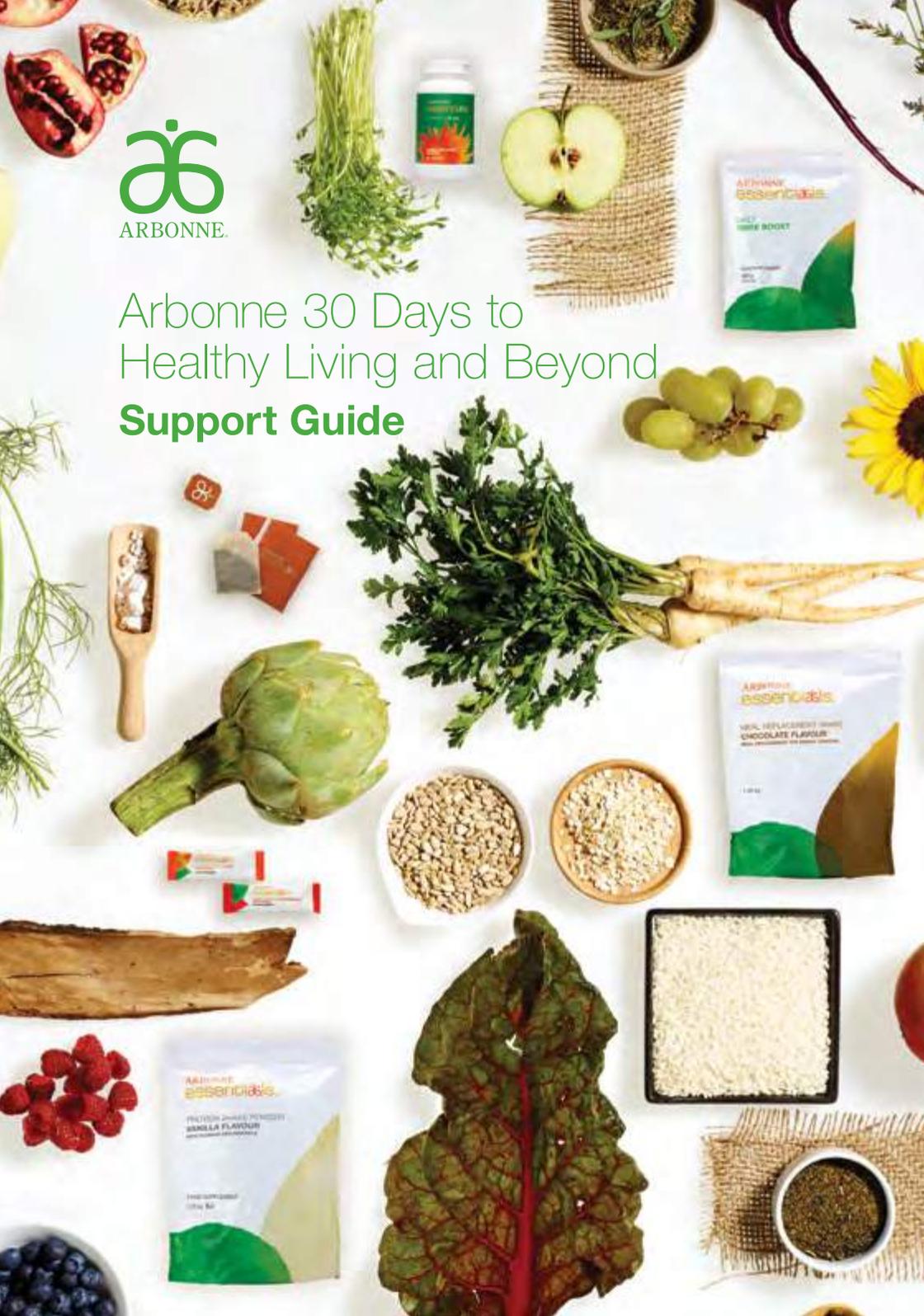




Arbonne 30 Days to Healthy Living and Beyond **Support Guide**



Letter From Dr. Peter



We're so excited to share the 30 Days to Healthy Living and Beyond Support Guide. Today more people are realising the importance of a healthy diet, exercise and supplementing with critical nutrients. This collection of products and support guide are designed to do just that: support your health goals so you can live a healthier, happier lifestyle.

Arbonne Essentials® can help you accomplish your goals and get on the path to healthier living, which is why I'm thrilled you took the first step with 30 Days to Healthy Living and Beyond. Everybody has their own view of what healthy living means — having more energy, losing weight, incorporating good eating habits, or improving self-esteem and happiness. Whatever your reason, this is a great starting point to work toward your goals.

We created 30 Days to Healthy Living and Beyond and this support guide to take the guesswork out of making healthy choices. This guide provides important information about Arbonne nutrition products, healthy foods, diet, and other aspects of health and wellness. The 30 Days to Healthy Living and Beyond product collection provides the right combination to give you the proper nutrients to set you up for success.

Here's to a healthier, happier you!

In good health,



Peter Matravets
Chief Scientific Officer
Arbonne International



The information provided in this 30 Days to Healthy Living and Beyond Support Guide is presented for educational purposes only and should not be used in lieu of advice from your physician or other qualified healthcare provider. Results from the use of Arbonne products vary depending upon individual effort, body composition, age, eating patterns, and exercise. If you have a medical condition or are pregnant or nursing, Arbonne recommends that you consult with your healthcare professional before starting an Arbonne product regime.

Arbonne **IS** Healthy Living

Healthy living is all about making the right choices. Critical to making healthy decisions is having knowledge about the foods you are eating, engaging in activity, and supporting your diet with premium Arbonne nutritionals that follow a rigorous ingredient policy that is gluten free, vegan, and formulated with no artificial colours or flavours. Having more energy and vitality, feeling more engaged in life, and being happier can start with making a few small changes in your daily habits and engaging in self-education. Healthy living doesn't have to be complicated.

