

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 colors, flavors or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardized 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, flavorings and even beer and licorice 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.



Certified



Gluten-Free



Certified



Gluten-Free

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 regimen. 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 range⁹
- Have minimal impact on blood sugar level
- Do not cause a spike in blood sugar

Standardized Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardized 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.

Natural Colors, Flavors 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 flavors and colors in our formulations.

⁹This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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 maximize the health benefit of your meal.

- Use olive, coconut, canola or grape seed oil.
- Use fresh herbs to add flavor 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 flavoring 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
- Candies
- Cereals
- Cookies and crackers
- Croutons
- French fries
- 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.