



ARBONNE.

**Nutrition**



## NUTRITION

Here's something easy to take: Arbonne plant-powered nutritional products provide all the nutrients you need with **high-quality formulas** for every body. What is **plant-powered** nutrition? It's formulas with **phytonutrients**, which are unique, beneficial botanical compounds that support your health.

Our **vegan certified products** are developed with premium blends of vitamins, minerals, botanicals and antioxidants for maximum product effectiveness.

Good for your whole family, and good for you. Live an **extraordinary, healthy life.**



### Key Botanicals

**Black Pepper (*Piper nigrum*):** Contains piperine

**Green Tea (*Camellia sinensis*) Extract:** Great source of antioxidants

**Green Coffee (*Coffea canephora*) Bean Extract:** Contains chlorogenic acid

**Glucomannan (*Amorphophallus konjac*) Root:** Gives sense of fullness to help support weight management when used with a program of calorie-controlled dietary intake and exercise

**Ginseng (*Panax ginseng*):** Helps support alertness and enhance cognitive performance

**Pea (*Pisum sativum*) Protein:** Supports sense of fullness and delivers amino acids to support muscles



## ARBONNE SPECIAL VALUE PACK

# 30 Days to Healthy Living and Beyond



Healthy living is all about making the right choices. It can start with just a few small changes to your daily habits and educating yourself about what's really fuelling your body. It doesn't have to be complicated. Arbonne nutrition helps you determine the best choices.

Our products deliver key nutrients like protein to support your weight management goals, fibre, vitamins, minerals and ingredients to help support muscles, energy, metabolism and much more. We also encourage you to download the 30 Days to Healthy Living and Beyond Support Guide from The Source or the Arbonne website. This guide contains updated information about Arbonne nutritional products, healthy foods, cooking, and healthy snacks and beverages, plus helpful hints and tracking tools to help you set goals and manage your day-to-day habits. This guide provides the information you need to help support the decisions you make to live a happier, healthier life.

### 30 Days to Healthy Living and Beyond ASVP #1936

- 2 bags of Meal Replacement Shake Mix (one of each flavour)
- 1 Daily Fibre Boost
- 1 Greens Balance
- 2 boxes of Energy Fizz Sticks (one of each flavour)
- 2 boxes of Herbal Tea

This special offer includes significant savings off our recommended retail price (RRP) and is available exclusively to Arbonne Preferred Clients and Independent Consultants. Ask your Independent Consultant or visit [arbonne.com](http://arbonne.com) for details on this and other special offers.

Visit the Arbonne Nutrition section at [arbonne.com](http://arbonne.com), featuring more information on healthy living as well as great insights from some of our top nutrition leaders.

## Arbonne Essentials®

FOR DAILY HEALTH

Arbonne's daily use, foundational nutrition products support healthy living and optimal wellness. Daily Health products deliver fundamental nutrients like vitamins, minerals, protein, and fibre, so your body can run at its best, every day.



### Meal Replacement Shake

Do the daily shake with delicious, nutritious, perfectly balanced chocolate or vanilla shake mix. Provides 20 grams of vegan protein, plus more than 20 essential vitamins and minerals per serving, and delivers amino acids. Recommended for: meal replacement. | 30 servings, 1.83 kg, Chocolate #2069; 1.71 kg, Vanilla #2070; RRP \$137 | PC \$109.60 | QV 83

### Meal Replacement Shake — 10-pack

Each packet conveniently contains a single serving of our Meal Replacement Shake powder with 20 grams of vegan protein, plus more than 20 essential vitamins and minerals. | 10 packets x 61 g each, Chocolate #2073; 10 packets x 57 g each, Vanilla #2074; RRP \$74 | PC \$59.20 | QV 37

**Key Ingredients:** Vegan Protein Blend, vitamins and minerals

### Daily Protein Boost

Take your protein to the next level! Daily Protein Boost delivers 10 grams of plant-based protein from pea, rice and cranberry, without any added sugar or flavours, for maximum flexibility. Add a scoop to an Arbonne Essentials Meal Replacement Shake or to other foods or beverages to increase your daily protein intake. Protein helps support a feeling of fullness, which helps those on a weight management\* regimen. | 388 g, #6296; RRP \$68 | PC \$54.40 | QV 40

**Key Ingredients:** pea protein, rice protein, cranberry protein

\*Weight management takes time and effort to be successful. People should seek professional advice on diet, exercise and lifestyle changes. Individual results may vary.