The Arbonne Essentials® 30 Days to Healthy Living and Beyond Support Guide is a tool that you can use to help you on your journey.

FOCUS AREAS

1. ARBONNE NUTRITIONALS
2. FOODS
3. HEALTHY EATING/COOKING
4. EXERCISE

Additional Considerations

DIGESTIBILITY

Digestibility of products consumed can be important, as the ability to easily breakdown foods can result in the body using the nutrients more efficiently and potentially even more of the beneficial nutrients being used. Good digestibility can also help ensure that there are no side effects of poor digestion such as gas, bloating or constipation.

ABSORPTION/BIOAVAILABILITY

Bioavailability is the extent to which an ingested substance becomes available to the desired tissue. The bioavailability of a nutrient is critical because if a nutrient is not bioavailable, it can pass through the body without contributing any positive benefit to the individual. When a nutrient is highly bioavailable, the body can then utilise much more of it, which is crucial to support health and wellness.

ALKALINITY

Certain foods and beverages can be acidic. While the body has a system in place to help support a balanced pH, a diet high in fruits and vegetables supports a more alkaline pH.

STRESS

Science has shown that stress can cause the release of a hormone called cortisol, which can have detrimental effects, even in a very healthy person. Eating healthy, exercising, managing stress, and supplementing your diet with the nutrients you need to support optimal health and wellness may help support stress relief.

Table Of Contents

Arbonne Nutrition Products

| | |
|---|-----|
| 30 Days to Healthy Living and Beyond | 4 |
| Why Arbonne Essentials Are Your Best Choice | 5 |
| 30 Days to Healthy Living and Beyond Products ... | 6 |
| Other Recommended Products | 7-8 |

Getting Started

| | |
|---------------------------------|----|
| Healthy Living at a Glance..... | 9 |
| Your Profile..... | 10 |
| Setting Goals | 11 |
| Helpful Hints..... | 12 |
| Suggested Meal Plan | 13 |

Supporting Tools & Information

| | |
|----------------------------------|-------|
| Healthy Food..... | 14-15 |
| Healthy Snacks & Beverages | 16 |
| Healthy Cooking..... | 17 |
| Gluten Free Diet | 17 |
| PhytoSport | 18 |
| Science of Exercise..... | 19 |
| Arbonne Shake Recipes..... | 20 |
| 30 Days of Motivation..... | 22 |
| Frequently Asked Questions | 23 |

30 Days to Healthy Living and Beyond

You've just made a life changing decision. Now it's time to begin your path to a happy, healthy you. Arbonne Essentials® products are formulated to help you get the results you're looking for and to help support your journey to a healthier you.

The Arbonne Essentials 30 Days to Healthy Living and Beyond ASVP comprises products that deliver many key nutrients like protein and fibre. In addition, it supplies *Lactobacillus gasseri*, *Bifidobacterium bifidum*, *Bifidobacterium longum* subsp. *longum* and *Bacillus coagulans*, enzymes, as well as ingredients to support energy metabolism.



Allysa Reed
Arbonne Independent Consultant
Regional Vice President

Arbonne Nutrition Products

Why Arbonne Essentials[®] Are Your Best Choice

We leave out the bad stuff,
and they taste amazing

- Vegan certified, no animal ingredients
- Gluten free
- No artificial colours, flavours or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardised plant extracts
- Low glycemic index (Protein Shake powders)
- Kosher certified



Gluten Free

All Arbonne Essentials and Arbonne Evolution-products are gluten free. Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and liquorice contain gluten.

More and more individuals without celiac disease are also reporting sensitivities to gluten and making the decision to avoid products with this wheat protein.

NOTE: See p. 17 for gluten free diet information.

Natural Colours, Flavours and Sweeteners

Arbonne Essentials products are formulated with natural sweeteners such as unrefined sugar cane, agave nectar and the herbal sweetener stevia. In addition, Arbonne uses only naturally derived flavours and colours in our formulations.

Low Glycemic Index

Glycemic index is a measurement of how quickly blood sugar rises after eating a food or dietary supplement. Foods that are higher in sugar generally have a larger impact on the blood sugar level. Foods that are lower in sugar limit the rise in blood sugar and subsequent insulin response and do not promote fat storing mechanisms. This means products with a low glycemic index are a good choice for individuals on a weight management regime. Low glycemic index products are also preferred by those who are sensitive to or simply want to avoid sugary foods and drinks.



Arbonne Essentials Protein Shake powders have a low glycemic index rating, and they:

- Support healthy blood glucose levels that are already in the normal range
- Have minimal impact on blood sugar level
- Do not cause a spike in blood sugar

Standardised Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardised extracts are used, it means we have selected a specific phytonutrient from the botanical and have specified an exact amount of the bioactive to be delivered in each dose of the product ensuring you get the same level of benefit every time.

30 Days to Healthy Living and Beyond Products



OR



Meal Replacement Shakes

These delicious plant based protein shakes contain 20 grams of plant protein, vitamins, minerals, flax seed, and a botanical blend. These Meal Replacement Shakes help support a weight management programme, and contain chromium, which contributes to the maintenance of normal blood glucose levels. Consumption of foods and drinks containing stevia instead of sugar induces a lower blood glucose rise after their consumption compared to foods and drinks containing sugar.

- Vegan certified
- No dairy or soy proteins
- Kosher certified
- No cholesterol or trans fat

30 servings

Chocolate #2069, Vanilla #2070; £65

Protein Shake Powder

These delicious protein shakes contain 20 grams of plant based protein, vitamins, minerals, flax seed, and a unique botanical blend for targeted benefits. Tested and certified low glycemic, these products are low enough in sugar to avoid rapid increases in blood glucose and excellent for those seeking to lower their sugar intake.

