost three and a half minutes. They thought it was a fluke."

But Keahiolalo's results stayed consistent.

"The next race, I beat him by a minute and a half," says Keahiolalo. "That's a huge win that proves Isagenix works! There are no breaks in the one-man races. It's critical to maintain your energy. For electrolytes, I carry the Isagenix electrolyte drink Want More Energy? in my CamelBak."

### Energy and Recovery Vital When Training

According to Keahiolalo, it's crucial to maintain a peak level of performance year-round while training for outrigger-canoe racing. Energy and recovery are extremely important for races that range from eight to 40 miles in one-man canoes and up to 110 miles in six-man canoes. The six-man canoe races may take up to 13 hours.

Keahiolalo 2004-2005 training season became especially difficult for him because of a new addition to his family—a baby daughter. Caring for her heavily reduced the time available for his training. Keahiolalo not only saw his train-

ing slip, but also his performance. He feared the worst and thought he wouldn't even medal at the championship race in Kaua'i. Even his teammates doubted he'd do well.

As Keahiolalo looked to get his training back on track, he wasn't interested in any short-term performance-enhancing stimulants. He simply wanted good nutrition and optimum health. After researching the Isagenix products, he decided they were exactly what he needed. He noticed the products gave him a substantial improvement in his performance and energy level.

"I train on a 90-mile trek from Maui to Oahu. When you train as an endurance athlete, you have to get the right nutrients in your body during and after your workout, so you can be set up for the next day of training," says Keahiolalo.

### Isagenix Provides Competitive Edge

Keahiolalo joined Isagenix in March 2005. In the opening races in January and February 2005, he was as much as three minutes behind the top competitors. By April, he was dominating—and just in time for the championship.

"I'm always looking for a new edge," Keahiolalo says. "If I see an ingredient and don't know what it is, I go online and look it up. I'm really picky about what I put in my body. There's a lot of confusing stuff out there. It's either all protein and no carbs, or all carbs and no protein—and zero fat. How's that going to help me? I'm an endurance athlete. Isagenix gives me all the protein, fat, and carbs that I need for a race. When I take the Isagenix products—the IsaLean Shakes, Essentials, and Ionix Supreme—I definitely don't feel as tired."



# World-Class Athletes and Top Fitness Trainers Have Found Their Competitive Edge with Isagenix® Products for Nutritional Cleansing and Optimal Performance\*



"I started taking 2 ounces of Ionix Supreme after each practice so I could get back the energy and electrolytes I had burned during practice."

**Josh Savage, Utah**

Defensive End, Tennessee Titans



"Nutritional cleansing did a lot for my body. The cleaner I feel internally, the better I am with what I eat. Following the Isagenix program has taken my body to a whole new level."

**Kamari Stroman, Georgia**

Personal trainer, former linebacker and captain for the University of Connecticut football team



"After using Isagenix products, I had more energy during extended posing routines on stage. The judges were impressed. After eight months, my fitness company's bottom line has increased 300 percent."

**Brian Bailey, Maryland**

Champion Bodybuilder and Fitness Trainer



"I love the Rich Chocolate IsaLean Shakes for energy. Yogurt Dipped Oatmeal Raisin IsaLean bars are perfect between races."

**Michelle Despain-Hoeger, Utah**

International Luge Competitor and 2006 Olympian

On her way to qualify for the 2006 Olympics, Michelle Despain-Hoeger competed at world competitions in Austria, Germany, Latvia, Italy, Canada, and the United States.



"I've lost 65 pounds with help from the Isagenix Cleansing and Fat Burning System, and Ionix Supreme has helped me become much stronger and more physically fit."

**Fernando Camareno, Puerto Rico**

Martial Arts Champion and Guinness Record Holder

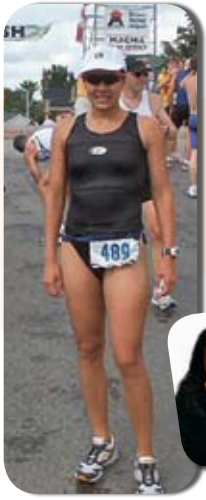
Martial Artist Fernando Camareno set a new world record March 12, 2007 when he broke 468 bricks in one minute—shattering his 2004 world record by more than 158 bricks.



"With Isagenix, I lost a total of 11.25 inches.\* I feel better, have more energy, but most of all I feel good knowing I'm putting good things into my body. Isagenix isn't just for overweight people. Even a skinny person can be unhealthy."\*\*

**Jennifer daSilva, California**

Member of the 2003 and 2004 USA Gymnastics National Championship team



"It was unbelievable. My energy was amazing, my sleep cycles were great, I enjoyed better mental acuity and I felt like I was recovering quickly from workouts.\* I've been able to achieve with Isagenix what it used to take me at least six months to achieve in my practice."

**Susan Sly, Ontario**

Former Team Canada Ironman Athlete, ACE Certified Athletic Nutrition Consultant

Susan Sly has taught professional athletes, celebrities and physicians about nutrition since 1992.