**Carlos Alegre**  
Arbonne Independent Consultant  
District Manager  
Ontario, Canada

Committed and genuine with a sincere desire to help others see the best in themselves. Self-employed Professional Engineer who loves date night with his wife.

## ARBONNE ESSENTIALS® Meal Replacement Shake Recipes

### Banana & Berry Fruit Shake

#### Ingredients

- 2 scoops Arbonne Essentials Chocolate or Vanilla Meal Replacement Shake Mix
- 1 scoop Arbonne Essentials Daily Fibre Boost
- 210 mL water, almond milk or rice milk
- 4–6 ice cubes
- 1 cup frozen berries
- ½ banana

Place all ingredients in a blender and blend until smooth.

### Almond Butter Shake

#### Ingredients

- 2 scoops Arbonne Essentials Chocolate or Vanilla Meal Replacement Shake Mix
- 1 scoop Arbonne Essentials Daily Fibre Boost
- 210 mL water, almond milk or rice milk
- 4-6 ice cubes
- 1 tbsp. almond butter
- ½ banana

Place all ingredients in a blender and blend until smooth.

### Hearty Boosted Meal Replacement Shake

#### Ingredients

- 2 scoops Arbonne Essentials Chocolate or Vanilla Meal Replacement Shake Mix
- 1 scoop Arbonne Essentials Daily Fibre Boost
- ½ cup almond milk or rice milk
- 1 tbsp. nuts
- ¼ cup frozen berries
- ½ to 1 cup frozen spinach or kale
- 270 mL water
- Ice

Place all ingredients in a blender and blend until smooth.

#### Get More Protein

Add 1 scoop of **Daily Protein Boost** to your favourite shake mix. 10 grams of vegan protein per serving. No added sugar or flavour.



For more great recipes visit [arbonne.com/discovernz/products/dailyhealth.shtml](http://arbonne.com/discovernz/products/dailyhealth.shtml)

## NUTRITION

# Arbonne Essentials®

FOR DAILY HEALTH



### Greens Balance

Mum always said to eat your veggies. Arbonne Essentials makes this easy, featuring a Greens Balance with its unique blend of green, yellow, red and blue superfoods — delivering antioxidants, phytonutrients and fibre you need to have a more balanced, healthier diet every day. | 30 servings/30-day supply, 216 g, **#6232; RRP \$71 | PC \$56.80 | QV 50**

**Key Ingredients:** Arbonne proprietary fruit and vegetable blends of greens, reds, blues and yellows



### Daily Fibre Boost

Did you get your fibre today? Get your fibre fix with 12 grams of fibre, 40% of the daily requirement of 30 grams of fibre, derived from grains, fruits and vegetables. This flavourless, soluble fibre can be added to all foods and beverages, including Chocolate or Vanilla Meal Replacement Shakes. | 30 servings, 480 g, **#2075; RRP \$60 | PC \$48 | QV 37**

**Key Ingredients:** resistant maltodextrin, pea fibre, apple fibre, orange fibre

\*Weight management takes time and effort to be successful. People should seek professional advice on diet, exercise and lifestyle changes. Individual results may vary.



### Herbal Tea

Take time each day to enjoy this refreshing and soothing delicious, mild, caffeine-free herbal tea with 6 botanicals. | 20 tea bags, **#2076; RRP \$28 | PC \$22.40 | QV 16**

**Key Ingredients:** peppermint, dandelion

Arbonne Essentials for Targeted Health formulas utilise botanical extracts, and specific vitamins, minerals and other unique ingredients to support individual targeted needs.