- Gluten free, vegan certified
- Tested and certified for low glycemic index
- No dairy or soy proteins
- Kosher certified
- No cholesterol or trans fat

30 servings

Chocolate #2957, Vanilla #2079; £58



Daily Fibre Boost

Most people don't get enough fibre per day. Daily Fibre Boost provides a convenient and seamless way to get 12 grams of fibre, nearly half the daily requirement with each serving. This heat resistant blend of grain, fruit and vegetable fibres can be added to hot or cold foods, drinks, and even baked goods to boost fibre intake.

- Gluten free fibre source
- Perfect addition to Arbonne Essentials® Meal Replacement Shakes
- No cholesterol or trans fat
- Kosher certified

30 servings

#2075; £29



Digestion Plus

Every day add a single serving packet of mild powder to any cold or room temperature liquid. Fructooligosaccharides, *Bacillus coagulans* and enzymes help support optimal digestive health. Digestion Plus contains:

- Isolated Alpha-amylase, Protease, Lipase
- Peppermint to support healthy digestion
- Fructooligosaccharides (FOS) to promote healthy gut bacteria and good digestive health

30 packets

#2063; £41



Energy Fizz Sticks

Energy Fizz Sticks support energy with a powerful blend that contains niacin, riboflavin, vitamin B6, vitamin B12, and pantothenic acid, which contribute to normal energy yielding metabolism and a reduction of tiredness and fatigue. Pantothenic acid also contributes to normal mental performance.

- Only 13 calories per serving
- Less than one gram of sugar
- Quick dissolving powder
- No artificial colours, flavours or sweeteners

30 stick packs

Pomegranate #2079; £43
Citrus #2077; £43



Omega-3 Plus

Focus on this: Vegan capsules filled with flaxseed oil and vegetarian DHA derived from algae provide daily omega-3 fatty acids to support the maintenance of good health.

- Source of omega-3 fatty acids and docosahexaenoic acid (DHA) for the maintenance of good health
- Helps support cognitive health and brain function

60 capsules

#2066; £33



Herbal Infusion Blend (2 boxes)

A delicious, mild, caffeine free herbal tea with 9 botanicals.

20 tea bags

#2076 ; £17

More Arbonne Essentials® Products



Greens Balance

Greens Balance makes getting healthy easy with its spectrum of proprietary colour blends of whole fruit and vegetable powder concentrates — delivering phytonutrients and fibre you need to have a more balanced, healthier diet every day.

- Derived from fruits and vegetables
- Non-allergenic
- 1 serving of fruits and vegetables per scoop
- Supports healthy acid and alkaline (pH) balance*

*In the context of an alkalisating diet that is rich in fruits and vegetables

30 servings

#6232; £40



Antioxidant & Immunity Support

This support delivers a three tier system comprising immune health, botanicals and energy, with vitamins A, C and E. Vitamin C contributes to the normal function of the immune system and to the protection of cells from oxidative stress. B vitamins contribute to normal energy metabolism. Also contains superfruit juices from blueberry, pomegranate, amla, açai, and botanicals such as green tea, milk thistle, holy basil, and other helpful botanicals guarana, yerba mate and ginseng.

- No artificial colours, flavours or sweeteners
- Contains Epicor®, a unique *Saccharomyces cerevisiae* fermentate
- Convenient 90 ml pouches
- No high fructose corn syrup

24 packets

#2065; £57



Nutrition Bars

When it comes to snacks, making a healthy choice can make a difference. These tasty, nutrient rich bars deliver 10 grams of plant protein to satisfy your hunger while delivering vitamins, minerals, and the superfoods quinoa and pumpkin seeds to support good health.

- No artificial colours, flavours or sweeteners
- Contains real fruit and dairy free Dutch chocolate
- Under 200 calories per bar

10 bars

Chocolate **#2918; £20**

Fruit **#2922; £20**

Other Recommended Products

Arbonne Evolution™

Arbonne Evolution is a weight management system that delivers specialised ingredients through easy to use products to support your health and wellness goals.

Using Arbonne Evolution products in conjunction with healthy eating and regular exercise helps support metabolism and in turn helps support better health, happiness and improved self-confidence and energy.



Full Control

Full Control contains the unique soluble fibre glucomannan from the konjac root, which expands when mixed with water. Mix one scoop of this great tasting watermelon kiwi flavoured powder with a glass of water and drink 30 minutes before eating. Glucomannan

contributes to weight loss, in the context of an energy restricted diet. Additionally, magnesium contributes to normal energy yielding metabolism.

90 servings
#6210; £54



Metabolism Support

Metabolism Support contains chromium, which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. Key ingredients include Svetol®, green coffee bean extract, green tea, natural caffeine, and an Arbonne Proprietary Herbal Blend.

60 tablets
#2618; £49

Set Special

Arbonne Evolution Set

Start off your weight management regime right with this dynamic duo. Save 10% when you buy Metabolism Support and Full Control. **#6121 ; £93**

My Evolution

Arbonne conducted a 90 day home use test with participants using Arbonne Essentials Meal Replacement Shakes along with Metabolism Support and Full Control. Below are the incredible stories from two study participants.

"The stress at work left me feeling entitled to a lot of comfort food and wine at the end of my day. Wow! I forgot how good being healthy feels! Metabolism Support and Full Control were so easy to incorporate into my day, and they made a huge difference in how I feel."

Pennie Hawks

Arbonne Independent Consultant
Executive Area Manager

"I love these new products. Full Control helps support my weight management so I have the control to eat healthy food instead of junk to properly fuel my body. I am finally excited about how I look in a swimsuit again."

Melanie Billingsley

Arbonne Independent Consultant
Area Manager

Visit arbonne.com to watch inspiring videos and testimonials of accomplishments from our Arbonne Independent Consultants and see how Arbonne Evolution™ and Arbonne Essentials® products helped them achieve healthy living and a happier life.

