

æ arbonne.

# THE SCOOP ON HEALTHY LIVING

Arbonne's products help establish healthy habits and a healthy lifestyle so you can get more energy, manage weight, and feel fit with clean, vegan nutrition.



## HEALTH AND WELLBEING WITH 30 DAYS TO HEALTHY LIVING

30 Days to Healthy Living can help you identify foods you are eating that might not be serving your body well while you focus on adding nutrient-dense, plant-based whole foods.

Specific health and wellbeing improvements noted by a majority of participants\* after completing the 30 Days to Healthy Living Program included:

- Feeling more energized
- Feeling less bloated
- Clothes fitting better
- Feeling more focused throughout the day
- Seeing improvements in the look and feel of skin hydration, radiance, and overall health

**\*Study participants included both Arbonne Independent Consultants and Clients who purchased and completed the 30 Days to Healthy Living Program as directed between June 2019 and August 2020.**



# 5 AREAS OF FOCUS



## **SUPPORT YOUR BODY'S NATURAL FUNCTIONS AND ELIMINATION ORGANS WITH CLEAN CHOICES**

Our body's elimination organs (kidneys and liver) and all of our other organs- such as the intestines, heart and skin (the body's largest organ!)- are impacted by the nutrients we consume, the beverages we drink, along with the amount of sleep we get and the stress we experience. Balanced nutrition and natural products can help support your body's ability to function the way it was designed to work.



## **ELIMINATE FOODS THAT DON'T SERVE YOUR BODY WELL**

Fuel your body with plant-based nutrients along with whole foods that deliver the macronutrients that your body needs- protein, fat and carbs. Avoid refined sugar, alcohol, coffee, artificial colours, flavours, and sweeteners that don't support your overall wellbeing.



## **AVOID COMMON ALLERGENS**

Many people experience discomfort from eating foods such as gluten, dairy and soy. Temporarily eliminating these from your diet will help you to identify whether you feel better without them in your daily diet.



## **LEARN TO EAT INTUITIVELY**

Instead of counting calories, learn to listen to your body's cues that tell you when to eat or drink. A steady diet of balanced nutrients that's higher in protein and lower in processed carbohydrates and sugars helps to keep your body's energy level consistent throughout the day, helping you avoid the energy slumps that can lead to snacking and over-eating.



## **CHOOSE YOUR NUTRITION PRODUCTS WISELY**

Arbonne helps you establish healthy habits for your mind, body and skin. Formulated with plant-based ingredients and co-developed with experts, Arbonne provides nutrition products that are formulated vegan and without gluten, abiding by a stringent Ingredient Policy that prohibits over 2,000 ingredients and endures scientifically rigorous testing.



# HOW TO DO THE 30 DAYS



## PLAN WELL

And then, get your home ready. Clear your pantry of processed foods and stock up on whole foods for your refrigerator, freezer, and pantry! Grocery shop with a list and plan ahead for social outings. Planning helps you stay on track!



## EAT WELL

We recommend whole, colourful foods and meals focused on macronutrients- lean protein, complex carbohydrates, and healthy fats. You're not focused on eating less, but rather having more nutrient-dense food and drinking lots of water!



## MOVE WELL.

Healthy eating and regular exercise go hand in hand to promote healthy living. We recommend both cardiovascular and strength training activities. Intensity varies per person, but use these 30 Days to push yourself to move your body more!

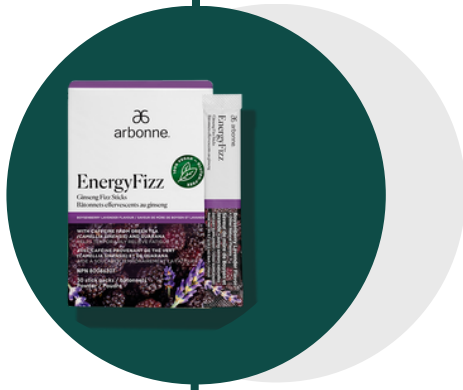
# 30 DAYS TO HEALTHY LIVING PRODUCT SET

## THE CORE FOUR



Your choice of either **EssentialMeal Meal Replacement Protein Shake**, **FeelFit Pea Protein Shake**, or **FeelFit Pea Protein Shake Simply1** in your choice of flavour.

