# ARBONNE

## Inside & Out with 30 Days to Healthy Living & DermResults Advanced & DermResults Glow

## Our Mission

## We empower people to flourish with sustainable healthy living.

## The Arbonne Promise

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As a company, Arbonne has been driving the healthy living movement forward for over 40 years, creating positive change within the health & wellness industry, within our customers' and consultants' lives, and for the environment. We began by leading the clean beauty movement in 1980 and have continued to evolve and lead as healthy and wellness has become an integral part of our everyday lives.

While some things change, our standards haven't. Throughout the years, Arbonne has been committed to sustainability, and we consider people and the planet in every decision we make. Arbonne is proud to be a Certified B Corporation.

## **Our Ingredient Policy**

We develop each product with meaningful ingredients, continuously raising the standards to find the perfect balance between plant-based, bio-based, and scientifically derived ingredients. We set the standards for our high-quality and effective ingredient policy, and continue to back our formulations with science, clinical research, and third-party certifications.

## **Proud to "B" in Good Company**

Arbonne is proud to be a Certified B Corporation. B Corporations are businesses that meet the highest standards of verified social and environmental performance, public transparency and legal accountability to balance profit and purpose.

B Corps are accelerating a global culture shift to redefine success in business and build a more inclusive and sustainable economy.

Arbonne has set its sights on not being the best company IN the world, but the best FOR the world.

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\*Botanicals in Herbal Detox Tea may have been exposed to gluten in the growing fields.





## **OUR APPROACH**

## MIND

Enhance positive mindset, reduce stress, and improve mental agility

## BODY

Improve the body's nutrition and gut-health to support overall wellbeing

## SKIN

Enhance the appearance of healthy-looking skin at every age

## The Scoop on Arbonne's 30 Days to Healthy Living Program ັ

The 30 Days to Healthy Living Program is designed to act as a RESET to establishing healthy habits and a healthy lifestyle so you can get more energy, manage weight, and feel fit with clean, vegan nutrition.

It helps you identify how to use food as fuel for the body to optimize how you look and feel, inside and out. It will help you to identify foods you are eating that might not be serving your body well while you focus on adding nutrient-dense, plantbased whole foods.

## **5** Areas of Focus for **30** Days

## 1. 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 supplements can help support your body's ability to function the way it was designed to work.

#### 2. 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 colors, flavors, and sweeteners that don't support your overall wellbeing.

#### **3. 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.

## 5 Areas of Focus for 30 Days

### **4. 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.

#### **5. CHOOSE YOUR SUPPLEMENTS 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, gluten-free 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 æ

#### STEER CLEAR

Avoid these foods that are not beneficial while following the 30-day program:

Artificial sweeteners

in ounces of water.

- (e.g., sucralose and aspartame)
- Alcohol
- Coffee
- Dairv
- · Wheat- and gluten-containing foods

DRINK PLENTY OF WATER

To help keep hydrated and support normal

bodily functions, including digestion, try to drink at least half of your body weight (lbs.) each day

• Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)

#### EAT EVERY 4 HOURS

Choose a shake to supplement the foods you eat once or twice per day when it's prepared as described below. A shake made on its own with just water and no additional foods may be consumed as a dietary supplement and is not a substitute for a full meal

#### LISTEN TO YOUR BODY

Get moving and be active, rest well by getting enough good quality sleep, be mindful of your "why" behind starting the program, track your goals and progress, and gain a community of Arbonne Independent Consultants and Preferred Clients to keep you accountable to your goals.

PLAN YOUR PLATE

to help maintain energy.

Eat a balanced plate of vegetables, lean protein, nutrient-rich carbs, and healthy fats for one (or

two!) meals. Include healthy snacks as needed

## Experience the Wins

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#### 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 LIVING SETS BY A mome

CleanTo

30 Days to Healthy Living Set SKU 1429 US PC Price - \$304.800

## 30 Days to Healthy Living Set With EssentialMeal Meal Replacement Shake SKU 1229 US



PC Price - \$316.80 IC Price- \$264.00



Healthy Habits Set with EssentialMeal Meal Replacement Shake SKU 1103 US PC Price - \$174.40 IC Price- \$141.70



IC Price- \$254.00

PC Price - \$167.20 IC Price- \$135.85



## HEALTHY LIVING SETS BY Alpowe



30 Days to Healthy Living Set SKU 1429 CA PC Price - \$364 IC Price- \$303.00 <text>

PC Price - \$196.00 IC Price- \$159.25

Canada



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## **30 DAYS TO HEALTHY LIVING SET**

## INCLUDES:

- FeelFit Pea Protein Shake (2)
- EnergyFizz Ginseng Fizz Sticks (2)
- CleanTox Herbal Detox Tea (2)
- GutHealth Gut & Microbiome Support

## CHOOSE TWO:

- CleanTox Gentle Cleanse
- BeWell Superfood Greens
- · GutHealth Prebiotic Fiber