Download the Arbonne Evolution Weight Management System Guide to submit your own success story and share your Evolution with the rest of the Arbonne family.

Getting Started

Healthy Living at a Glance

STEP 1

Eliminate common allergies and non-healthy ingredients.

- Wheat/gluten
- Dairy
- Refined sugar
- Alcohol
- Soy
- Corn

STEP 2

Eat regular, healthy meals throughout the day.

1. Morning: healthy meal/shake
2. Lunch: healthy meal
3. Dinner: healthy meal/shake

NOTE: It's best to eat all meals before 7 p.m.

STEP 3

Eat in the proper portions.

- Veggies
- Protein
- Complex carbs
- Fats

FILLING YOUR PLATE

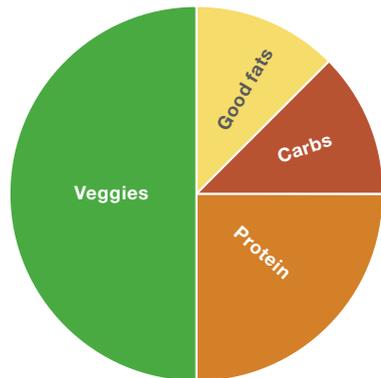
Veggies: 1/2 of your plate with greens like kale, chard, mustard greens, spinach, broccoli, asparagus

Lean Protein: 1/4 of your plate with organic tofu, legumes, lentils and if you eat meat, wild fish, chicken or turkey

Complex Carbs: 1/8 of your plate with brown rice, quinoa, beetroots, sweet potatoes, carrots or millet

Good Fats: 1/8 of your plate with seeds, nuts, nut butters, nut oils, olive oil, avocado, flax, grape seed oil, coconut oil

NOTE: Use Digestion Plus (*Bacillus coagulans*, Fructooligosaccharides and enzymes) for optimal health and wellness.



WHEAT / GLUTEN

Remove:

- Pasta
- White rice
- Bread
- Cereal

Replace with:

- Brown rice
- Quinoa
- Amaranth
- Brown rice pasta
- Spaghetti squash

DAIRY

Remove:

- Milk
- Cheese
- Yogurt
- Butter

Replace with:

- Almond milk
- Rice milk
- Coconut milk
- Nutritional yeast

PROCESSED FOOD

Remove:

- Boxed and packaged food
- Pre-manufactured food
- Fast food
- Frozen dinners

Replace with:

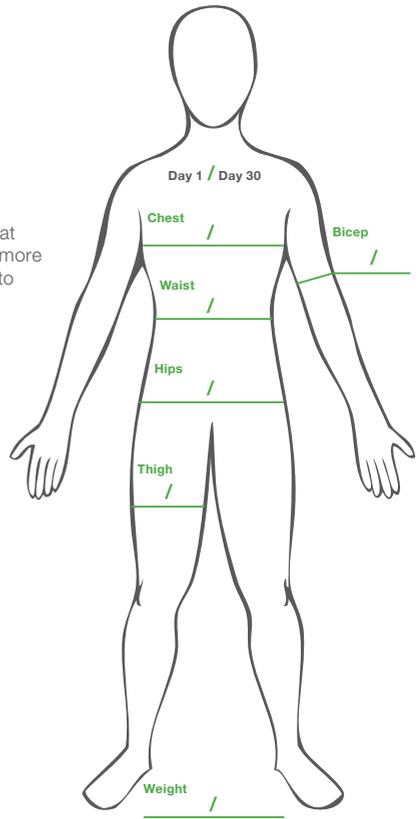
- Locally grown, seasonally available fruits and veggies
- If you eat meat:
Free range, grass fed, hormone free meats

Your Profile

Establish your “Why?” and write it down: If you just want to feel healthier or have more energy each day for work or recreation, write that down. If you simply feel that you want to improve your lifestyle, eat better and start making healthier choices, then write that down. The more specific you can be about your goals now the better you will be able to track your progress during the next 30 days.

Insert before picture

Insert after picture



Contact Information

Name _____
 Arbonne ID _____
 Email _____
 Phone _____

Chest — Measure around the largest part of your chest.

Bicep — Measure midway between the top of your shoulder and elbow.

Waist — Measure approximately one inch above your belly button.

Hips — Measure around the largest part of your buttocks with your heels together.

Thigh — Stand with your legs slightly apart. Measure your upper leg where the circumference is largest.

Starting Info

(Complete on Day 1)

Why are you starting this plan today?

What does being fit mean to you?

How do you feel today?

How do you want to feel in 30 days?

Ending Info

(Complete on Day 30)

Did you accomplish your goal(s)?

Do you feel more fit?

How do you feel overall?

Setting Goals

Understanding what your goals are is one of the things that will help you to take the necessary action to work toward those goals. Imagine goals as being a target; without a target you have nothing to aim at. Below is an area for you to list your goals:

Goal #1

Why is this important?

Goal #2

Why is this important?

Goal #3

Why is this important?

What do you need to do to achieve your goals?

Goal #1

Goal #2

Goal #3

Name a few obstacles to achieving these goals:

Goal #1

Obstacle

How will you overcome it?

Goal #2

Obstacle

How will you overcome it?

Goal #3

Obstacle

How will you overcome it?

List a few changes/short term goals that will start you off:

1.

2.

3.

4.

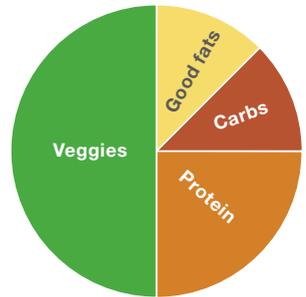
5.

