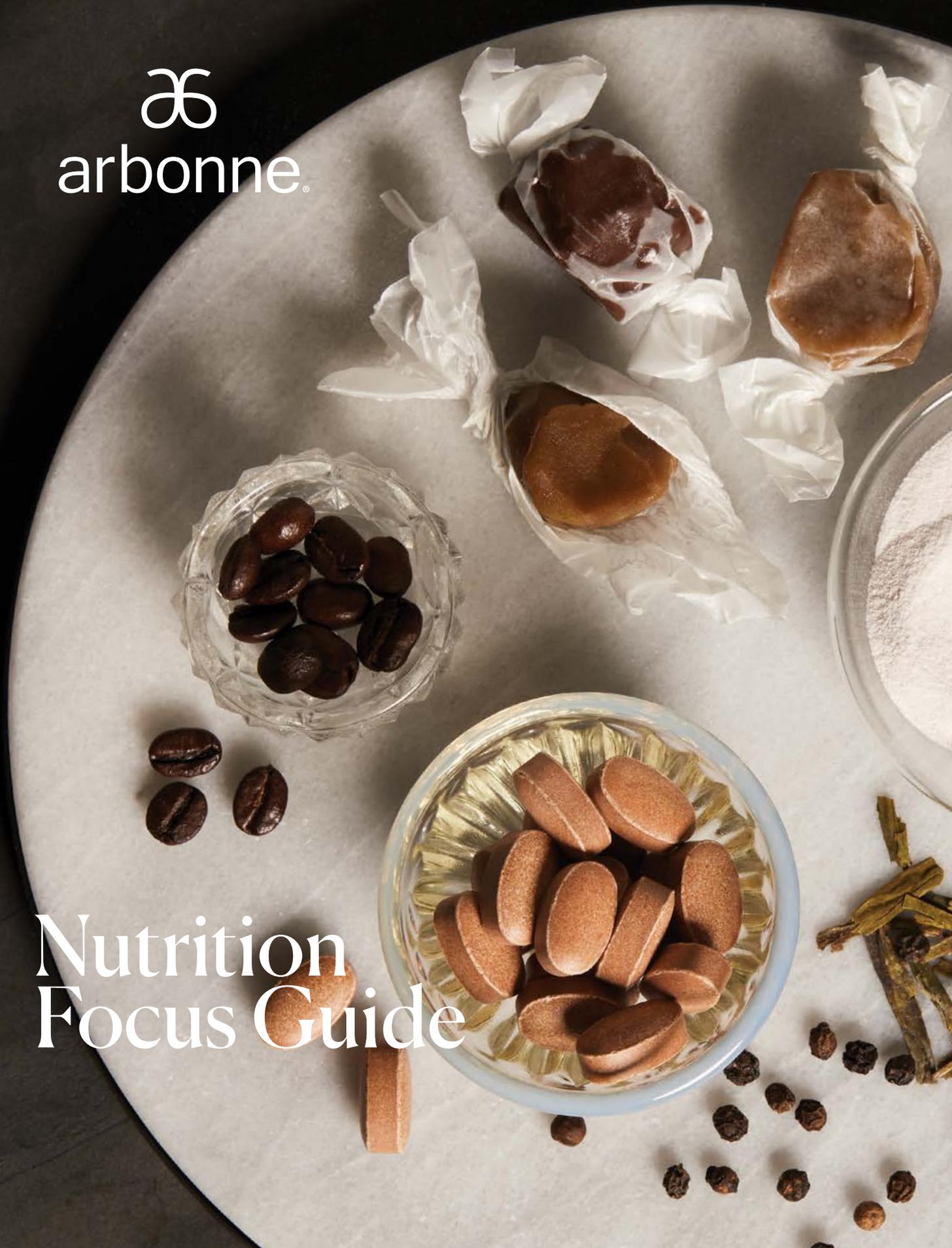


æ  
arbonne®

# Nutrition Focus Guide



# Live Healthy, Live Happy

Your body works as a system where every function is connected, and diet and nutrition play a large role in how you feel on the inside and how you look on the outside. Healthy living is about making the right choices every day. Having more vitality and balance can start with making a few small changes in your daily habits. A diet high in fruits and vegetables, whole grains, lean or vegan protein, and adequate water intake — plus antioxidants, vitamins, minerals, and other nutrients — can help support healthy-looking skin and overall wellbeing. Don't forget to focus on the whole body — MIND, BODY, and SKIN — by managing cravings, prioritizing physical activity, getting quality sleep, managing stress and supporting gut health.



