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Nutrition Focus Guide





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 powerful nutrients that support a broad range of bodily functions.

VEGAN PROTEINS

Many 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 best sources of plant based protein are legumes like peas, kidney beans, chickpeas, and mange tout.*

COLOURFUL VEGETABLES

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial compounds called carotenoids. Specific carotenoids, like beta-carotene, lutein, zeaxanthin, and astaxanthin, can have a variety of benefits like supporting vision 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.

*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 the maintenance of bone health, and iron to help support normal formation of red blood cells.

BERRIES

Berries of all colours and kinds are typically rich sources of nutrients such as vitamin C, which is why you may hear about some of them being referred to as superfruits. Vitamin C contributes to the protection of cells from oxidative stress.. Nutrients 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 nutrients like lycopene and beta-carotene. Fat is important in giving your cells structure. Omega-3, a type of poly-unsaturated fat, is important for normal heart function.

BENEFICIAL BACTERIA AND INULIN

Research shows how important gut health helps support your overall wellbeing. Beneficial bacteria are microorganisms that help support your digestive tract, while ingredients like inulin help feed these microorganisms 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.

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.

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.

SCIENTIFIC RIGOR



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 for the maintenance of muscle mass, especially when blended with your favourite non-dairy milk, healthy fats, and even berries. Available in Chocolate or Vanilla flavours.

ENERGYFIZZ GINSENG ENERGY FIZZ STICKS

Support energy with a blend of ginseng, guarana and green tea. Available in Strawberry, Pomegranate or Citrus flavour. Enjoy up to three stick packs each day.

CLEANTOX HERBAL INFUSION BLEND

Take care of yourself and focus on healthy living with an herbal infusion blend.

GUTHEALTH DIGESTION & MICROBIOME SUPPORT

Support your gut health every day with enzymes, botanicals and 3 billion CFU of *Bacillus coagulans*. Enjoy once per day, with or without food. For maximum product efficacy, do not use with hot water.





Customise Your Set

CLEANTOX GENTLE CLEANSE

Reset with a cleanse with choline that contributes to the maintenance of the normal liver function. Gentle enough to use daily.

BEWELL SUPERFOOD GREENS

Balance your diet with a whole serving of vegetables in every scoop. Enjoy up to one scoop per day.

GUTHEALTH FIBRE SUPPORT

Boost your fibre intake with 12 g in each scoop to help keep things moving. Everyone's body is different. Initially, you may find a gradual increase helps your digestive system adjust more comfortably. Start with $\frac{1}{4}$ - $\frac{1}{2}$ scoop per day and slowly increase to a full serving as your body adjusts.

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, optimising 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 and maybe even supplement for calming.

SUPPLEMENTING FOR YOUR NEEDS

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

- FeelFit Pea Protein Snack Bar
- FeelFit Appetite Control
- SuperBoost Vitamin & Mineral Shot
- InnerCalm Powder with Ashwagadha and Saffron
- SkinElixir Collagen Builder
- 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, and sodium also helps stimulate thirst. Other electrolytes, such as calcium, magnesium, chloride, and phosphorus help support muscle, and electrolyte balance.

The Arbonne TrueSport 3 step collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can help support athletic performance, and your efforts, to increase endurance and build confidence in the body's natural abilities.



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



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