Helpful Hints

- 1. Stay Hydrated** — Water is critical for optimal physiologic function and healthy living. Dehydration can have many negative side effects and leave you feeling less than ideal. Drinking plenty of water is also essential for processing nutrients and maintaining a proper fluid balance. A good rule of thumb is to drink half your body weight in water per day. For example, if you weigh 120 pounds, you should drink at least 60 ounces of water per day.
- 2. Slow Down** — It takes time for the brain to tell the body that it's full, so when you eat quickly you may overeat and not even realise it. Slow down and listen to when your body says it's full. Listening to this will help you reduce your calorific intake and will help support weight management. Additionally, eating food slower will help support proper digestion.
- 3. Avoid Refined Sugar** — Fizzy drinks and sweetened beverages can have anywhere from 17–50+ grams of sugar per can/bottle. This can have a negative impact on blood sugar levels, can lead to a sugar crash, and sugars when over consumed can be converted to fat and stored in the body. Many health professionals lay some of the blame for the high incidence of diabetes and obesity to over consumption of fizzy drinks and sugary snacks. Also look for natural sweeteners like stevia, and unrefined sugar cane. Stay away from high fructose corn syrup, and high sugar foods and beverages.
- 4. Snack Healthy** — While we recommend avoiding snacking in the first 30 days, we know it can be difficult to avoid at times, so when snacking it's important to make healthy decisions. Foods with no nutrient value only deliver sodium, fats, carbohydrates and empty calories. Get used to choosing fruits, nuts and vegetables for snacks.
NOTE: See p. 16 for healthy snack recommendations.
- 5. Exercise** — Light activity is good for you. Just 30 minutes of raising your heart rate even a little will support your weight management goals, give you more energy, and help you enjoy life a little more. Exercise doesn't have to be strenuous; it just has to elevate your heart rate for a sustained period of time, so choose an exercise that fits your activity level. Take a walk around your neighbourhood or jog at a local park. Either way, you're supporting a healthier lifestyle, and your efforts will be rewarded.
- 6. Get Some Rest** — Sleeping is a time when the body repairs and restores itself; many different processes are at work during sleep that are not happening when you are awake. Not enough sleep can result in low energy and a less positive outlook when it comes to everyday life. Be sure you get the right amount of sleep to help you feel rested, energetic and clear headed. Remember, this is not a plan of perfection; this is a way to support healthy living.
- 7. Track Your Work** — Many individuals benefit from being more engaged in their fitness goals. This manual delivers the tools you need to track your progress. Changes can happen slowly and may not even be noticed because of the gradual progression. Track day to day efforts so you can see how you are building toward your goal. Many find it helpful to find a friend or a coach to help keep them on track.

Suggested Meal Plan

Filling Your Plate



MONDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Greens Balance
- Herbal Infusion Blend

TUESDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Greens Balance
- Herbal Infusion Blend

WEDNESDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with Digestion Plus
- Healthy lunch with Greens Balance
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Herbal Infusion Blend

THURSDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with Digestion Plus
- Healthy lunch with Greens Balance
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Herbal Infusion Blend

FRIDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch with Digestion Plus
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Greens Balance
- Herbal Infusion Blend

SATURDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with Digestion Plus
- Herbal Infusion Blend
- Healthy lunch
- Energy Fizz Sticks
- 30 minutes of activity
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Greens Balance

SUNDAY

- Healthy breakfast and/or Meal Replacement or Protein Shake with a scoop of Daily Fibre Boost
- 30 minutes of activity
- Healthy lunch
- Energy Fizz Sticks
- Healthy dinner and/or Meal Replacement or Protein Shake with a scoop of Greens Balance
- Herbal Infusion Blend

For recommendations on healthy meals for breakfast, lunch and dinner, please go to the [Arbonne Nutrition landing pages at arbonne.com](https://arbonne.com) where you can view delicious recipes.

Supporting Tools & Information

Healthy Food

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. Whole plant foods are more nutrient dense than processed and fast foods, which are typically high in fats, calories, sugars and sodium, and low in beneficial nutrients like vitamins, minerals, protein, fibre and antioxidants. By eliminating processed foods and removing many of the known major allergens and incorporating high amounts of nutrient rich vegetables, fruits and legumes, you can start to live a healthier, happier lifestyle.

POWERFUL FRUITS AND VEGETABLES

Some of the most important nutrients our bodies require come from fruits and vegetables. Fruits and vegetables are a source of vitamins, minerals, protein, fibre, antioxidants and many other unique and powerful nutrients that support a broad range of bodily functions.

COLOURFUL VEGETABLES

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant nutrients called carotenoids. Specific carotenoids like beta-carotene, lutein, zeaxanthin and astaxanthin can have a variety of benefits like supporting vision, improving skin resistance to UV light, and also helping fight free radical damage.

CRUCIFEROUS VEGETABLES

Cruciferous vegetables include cabbage, brussels sprouts, broccoli and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant. These vegetables can also be a source of the omega-3 fatty acid alpha-Linolenic acid (ALA).

DARK LEAFY GREENS

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.

Did You Know?

Arbonne Essentials Greens Balance contains green, red, yellow and blue coloured fruits and vegetables to deliver a broad range of phytonutrients.



LEGUMES — NATURE'S SOURCE OF PLANT PROTEIN

For many vegetarians, getting the right amount of protein can be difficult. Adding legumes like peas, pinto beans, chickpeas, kidney beans and lentils to a meal can be a great way of getting some extra protein in your diet.

Arbonne Essentials® Meal Replacement Shakes deliver 20 grams of plant based protein from peas, rice and cranberry.

BERRIES — ANTIOXIDANTS GALORE!

Berries of all colours and kinds are typically rich sources of antioxidants, which is why you may hear about some of them being referred to as super fruits. It's this ability to fight oxidising free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours. Blueberries and cranberries provide antioxidants as well.