- **EssentialMeal** shakes feature a blend of pea, hemp seed, pumpkin seed, quinoa, and rice that delivers 24g of vegan protein along with carbohydrates for energy, and 7g of fat to fuel your body.
- **FeelFit** and **Simply1** shakes both give you 20g of vegan protein along with 24 vitamins and minerals to help build and repair body tissues. The difference is **Simply1** is sweetened with Stevia and contains less than 1g of sugar, while **FeelFit** offers a moderate amount of natural form of sugar for flavour enhancement.



**EnergyFizz Ginseng Fizz Sticks** are a blend of B-vitamins, ginseng, guarana and green tea to help Designed to help temporarily relieve fatigue, promote alertness, and enhance cognitive performance.\*

- Available in Caffeine-Free Blackberry Flavour, Caffeine-Free Mango Peach Flavour, Strawberry Flavour, Blood Orange Flavour, Pomegranate Flavour, Pineapple Flavour, Mango Peach Flavour, Watermelon Flavour, Blackberry Flavour, and Boysenberry Lavender Flavour. Enjoy up to two stick packs each day.

\*At 2 servings



**GutHealth Digestion & Microbiome Support** delivers enzymes and 3 billion CFU of probiotics to support your gut health every day in one easy to use, on the go stick pack.



**CleanTox Herbal Tea** is a mild, caffeine-free, vegan herbal tea designed to help soothe you and stay hydrated throughout your healthy living journey.

# CUSTOMIZE YOUR SET BY CHOOSING 2 OF THE FOLLOWING 3 OPTIONS:

---



- **CleanTox Gentle Cleanse** is a delicious lemon-ginger flavoured vegan natural health product helps the body metabolize carbohydrates, fats and protein.



- **BeWell Superfood Greens** gives you a whole serving of vegetables in every scoop. You can mix with water and take it as a greens wellness product or blend it into your protein shake to add some extra phytonutrient goodness.



- **GutHealth Prebiotic Fibre** is a flavourless powder that makes it easy to incorporate more fibre in your diet!



Whatever you choose and however you customize your 30-Day program, Arbonne is your solution to help you feel and look your best with healthy living products that support you from the inside out and the outside in!



# NUTRITION CONVENIENCE PACK

All the basics you need to make healthy living simple every day.



Your choice of either **EssentialMeal Meal Replacement Protein Shake**, **FeelFit Pea Protein Shake**, or **FeelFit Pea Protein Shake Simply1** in your choice of flavour.

- **EssentialMeal** shakes feature a blend of pea, hemp seed, pumpkin seed, quinoa, and rice that delivers 24g of vegan protein along with carbohydrates for energy, and 7g of fat to fuel your body.
- **FeelFit** and **Simply1** shakes both give you 20g of vegan protein along with 24 vitamins and minerals to help build and repair body tissues. The difference is Simply1 is sweetened with Stevia and contains less than 1g of sugar, while FeelFit offers a moderate amount of natural form of sugar for flavour enhancement.



## GREEN GUT GLOW CONVENIENCE PACK

- With **Green Gut Glow** sip your way to healthier looking skin, support your digestive system and get an extra scoop of your greens all in one click!



## ENERGYFIZZ GINSENG FIZZ STICKS

- **EnergyFizz Ginseng Fizz Sticks** are a blend of B-vitamins, ginseng, guarana and green tea to help support energy.

# ENHANCE YOUR DAILY ROUTINE

All the basics you need to make healthy living simple every day.



**MUSHROOMPOWDER  
DAILY DEFENSE**



**BIOTICSTICKS FAST MELT PROBIOTIC**



**SUPERBOOST ANTIOXIDANT SHOT**



**BEWELL DAILY  
MULTIVITAMIN & MINERAL**



**MINDHEALTH FOCUS  
SUPER POWDER**



**SPORT MUSCLE RECOVERY  
SUPPORT**



**SPORT WORKOUT FUEL**



**SPORT HYDRATION**

Talk with your Independent Consultant to learn about Arbonne's product line and options that will best serve your needs.