# NUTRITION FUELS YOUR BODY

Learning how to fuel your body is the first step of choosing your healthy eating habits. Each person's diet is unique to their needs, allergies, or preferences, but all meals need a balance of protein, carbohydrates, and fats – also known as your macronutrients. Here are a few ways to fuel your body with nutrient-rich foods that support a healthy lifestyle.

## WHOLE FOODS INCLUDING LOTS OF FRUITS AND VEGETABLES

Whenever possible, choose whole foods. Whole-plant foods are more nutrient dense than processed or fast foods. Fast foods are typically high in saturated fat, calories, sugar, and sodium, while they are low in beneficial nutrients like vitamins, minerals, protein, fibre, and unsaturated fat. Some of the most important nutrients our bodies require can be found in fruits and vegetables. They are a source of vitamins, minerals, protein, fibre, water, and many other nutrients that support a broad range of bodily functions.

## VEGAN PROTEINS

Many plant foods such as brown rice, cranberries, and even algae such as chlorella, or seeds like chia, flax and hemp, contain protein. Some of the best sources of plant-based protein are legumes like peas, kidney beans, chickpeas, and snow peas.\*

## COLOURFUL VEGETABLES

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant compounds called carotenoids. Specific carotenoids, like beta-carotene, lutein, zeaxanthin, and astaxanthin, have antioxidant activity that helps protect cells against oxidative damage from free radicals and lutein and beta-carotene helps support eye health.

## 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.

\*Peas are legumes. People with allergies to legumes such as peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy.





## **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 form red blood cells and help in their proper function.

## **BERRIES**

Berries of all colours and kinds are typically a good source of antioxidant vitamin C, which is why you may hear about some of them being referred to as superfruits. It's this ability to help protect cells against the oxidative damage caused by free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, blueberries, cranberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours.

## **BENEFICIAL CARBOHYDRATES**

Carbohydrates help give your brain and body energy. It is important you choose complex carbohydrates that provide additional nutritional benefits. Examples of beneficial carbs include sweet potatoes, legumes, quinoa, amaranth, and millet.



## **BENEFICIAL FATS**

You need fat to help you absorb certain nutrients, such as fat-soluble vitamins (vitamins A, D, E, and K), and antioxidants like lycopene and beta-carotene. Fat is important in giving your cells structure. Omega-3, a type of poly-unsaturated fat, is important for nerve, brain and heart function.

## **PROBIOTICS & PREBIOTICS**

Research shows how important gut health is to your overall wellbeing. Probiotics deliver beneficial bacteria to help support your digestive tract, while prebiotics help feed probiotics to keep them active so they can function at their best.



## *The Arbonne Difference*

Plant-powered, nutrient-rich products developed in partnership with experts and validated by science to support a holistic approach to healthy living. MIND. BODY. SKIN.™

# OUR PRODUCT PHILOSOPHY

Our holistic approach is comprised of the four key factors listed below and rooted in clinical science. These pillars set us apart from the competition.

## FORMULATED WITH PLANT-BASED INGREDIENTS



All of our formulations start by picking the right botanical that provides functional benefits. We blend these ingredients with the best of science and seek third-party verification of our research.

## CO-DEVELOPED WITH EXPERTS



We collaborate with leading experts in integrative medicine and holistic health. Our Scientific Advisory Board brings their guidance and expertise to our portfolio and education.

## CLEAN STANDARDS



Our products are formulated vegan, cruelty-free, and without gluten. We abide by a stringent Ingredient Policy that prohibits over 2,000 ingredients.

## SCIENTIFIC RIGOUR



We evaluate our product formulations for safety and efficacy. We continually work to leverage the latest innovations in science and research.



Certifications may vary by product.

Arbonne nutrition products are formulated without gluten-containing ingredients. Cross-contamination may occur during harvesting and/or the manufacturing process. For the gluten-free certification status of your product, check the product label.

# ARBONNE HAS ALWAYS BEEN ABOUT HEALTHY LIVING

The core values that our founder, Petter Mørck, established 40 years ago are now more relevant than ever, as the whole wellness industry is talking about concepts like cellular beauty, collagen support, plant-based nutrition, mindfulness, the microbiome, and more.

Today, we're on a journey to help everyone embrace a holistic approach to beauty, health and overall wellbeing. We are focusing on the whole person to help everyone flourish from the inside out – Mind, Body and Skin!

It's all connected, and Arbonne's nutrition products help nourish the body, support a balanced mindset, and promote healthier-looking skin from the inside out.