VEGAN PROTEIN

Most people know that meat is a source of protein, but what many may not know is that a great number of plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella or seeds like chia, flax, and hemp, contain protein. Some of the highest sources of plant based protein are legumes like peas, kidney beans, chickpeas and snow peas. Peas are especially high in protein.

Benefits of Plant Based Protein

- Pea and rice together deliver a 100% amino acid score
- Easier on the stomach than animal based proteins
- Pea and rice protein is not a common allergen like many soy and animal based proteins

Vegan Protein Sources

- Arbonne Essentials Meal Replacement Shakes and Protein Shake Powder
- Arbonne Essentials Nutrition Bars
- Legumes — peas, kidney beans, pinto beans
- Nuts and seeds — almonds, cashews, pumpkin seeds, hemp seeds, sesame seeds
- Algae — chlorella, spirulina (nutrient rich blue green algae)

DAIRY

While some make the personal decision to avoid dairy based foods and beverages, others are lactose intolerant or, less commonly, allergic. Intolerance means the body is not able to digest the milk sugar, lactose, which can cause a variety of undesirable side effects. An allergy occurs when the body's immune system is triggered by the consumption of milk.

Others avoid dairy products due to high fat content or because dairy cows may be given growth hormones. There is concern that the hormones are present in the milk consumed, perhaps elevating the risk of certain diseases or even hormonal imbalances.

Dairy Free / Lactose Free Options

- Rice milk
- Coconut milk
- Almond milk
- Lactose free milk
- Hemp milk

Did You Know?

The milk sugar lactose, which is responsible for the negative effects to those with lactose intolerance, is broken down by the enzyme lactase. Lactose intolerance is typically due to a low level of lactase in a person's gastrointestinal tract. Arbonne Essentials Digestion Plus contains lactase to help support the breakdown of lactose and may be of benefit for those with lactose intolerance.

GLUTEN

All Arbonne Essentials and Arbonne Evolution® products are gluten free. Gluten is a protein found in wheat and wheat barley and malts. Many processed foods, sauces, seasonings, flavourings and even beer and liquorice contain gluten.

See p. 17 for more information on foods with and without gluten.

Healthy Snacks & Beverages

Due to the convenience and availability of so many unhealthy foods as snacks, this is an area where many individuals struggle to make the right choices. For the first 30 days, we recommend no snacking. After 30 days, if you need a snack it's important to make the right decisions on what to eat and drink. Fizzy drinks and other sugary drinks can have 17–50+ or more grams of sugar per serving. These kinds of beverages have been associated with increased levels of obesity, diabetes, other health issues, and weight management problems in the UK and all over the world. Long term consumption of sugary drinks can lead to weight gain and even diabetes. Similarly, some junk food snacks deliver high amounts of sugar or fat and sodium with little or no health benefit. Choosing healthy snacks and beverages can make a huge difference in your health. Cutting out sugary drinks and snacks can help you make large strides in your weight management goals.

| Drink | Sugar | Calories |
|--|----------|----------|
| Arbonne Essentials Energy Fizz Sticks | <1 gram | 13 |
| Can of cola | 39 grams | 140 |
| Cup of fruit juice | 21 grams | 112 |
| 473 ml blended coffee beverage | 51 grams | 240 |
| Arbonne Essentials Herbal Infusion Blend (hot/iced) | 0 | 0 |

Healthy Snack Options

- Arbonne Essentials Nutrition Bars
- Celery sticks with almond butter and raisins
- Hummus with raw vegetables
- Raw fruits (low glycemic index) — green apples and berries
- Raw vegetables
- Nuts (unsalted to limit sodium intake)



Healthy Beverage Options

- Arbonne Essentials Herbal Infusion Blend
- Arbonne Essentials Energy Fizz Sticks
- Black, green, white teas (unsweetened)
- Freshly pressed fruit/vegetable juices (no added sodium or sugar)
- Water

Satisfying Hunger With Arbonne Essentials®

Arbonne Essentials Nutrition Bars are a convenient option to satisfy hunger the healthy way.

| | Calories | Fat (g) | Cholesterol (g) | Protein (g) | Fibre (g) | Excellent Extras! |
|----------------------|----------|---------|-----------------|-------------|-----------|--|
| Chocolate Bar | 170 | 4.5 | 0 | 10 | 4 | <ul style="list-style-type: none"> • Organic quinoa • Pumpkin seeds • Gluten free |
| Fruit Bar | 170 | 3.5 | 0 | 10 | 3 | <ul style="list-style-type: none"> • Organic quinoa • Pumpkin seeds • Gluten free |

Healthy Cooking

Even highly nutritious foods can be made unhealthy if cooked improperly. While it's important to make good choices at the store, you should also select ways of cooking your foods that maximise the health benefit of your meal.

- Use olive, coconut, canola or grape seed oil.
- Use fresh herbs to add flavour instead of excess salt.
- Use organic, low or no sodium broths.
- When cooking meats, grill or bake — do not fry.
- Avoid margarine and rich, creamy sauces or salad dressings.

Gluten Free Diet

Allowed Foods

Many healthy and delicious foods are naturally gluten free:

- Beans, seeds, and nuts in their natural, unprocessed form
- If you eat meat — fresh meats, fish and poultry (not breaded, batter coated or marinated)
- Fruits and vegetables

Many grains and starches can be part of a gluten free diet:

- Amaranth
- Arrowroot
- Buckwheat
- Flax
- Gluten free flours (rice, bean)
- Millet
- Quinoa
- Rice
- Sorghum
- Tapioca
- Teff



Healthier Eating

- Follow a regular eating schedule. It will help maintain proper blood sugar levels and can help support better metabolism.
- Don't skip meals. It can have a negative impact on your metabolism.
- Smaller portions are important. We typically eat much more than we need.
- Reducing meal size will reduce calories and fat intake.
- Make the conscious decision to choose healthier options, vegetables, and low fat and low sugar foods.
- Avoid adding salt or sugar to food.