# FEATURED RECIPES

---

Try out a few of these featured recipes to kick-start your journey:

## BASIC SHAKE

- 2 scoops FeelFit Pea Protein Shake
- 1/3 cup veggies like spinach, kale, pumpkin, or your favourite greens
- 1/4 cup low-glycemic fruits like dark berries or green apple
- 1 tbsp of healthy fat like coconut cream, almond butter, pecans or half an avocado
- 266-355 ml of liquid like water, almond milk, rice milk or coconut milk
- For an extra nutrient boost add flax seeds, chia seeds, and coconut flakes

### DIRECTIONS

Combine ingredients in a blender and enjoy.

## CHOCOLATE SPINACH CRUNCH SHAKE

- 2 scoops FeelFit Pea Protein Shake, Chocolate Flavour
- 266 ml of water
- 1 1/2 - 2 handfuls fresh spinach
- 6-8 hazelnuts
- Add ice to taste
- 1 scoop GutHealth Prebiotic Fibre if desired

### DIRECTIONS

Combine ingredients in a blender and enjoy.

## NUTTY APPLE CINNAMON SHAKE

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavour
- 1 handful kale or spinach
- 1 cup unsweetened almond milk
- 1/2 sour green apple, sliced
- Ground cinnamon, to taste
- 1 tbsp raw pecans; or slivered/sliced raw almonds
- Add ice to taste
- 1 scoop GutHealth Prebiotic Fibre if desired

### DIRECTIONS

Combine ingredients in a blender and enjoy.

## CARROT CAKE SHAKE

- 2 scoops FeelFit Pea Protein Shake Mix Vanilla Flavour
- 1 handful spinach
- 1 cup cooked or raw chopped carrots
- 1 tbsp walnuts
- 1 tsp cinnamon
- 1 cup water
- 1 cup unsweetened almond milk
- Add ice to taste
- 1 scoop GutHealth Prebiotic Fibre if desired

### DIRECTIONS

Combine ingredients in a blender and enjoy.

## DOUBLE CHOCOLATE FIX SHAKE

- 2 scoops FeelFit Pea Protein Shake Mix, Chocolate Flavour
- 1 scoop BeWell Superfood Greens
- 1 cup unsweetened almond milk
- 3/4 tsp flax oil
- 1 pinch of unsweetened cocoa nibs
- 1 tsp unsweetened cocoa powder
- Add ice to taste
- 1 scoop GutHealth Prebiotic Fibre if desired

### DIRECTIONS

Combine ingredients in a blender and enjoy.

## SWEET VERY BERRY SHAKE

- 2 scoops FeelFit Pea Protein Shake, Vanilla Flavour
- 1 scoop BeWell Superfood Greens
- 1/4 cup unsweetened coconut milk
- 1/2 cup unsweetened almond milk
- 235 ml of water
- 1 tbsp almond butter
- 1/4 cup frozen or fresh berries
- Add ice to taste
- 1 scoop GutHealth Prebiotic Fibre if desired

### DIRECTIONS

Combine ingredients in a blender and enjoy.



# EXPERIENCE THE WINS

---

Here's a list of Healthy Living benefits that you might be starting to see and feel in your life.

## PHYSICAL CHANGES

- Glowing skin
- Feeling more confident in your clothes
- Looking more youthful



## MOOD AND MINDSET

- More outgoing
- Feeling more productive
- Improved positivity
- Laughing more
- Managing stress better
- Feeling in control
- Improved confidence
- Positive self-image



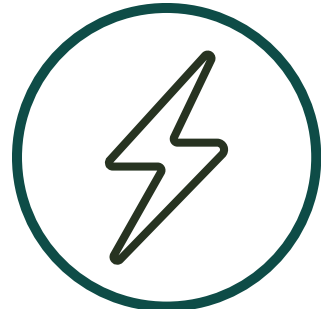
## FOOD BEHAVIORS

- Healthier relationship with food
- Mindful eating
- Learning to eat more intuitively
- Reduced food cravings
- Better nutrition balance in meals
- Feeling less “hangry” in between meals