## For Weight Management Support



### Energy Fizz Sticks

What a kickstarter. As a replacement for your morning coffee or for when you start to feel the afternoon slump, stir in a fizz stick to create a refreshing bubbly drink to temporarily help promote alertness and enhance cognitive performance, help promote endurance and enhance motor performance, and help reduce fatigue. | 30 stick packs, Citrus #2077; Pomegranate #2079; RRP \$79 | PC \$63.20 | QV 52

**Active Ingredients:** green tea, ginseng, guarana, caffeine, B vitamins

Always read the label. Use only as directed.



### Nutrition Bars

Between meals, raise the bar on everyday snacking with 10 grams of protein, 3–4 grams of fibre, and 15 vitamins and minerals — all packed into one bar to satisfy hunger. Made with easily digestible pea and rice protein and nutrient-rich quinoa. Simple, filling and nutritious. | 10 bars, Chocolate #2918; Fruit #2922; RRP \$38 | PC \$30.40 | QV 27

**Key Ingredients:** Arbonne Protein Blend, fibre, vitamins, minerals, quinoa

## Accessories



### Arbonne® Water Bottle

Water daily. Keep this super sleek bottle full of H2O to stay hydrated all day. BPA-free. | Approx. 1 L, #2045; RRP \$14 | PC \$14 | QV 0



### Protein Shaker Cup

Put your wrist into it and shake up a delicious Meal Replacement Shake with Daily Fibre Boost. Includes a wire whisk ball, dishwasher safe, BPA-free and recyclable. | 480 mL, #2083; RRP \$13 | PC \$13 | QV 0

## NUTRITION

# Arbonne Evolution™

FOR WEIGHT MANAGEMENT

## Arbonne Evolution

This is your moment. Right now is the perfect time to start becoming the best you. When it comes to **weight management**,\* it's all about balance. Arbonne Evolution products can help you reach your **healthy living** goals through **balanced** nutrition products you can use every day. They're not a quick fix — they're designed to fit into your daily routine easily and support your **transformation** into the person you want to see in the mirror. It's time. Let's start an **evolution**.

\*Weight management takes time and effort to be successful. People should seek professional advice on diet, exercise and lifestyle changes. Individual results may vary.



### Key Botanicals

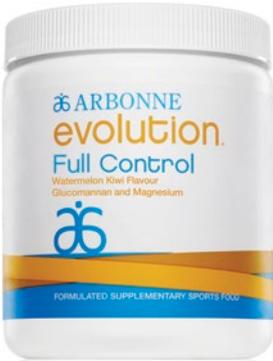
**Black Pepper (*Piper nigrum*):** Contains piperine

**Green Coffee (*Coffea canephora*) Bean Extract:**  
Contains chlorogenic acid

**Green Tea (*Camellia sinensis*):** Great source of antioxidants

**Glucomannan (*Amorphophallus konjac*):** Helps you feel full to help support weight management\* when used with a program of calorie-controlled dietary intake and exercise

## Set Special



### Full Control

Keep cravings at bay with this tasty, watermelon-kiwi flavoured powder. The key ingredient glucomannan expands and makes you feel full, which helps to reduce the amount of calories you take each day to support weight management.\* | 90 servings/30-day supply, 309 g, #6210; RRP \$102 | PC \$81.60 | QV 68

**Key Ingredient:** konjac root



### Metabolism Support

Rev it up. Metabolism Support provides green coffee bean extract, also contains a blend of targeted botanicals to help support metabolism. Healthy weight management\* can be achieved with a calorie controlled diet combined with exercise. | 60 servings/30-day supply, #2618; RRP \$92 | PC \$73.60 | QV 60

**Key Ingredients:** green tea extract, green coffee bean extract

Always read the label. Use only as directed.



### Arbonne Evolution Set

Start your weight management regimen right with this dynamic duo. #6121; RRP \$175 | PC \$140 | QV 115

**Lucy Bardrick**  
Arbonne Independent Consultant  
Executive Regional Vice President  
Leigh-on-Sea, United Kingdom

Formerly paycheck to paycheck, now choreographing her dreams through her Arbonne business. Believes in kindness, gratitude, passion, and always being true to yourself.



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