Restricted Foods

Avoid food and drinks containing:

- Barley (malt, malt flavouring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

Avoid unless labeled "gluten free"

In general, avoid the following foods unless they're labeled as gluten free or made with other gluten free grain:

- Beer
- Breads
- Cakes and pies
- Cereals
- Cookies and crackers
- Croutons
- Crisps
- Gravies
- Imitation meat or seafood
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Soups and soup bases
- Vegetables in sauce

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten free.

Adapted from "Gluten free Diet: What's Allowed, What's Not." Mayo Clinic. Mayo Foundation for Medical Education and Research, 20 Dec. 2011. Web. 14 Oct. 2013.

Other Recommended Products

PhytoSport™

In life and in sports, we're always going for first place. Formulated with plant powered ingredients, branched chain amino acids, vitamins, minerals, and electrolytes, PhytoSport products can help you achieve peak performance in sports and exercise. Whether you're a competitive athlete or recreational team player, training with the right nutrients means you're always going to win.

As you begin your 30 Days to Healthy Living and Beyond and make the choice to become more active, PhytoSport provides a simple 3 step system to help support your physical performance.



Every batch of Arbonne PhytoSport products is Certified Drug Free, by the Banned Substances Control Group (BSCG).

Step 1

Prepare & Endure

Be your best from start to finish. Maintaining endurance and energy is crucial to supporting peak physical performance. Prepare & Endure delivers arginine and citrulline, B vitamins and vitamin E.

- Features B vitamins and vitamin E, which contribute to the protection of cells from oxidative stress and help reduce tiredness and fatigue
- Provides simple carbohydrates that can be readily converted into functional energy to help support your physical exercise

#6260; £39



Step 2

Complete Hydration

Drink up. Hydration is critical before, during and after a workout for performance recovery. Complete Hydration delivers a blend of electrolytes to support isotonic balance, and rehydrates cells to promote proper muscle function.

- Delivers electrolytes to support hydration
- Supports isotonic balance
- Contains PhytoSport blend to support energy, physical capacity, performance and joints

#6264; £27



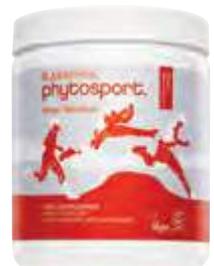
Step 3

After Workout – Add to your Arbonne Essentials® Protein Shakes!

Exercise can be tough. Without a healthy recovery, it can be difficult to bounce back. After Workout delivers an ideal ratio (2:1:1) of branched chain amino acids and magnesium, which contributes to normal muscle function and protein synthesis, along with vitamin B12 to support a reduction of tiredness and fatigue.

- Delivers the ingredients you need to enhance recovery so you can keep going
- Branched chain amino acids leucine, isoleucine and valine help support muscle
- Contributes to normal energy yielding metabolism, reduction of tiredness and fatigue, and normal functioning of the nervous system

#6268; £39



Science of Exercise

For many people following a weight management regime, exercise is the biggest challenge. But exercise doesn't have to be strenuous; it's really just a matter of getting your heart rate up for 30 minutes at a time. Even 15 minutes of increased heart rate can be extremely beneficial. While exercise burns calories, it's also a great way to improve cardiovascular health, increase energy levels, improve your level of happiness, and may also help reduce stress.

CLASSIFICATION OF TOTAL WEEKLY AMOUNTS OF AEROBIC PHYSICAL ACTIVITY

| Levels of Physical Activity | Range of Moderate Intensity Minutes a Week | Summary of Overall Health Benefits | Comment |
|-----------------------------|--|------------------------------------|--|
| Inactive | No activity beyond baseline | None | Being inactive is unhealthy. |
| Low | Activity beyond baseline but fewer than 150 minutes a week | Some | Low levels of activity are clearly preferable to an inactive lifestyle. |
| Medium | 150 minutes to 300 minutes a week | Substantial | Activity at the high end of this range has additional and more extensive health benefits than activity at the low end. |
| High | More than 300 minutes a week | Additional | Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits. |

- Inactive is no activity beyond baseline activities of daily living.
- Low activity is activity beyond baseline but fewer than 150 minutes (2 hours and 30 minutes) of moderate intensity physical activity a week or the equivalent amount (75 minutes, or 1 hour and 15 minutes) of vigorous intensity activity.
- Medium activity is 150 minutes to 300 minutes (5 hours) of moderate intensity activity a week (or 75 to 150 minutes of vigorous intensity physical activity a week).
- High activity is more than the equivalent of 300 minutes of moderate intensity physical activity a week.

KEY GUIDELINES FOR ADULTS

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate intensity, or 150 minutes a week of vigorous intensity aerobic physical activity, or an equivalent combination of moderate and vigorous intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also do muscle strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week, as these activities provide additional health benefits.

Source: "2008 Physical Activity Guidelines for Americans." U.S. Department of Health & Human Services Web. 14 Oct. 2013.

Arbonne Essentials® Meal Replacement and Protein Shake Recipes

Hearty Boosted Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 125 ml of almond milk or rice milk
- 1 tablespoon of nuts (healthy fats)
- 12.5 grams cup of frozen berries (for carbohydrates)
- 25–50 grams of frozen spinach or kale
- 266 ml water or ice as desired

Recovery Support Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 125 ml almond milk
- 50 grams of fruit (banana, pineapple or mango)
- 266 ml of water or ice as desired

Almond Butter Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 207 ml water or rice/almond milk
- 4–6 ice cubes
- 1 tablespoon natural almond butter
- ½ fresh or frozen banana

Very Berry Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 207 ml water or rice/almond milk
- 4–6 ice cubes
- 50 grams mixed frozen berries (or substitute with 50 grams of your favourite berry)

Banana & Berry Fruit Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 207 ml water or rice/almond milk
- 4–6 ice cubes
- 50 grams frozen berries
- ½ fresh or frozen banana

Pumpkin Spice Shake

- 2 scoops of Chocolate or Vanilla Meal Replacement or Protein Shake Powder
- 1 scoop of Arbonne Essentials Daily Fibre Boost
- 207 ml water or rice/almond milk
- 4–6 ice cubes
- 2.5 grams pumpkin purée
- Tiny pinch of cinnamon, ginger and nutmeg

Blend ingredients until smooth for all recipes.