## SLEEP AND ENERGY

- Improved sleep quality
- Waking up feeling refreshed
- Improved feelings of energy



## ACTIVITY

- Moving or exercising more consistently
- Feeling stronger and more fit
- Hitting more exercise “personal bests”
- Spending more time outside
- Playing with kids more
- Trying new activities



# HEALTHY LOOKING SKIN STARTS FROM WITHIN

---



Healthy looking skin starts from within but is enhanced from the outside when you choose the ideal skincare regimen suitable to your needs.

## DERMRESULTS ADVANCED



**Are you looking to address the appearance of fine lines, wrinkles, dryness and a loss of radiance?**

Discover your best-looking skin with next-generation, power-packed, performance skincare like DermResults Advanced.

## DERMRESULTS GLOW



**Are you looking to address the appearance of early signs of aging, uneven tone, dark spots and a loss of radiance?**

Build healthy habits and help skin maintain its youthful-looking glow with DermResults Glow.

## HYDRATEME



**Are you looking to hydrate and moisturize your skin?**

Quench, hydrate and lock in skin's moisture with HydrateMe.

***Tip:** Great for younger people or to add to any regimen to enhance skin's moisture barrier support.*

# ARBONNE DIFFERENCE

From the beginning, Arbonne has developed products with the best of botanically based and scientifically derived ingredients. We combine the best of science and nature to produce formulas that deliver real results, continually challenging our ingredient policy with the goal to innovate, ideate and introduce new products that are at the cutting-edge of industry excellence.

Arbonne goes beyond organic ingredient choices, mindfully choosing instead to select ingredients for our formulas that are readily and consistently available as well as sustainable whenever possible. We do not require that the ingredients are organic because we rely on testing methods to ensure that each ingredient meets the quality standards, along with our testing to validate that there are no detectable levels above the established safe threshold of any toxins or heavy metals.

Science and testing of raw materials best supports the quality and safety of both the individual ingredients as well as the finished product which we believe is critical. Based on this, Arbonne concentrates on the quality testing of each ingredient and product, irrespective of organic certification, to ensure that it meets our high standards of quality. This is where Arbonne's commitment to safety and quality testing becomes critical to ensuring the quality of our products while maintaining our ability to source the best ingredients for the formula to ensure efficacy, product performance and stability.



**Arbonne products offer a transformative approach to healthy living, inside and out, with cutting-edge formulas for better skincare results and plant-powered nutrition that delivers noticeable results worth sharing.**

#### **ARBONNE SKINCARE AND NUTRITION PRODUCTS ARE:**

- Made with botanically based and scientifically derived ingredients
- Formulated vegan and to gluten-free standards\*

#### **ARBONNE NUTRITION PRODUCTS ARE:**

- Non-GMO verified\*\*
- Formulated without dairy, soy, nuts, artificial colours, flavours, and sweeteners

**\*Refer to individual Meet the Product Sheet for certifications. Certifications may vary by country based on local Regulatory guidelines.**

**\*\*Certification status varies by product and is applicable in US & Canada only.**

**At our core, we are connected by our community of Independent Consultants in the UK, US, Canada, Poland, Australia, and New Zealand who are helping us on our mission to not only be the best company in the world, but the best company for the world.**

There are no guarantees regarding earnings and the success or failure of each Arbonne Independent Consultant, like any other business, depends on many factors, including your personal skills and effort, business acumen, and leadership. Earnings are based upon sales to personal clients and preferred clients. You should not rely on the results of other Arbonne Independent Consultants to indicate what you can expect to earn.

In 2022, a typical Arbonne participant in the United States and Canada earned between \$0 - \$250 in commissions and overrides. The VP Success and Choice Awards can be earned at the VP level. To see what's typical at each title of the SuccessPlan, visit [earnings.arbonne.com](https://earnings.arbonne.com).