## What's Included....



30 Days to Healthy Living Set With EssentialMeal Meal Replacement Shake

#### SELECT 2 BAGS OF ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKES



EssentialMeal Meal Replacement Protein Shake - Chocolate Flavor #2929 US



EssentialMeal Meal Replacement Protein Shake - Vanilla Flavor #2930 US

#### INCLUDED



GutHealth Digestion & Microbiome Support #2063 US



CleanTox Herbal Detox Tea #2076 US



CleanTox Herbal Detox Tea #2076 US

#### FREE BOOKLET



30 Days to Healthy Living Pamphlet (English) #9001 US



30 Days to Healthy Living Pamphlet (Spanish) #9002 US

#### SELECT 2



CleanTox Gentle Cleanse #6103 US



GutHealth Prebiotic Fiber #2075 US



BeWell¢ Superfood Greens #6232 US

InnerCalm Adaptogenic De-Stress Powder #6088 US

#### SELECT 2 BOXES OF ENERGYFIZZ GINSENG FIZZ STICKS



EnergyFizz Ginseng Fizz Sticks -Strawberry Flavor #2111 US



Ginseng EnergyFizz Sticks - Blood Orange Flavor #2113 US



EnergyFizz Ginseng Fizz Sticks -Pomegranate Flavor #2079 US



EnergyFizz Ginseng Fizz Sticks -Pineapple Flavor #2078 US



EnergyFizz Ginseng Fizz Sticks - Mango Peach Flavor #2056 US



EnergyFizz Ginseng Fizz Sticks -Watermelon Flavor #2112 US



EnergyFizz Ginseng Fizz Sticks -Blackberry Flavor #2109 US



EnergyFizz Ginseng Fizz Stic Raspberry Flavor #2108 US









## **GREAT SKIN STARTS FROM WITHIN**

- Your body works as a system where every function is connected
- Diet and nutrition play a huge role in how you feel and look
- The skin is the body's largest organ and needs to be nourished from the inside out with a balanced diet, plus supplement support

## DermResults Advanced 5-Step Regimen

SKU 3920 PC Price \$267.20 IC Price \$217.10



## **DermResults Glow 5- Step Regimen**



SKU 4361 PC Price \$295.200 IC Price \$239.85

## Skincare by Arbonne

## DermResults Advanced 3-Step Starter Regimen

SKU 3921 PC Price \$165.60 IC Price \$134.55



#### **DermResults Glow 3-Step Starter Regimen**



SKU 4361 PC Price \$193.60 IC Price \$157.30

## DermResults Advanced 5-Step Regimen



SKU 3920 PC Price \$355.20 IC Price \$288.60

### **DermResults Glow 5- Step Regimen**



SKU 4360 PC Price \$380.80 IC Price \$309.40

## DermResults Advanced 3-Step Starter Regimen



SKU 3921 PC Price \$222.40 IC Price \$180.70

### DermResults Glow 3-Step Starter Regimen



SKU 4361 PC Price \$251.20 IC Price \$204.10

Canada

**Skincare by Arbonne** 

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Choose 2:

BeWell Superiood Greens

GutHealth Probiotic Fiber

Jou Choose ....

## Go All In....

This flyer has been produced by Valerie Edwards, an Arbonne independent Consultant, and has not been prepared or provided by Arbonne.

SKU 1229 US



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## with a Starter Kit..

## **Specials**

#### Consultant

- · \$99 enrollment fee and choose between free Pomegranate Fizz or DermResults Glow Cream
- 50% discount on Nutrition Set
- Orders over 250 QV at enrollment choose 1 item from free product list
- · Receive 35% discount on all orders for 1 year
- · Opportunity to earn commissions & overrides on products sold
- . Free Shipping on orders 500 QV or more

#### DermResults Advanced 5-Step Regimen

#### Comes with:

• 1x Cleansing Balm 1x Toning Essence 1x Serum

 1x Moisturizer 1x Eye Cream

SKU 1429 CA

1x Large Travel Bag

Consultant | VALUE \$444 OV 334

SKU 3920 CA

\$288.60 \* Enrollment lee shipping & tax

Preferred Client \$355.20 \* Forolinent See & tax

OV 369 SKU 4360 CA

Preferred Client

· Choose 1 item from Free Product Gift List with a \$300 sign up

order & additional free product offers throughout the year with

DermResults Glow

• \$20 PC enrollment fee

qualifying orders

· 40% discount on Nutrition Set

· 20% off all product orders for 1 year

· Free shipping on orders over \$195

 1x Large Travel Bag Consultant Preferred Client \$309.40 \$380.80 \* Enrollment fee & tax \* Enrolment lee shipping & tax

5-Step Regimen

. 1x Glow Cream with Vitamin C

1x Illuminating Skin Therapy Concentrate

(\*\*)

Comes with: . 1x Smoothing Glow Cleanser

1x Glow Toner

1x Glow Eye Cream

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## 30 Days to Healthy Living Set



Simply1: Vanilla, Chocolate,

Coffee, Strawberry

This flat has been rendered to Voleria Education on Advance independent Propulsions and has not been research to resulted to Advance

Herbal Detox Tea (2)



## Go All IN..



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## with a Starter Kit...

# 4 Ways to Win with Aspome

- 1. Client
- 2. Preferred Client
- 3. Host
- 4. Consultant