"I've been making a living off my physique for about 25 years, so it was really exciting to see something work and keep the weight off."

**D'Marko Blewett, Utah**

Former Mr. America Finalist

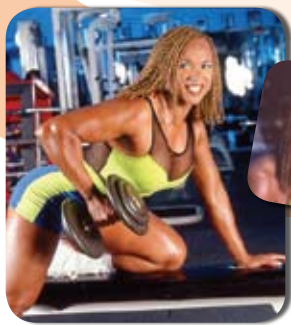
D'Marko Blewett was compared to Arnold Schwarzenegger in the 1989 issue of Muscle and Fitness magazine. He bench pressed his way to become a Mr. America finalist, squatted for 6th place Mr. USA, gripped a Mr. Los Angeles title, and lifted Mr. Utah twice. He's also founder of Custom Fit Nutrition retail chain in Utah.



"The Isagenix system, without a doubt, is just incredible. If you're not cleansing you're not healthy; if you're not flooding your body with all these nutrients you're not healthy. I lost 14.5 pounds\*\* using Isagenix programs and have seen significant improvement in my conditioning. I also feel greater stamina and energy. My medical doctor told me I was healthier now at 72 years of age than 95 percent of his patients ages 35-45.\*\*"

**George Ledbetter, Arizona**

Cyclist, 2005 Arizona Senior Olympics Gold Medalist



"Isagenix provides balanced nutrition that supports the body's entire metabolic process. It helps you to again capture the energy and stamina needed to enjoy and embrace health."

**Laura Creavalle, Ontario**

The winner of three Ms. International and Ms. Extravaganza Championships



"When a friend introduced me to Isagenix products, I decided to be open-minded and try them. Afterward, I felt great and after two months time, I jumped two levels in my training."

**Master Long Fei Yang, New York**

Kung Fu Champion

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

\*\* Results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program. Always consult your physician before making any dietary changes or starting any nutrition, weight control or exercise program.



# Isagenix® Helps Climber Reach Top of Mount Rainier



(Above) Preparing for the climb.

(Below) Morgado and his group reach Mt. Rainier's summit.

MOUNT RAINIER, Wash. – In the great Northwest of the United States lies a massive mountain—its summit at 14,410 feet. To the average visitor, it's a beautiful national landmark of beauty and grandeur. But for some, the active volcano, completely encased in more than 35 square miles of hard-packed snow and ice, represents more than a monument. Instead, it's the most arduous endurance climb in all of the lower 49 states.

Mount Rainier, the highest and third most voluminous volcano in the state of Washington's Cascade Range, is the triumph that any average climber dreams of achieving. It also serves as the training ground for experts who want a chance at the Himalayas.

Forty-two-year-old Dan Morgado was an average climber. He had summated Mount Adams at 12,200 feet and Mount Fuji at 12,300 feet. To Morgado, Mount Rainier meant a lot more—more money, more preparation, and more determination. Most difficult of all, however, was the physical training.

"Mount Rainier is only a couple thousand feet taller than Fuji and Adams," explains Morgado, "but getting to the summit is a whole different story."

Most climbers have a difficult time facing Mount Rainier—they feel nausea, headaches, altitude sickness, and several forms of edema, along with the fear of danger. Many turn back. Morgado had to be absolutely confident he would make the summit and didn't want to risk the \$5,100 spent only to fail.

Morgado feels Isagenix helped open the door to Mount Rainier.

"I said to myself, 'I think it's time. I think I can do Rainier. I'm in the best shape of my life, even at age 42,'" says Morgado.

Morgado initially joined Isagenix because he and his wife, Shelley, wanted to lose 3-5 pounds of fat. They didn't have any greater expectations than that.

"I lost a total of 15 pounds and Shelley lost 13 pounds.\* We were shocked!," says Morgado. "I'm an endurance runner. Before Isagenix I had never broken a 40-minute 10K. After cleansing, I did break it, not by a few seconds—I shattered it! Shelley is an ex-bodybuilder. She said that if she had known about Isagenix when she was competing, she would have paid thousands for it."



Morgado climbed Mount Rainier over the course of 40 hours with almost white-out conditions and 45-mile-per-hour winds. When almost half of the climbers gave up, Morgado continued onward with his team.

"I basically used a liquid food diet and included Isagenix Want More Energy? [electrolyte drink] and an ounce of Ionix Supreme [nutritional drink] daily," says Morgado. "I made it to the summit of Rainier and I couldn't believe how easy it was. I felt absolutely great—just as good at 14,410 feet that I did at 5,000 feet!"

\* Results may vary. In a recent study, participants averaged a weight loss of 7 pounds at the completion of their first Isagenix 9 Day Program. Always consult your physician before making any dietary changes or starting any nutrition, weight control or exercise program.

*To purchase or reorder additional Isagenix product, please contact your Independent Isagenix Associate.*



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