# 30 DAYS TO HEALTHY LIVING PRODUCT SET

## FEELFIT PEA PROTEIN SHAKE

Enjoy 20 g of clean vegan protein to help build and repair body tissues. Available in Chocolate or Vanilla flavours.

## ENERGYFIZZ GINSENG ENERGY FIZZ STICKS

Help temporarily promote alertness, relieve fatigue, promote endurance and enhance motor performance with a blend of ginseng, guarana and green tea.

## CLEANTOX HERBAL TEA

Take care of yourself and focus on healthy living with an herbal blend that helps support healthy living from the inside out.

## GUTHEALTH DIGESTION & MICROBIOME SUPPORT

Support your gut health every day with enzymes and 3 billion CFU of probiotics. Enjoy once per day, with first bite of food/meal. For maximum product efficacy, do not use with hot water.





## Customize Your Set

### CLEANTOX GENTLE CLEANSE

Help support liver function with this cleanse gentle enough for daily use.

### BEWELL SUPERFOOD GREENS

Balance your diet with a scoop of SuperFood Greens which contains a blend of 36 fruit and vegetables in each serving.

### GUTHEALTH PREBIOTIC FIBRE

Boost your fibre intake with 12 g in each scoop to help keep things moving. With fruit, vegetable, and chicory root fibre, to help support beneficial intestinal bacteria.



# 30 DAYS TO HEALTHY LIVING SUPPORTS:

- Establishing healthy habits that fuel your body
- Learning to tune into the messages your body is sending to help you understand how to eat and drink more intuitively, optimizing how you look and feel





## SUPPLEMENTING FOR YOUR NEEDS

Healthy living doesn't require deprivation, hunger, eliminating the foods you love, or pushing your body to unhealthy limits. It's about finding balance between your life's physical, emotional, nutritional, and motivational elements. Once you've found the right balance in your lifestyle, it's important to know how to cater to your specific needs. You may need to supplement specific vitamins, include healthy snacks (or not!), incorporate added fibre or antioxidants and maybe even supplement for sleep or calming support.

# SUPPLEMENTING FOR YOUR NEEDS

*Check out individual Meet the Product Sheets for more information about additional Arbonne nutrition products:*

- BeWell Vegan Omega-3
- FeelFit Chews
- FeelFit Pea Protein Snack Bar
- FeelFit Appetite Control
- GutHealth Prebiotic Fibre
- SleepWell Vegan Melatonin Spray
- SuperBoost Antioxidant Shot
- InnerCalm Adaptogenic De-Stress Powder
- SkinElixir Collagen Support
- MindHealth Focus Super Powder
- FeelFit Metabolism Support
- BeWell Daily Multivitamin & Mineral





# SPORTS NUTRITION

Every category of nutrition is important for overall health, but according to the National Academy of Sports Medicine, carbohydrates, protein and fluids are the three key aspects of nutrition to focus on before, during and after strenuous activity.



## CARBOHYDRATES:

Carbohydrates are the most important source of energy for athletes. They provide the energy that fuels muscle contractions. Once they are consumed, carbohydrates break down into smaller sugars or glucose that is absorbed by the body and used as energy.



## PROTEIN:

Protein consists of amino acids that combine to make muscles, bone, tendons, skin, hair, and other body tissues. Essential amino acids must be obtained from diet; therefore, it's important to consume adequate amounts of high-quality protein. Athletes need protein to repair and rebuild muscle that gets broken down during exercise and to help with carbohydrate metabolism. Branched-chain amino acids – like leucine, isoleucine and valine – help support muscle repair.

## FLUIDS:

Keeping your body hydrated is essential for everyone. Water is the most important nutrient and has many critical functions, including regulating temperature, lubricating joints and transporting nutrients as well as waste throughout the body. Staying hydrated is especially important during exercise to ensure comfort, performance and good health. The longer and more intense the exercise, the more important it is to drink the right kind of fluids.



## *A Note On Electrolytes!*

Electrolytes regulate muscle and nerve function, hydration, blood pressure, and help with the rebuilding of body tissue. Our electrolyte levels can fluctuate when the water levels in the body change. Sodium and potassium are needed to help replace sweat-related electrolyte losses. Other electrolytes, such as calcium, magnesium, chloride, and phosphorus help maintain the acid-base balance in the body and support muscle, nerve and cardiac function.

The Arbonne TrueSport products have been designed to deliver a competitive edge to athletes and amateur activity enthusiasts.



Visit The Source for additional training and individual Meet the Product Sheets.



2020R01 02  
©2020 ARBONNE INTERNATIONAL, LLC  
ALL RIGHTS RESERVED. | ARBONNE.COM