Did You Know?

To nutrient charge your Arbonne Essentials Meal Replacement or Protein Shakes, add a scoop of Daily Fibre Boost, Digestion Plus, and Greens Balance.



Carleeta Nelson
Arbonne Independent Consultant
Executive National Vice President



Teri Fischer
Arbonne Independent Consultant
National Vice President



Chris Weiert
Arbonne Independent Consultant
Executive National Vice President
Partnership of Amme & Chris Weiert

30 Days of Motivation

Take one of these cards with you each day to help keep you strong and on track.

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|--|---|--|--|--|
| YOUR NEW TOMORROW STARTS TODAY | SET GOALS: WITHOUT A TARGET YOU HAVE NOTHING TO AIM AT | YOU ARE IN CONTROL OF YOUR FUTURE | HAVE CONFIDENCE YOU MUST BELIEVE IN YOURSELF | IT'S NEVER TOO LATE FOR A NEW DREAM |
| DAY 6 | DAY 7 | DAY 8 | DAY 9 | DAY 10 |
| THE ONLY WAY TO SUCCEED IS TO KEEP TRYING AGAIN & AGAIN | A NEW DAY BRINGS A NEW BEGINNING | NOT BETTER THAN EVERYONE, BETTER THAN THE OLD YOU | YOU CANNOT CONQUER LIFE FROM YOUR COUCH | PLANT OPTIMISM INTO YOUR HEART & SOUL |
| DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| OWN YOUR "NOW" IT'S WHERE YOU LIVE | ELEVATE YOURSELF BY ELEVATING OTHERS | CHANGES DON'T JUST HAPPEN, YOU MAKE THEM HAPPEN | IN ORDER TO CHANGE, YOU MUST BELIEVE YOU CAN | BREAK OUT OF YOUR COMFORT ZONE |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 |
| WORK HARD LEARN MUCH KNOWLEDGE IS STRENGTH | THINK GOOD THOUGHTS ALWAYS BE POSITIVE | YOU ARE SPECIAL YOU ARE POWERFUL | IT'S BETTER TO TRY AND FAIL THAN NOT TRY AT ALL | THE TOUGHER YOUR CHALLENGE, THE BIGGER YOUR WIN |
| DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 |
| THERE IS NEVER A GOOD TIME TO QUIT | APPRECIATE THE PEOPLE AND WORLD AROUND YOU | BE A POSITIVE EXAMPLE FOR OTHERS | KEEP SIGHT OF YOUR GOALS | KEEP PUSHING KEEP WORKING |
| DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |
| THE DIFFERENCE BETWEEN TRY AND TRIUMPH IS A LITTLE "UMPH" | WHAT CAN YOU DO FOR OTHERS IN YOUR COMMUNITY? | SMALL STEPS = A BIG DIFFERENCE | THE FINISH LINE IS JUST THE BEGINNING OF A NEW RACE | BE PROUD OF YOURSELF YOU ARE AMAZING |

Frequently Asked Questions

Q: Can I continue the 30 Days to Healthy Living and Beyond programme beyond 30 days?

A: Yes! Arbonne Essentials® 30 Days to Healthy Living and Beyond is a great way to support overall healthy living. If you could use continued support after the first 30 days, then we encourage you to continue using the products and programme to support overall health and well being for as long as you feel is beneficial to you.

Q: What are the benefits of the plant based protein blend of pea, rice and cranberry?

A: Pea protein is easily digestible, generally considered non-allergenic and delivers a wide range of essential amino acids. Additionally, the arginine content of pea protein is one of the highest of all commercially available proteins.

Q: Why is getting the daily recommended value for fibre important?

A: Fibre is essential for maintaining optimal gastrointestinal health. Considering the importance of having fibre in the diet, we recommend Arbonne Essentials Daily Fibre Boost.

Q: How does boosting my metabolism help me stay fit?

A: Metabolism is essentially the chemical conversion of various dietary elements to energy. Metabolism is carried out through various metabolic pathways in the body, and certain nutrients such as vitamins and minerals help the body metabolise specific dietary nutrients like sugar, fats, etc. Supporting metabolism ultimately results in energy production.

Q: Do I have to exercise to manage weight and improve my health?

A: While modest weight reduction and maintenance can be achieved by changing dietary habits, the best way to get healthy and feel great is to eat healthy and incorporate at least 30 minutes of an exercise that increases your heart rate every day. Exercise does not have to be very strenuous. It can be simply a brisk walk through your neighbourhood.

Q: Can I have my Arbonne Essentials Meal Replacement Shake for all three meals?

A: No, everyone needs a certain amount of calories, fats and other dietary nutrients daily for the body to function optimally. This being the case, everyone should have at least 1–2 healthy meals per day and healthy snacks throughout the day. We recommend a maximum of two Meal Replacement Shakes per day.

Q: Why can't I get all the nutrients I need from food?

A: The Foods Standards Agency recommends adding dietary supplements for optimal health due to the high caloric intake that would be required in order to get all the nutrients needed for optimal daily health. Additionally, because many people have busy lifestyles, it can be difficult to eat in such a way as to ensure consumption of all of the required nutrients. Using dietary supplements can increase the intake of vitamins, minerals, omega-3s and many beneficial botanicals for a healthy lifestyle.

Visit [arbonne.com](https://www.arbonne.com) for more FAQ and additional Arbonne nutrition product information.

