

# ARBONNE essentiäls™

JUST WHAT EVERY BODY NEEDS

PRODUCT DETAILS. . .ON THE ROAD TO FEELING FIT



## PROTEIN SHAKES

Deliver 20 grams of vegan protein, plus 20 essential vitamins and minerals per serving. Made with a Vegan Protein Blend including pea protein which is one of the most absorbable forms of protein available today. Available in powder and ready on-the-go formulas.

## ENERGY FIZZ TABS



High-energy fizz tabs that help boost and sustain energy. Contains natural ingredients to help control hunger and appetite. Perfect pick-me-up when feeling sluggish throughout the day or during a workout. Just add one tablet to eight ounces of room temperature water and allow the tablet to dissolve completely. Once dissolved, add ice or refrigerate for a refreshing drink.



## HERBAL DETOX TEA

A delicious, mild, decaffeinated herbal tea with 9 botanicals that support the liver and kidneys for overall health. Great way to start your morning without the caffeine or end your day without staying up all night.



## FIT CHEWS

An ideal snack for those on the go, this bite-sized treat helps control craving while keeping energy levels sustained. Contains proprietary blend of ingredients to help support the body when undergoing a new diet or exercise regimen. Enjoy 1 to 2 chews between meals to help control your appetite and deliver a boost of energy.



## DIGESTION PLUS

Provides prebiotics, probiotics and enzymes to help support optimal digestive health. Add 1 stick pack to at least 4 oz. of room temperature or cold liquid and stir until mixed. Take once daily.



## ANTIOXIDANT & IMMUNITY BOOSTER

A delicious drink shot containing natural juices and other known super fruits; infused with powerful antioxidants, immunity and energy ingredients. Drink 1 delicious shot once per day.

FEELING GREAT STARTS HERE. . .

ARBONNE ESSENTIALS can help you accomplish your goals and get you on the path to healthier living with nutrition that's individually targeted to your body's needs.

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## 8 HELPFUL TIPS

1. **Stay hydrated!** Water is vital to healthy living. Drinking plenty of water is essential for processing nutrients and maintaining a proper fluid balance. Ideally, you should have six 8 oz. glasses of water per day.
2. **Slow down!** When feeling very hungry, most people have a tendency to eat too much, too quickly. Be sure to understand portions of veggies, proteins (size of your fist) and grains. Take your time when eating so you can properly digest your food.
3. **Avoid bad sugars!** Stay away from refined sugars that are found in sodas, sweetened teas, coffee creamers and other sweet foods and drinks. Refined sugars, when over-consumed, can be converted to fat and stored in the body.
4. **Give in to little cravings!** If you're feeling hungry in between meals, reach for a Fit Chew or a healthy snack.
5. **Stay on track!** The best way to be successful and reach your overall goal is to keep track of what you're eating and doing each day.
6. **Exercise!** Whether you are trying to lose weight or get more energy, it is important to exercise at least 30 minutes each day.
7. **Get some rest!** Being healthy is not only about what you are eating, but how you are treating your body. It's always good to get at least 7- 8 hours of sleep each night.
8. **Stay strong!** No matter what your goal is, don't get caught up on your day-to-day progress, but look at your weekly progression. The first two weeks are going to be the hardest, but stick with it and stay strong. Keep track of what you are doing and how you feel.

## PROTEIN SHAKE RECIPES

### BANANA & BERRY FRUIT SHAKE

2 scoops Chocolate or Vanilla Protein Shake Mix  
7 oz. water (or almond milk)  
4-6 ice cubes  
1 cup frozen berries  
1/2 peeled banana  
1 scoop non-fat frozen yogurt or low-sugar sorbet  
Blend until smooth

### ORANGE CREAMSICLE SHAKE

2 scoops Vanilla Protein Shake Mix  
7 oz. water (or almond milk)  
4-6 ice cubes  
1 scoop low-sugar orange sorbet  
Blend until smooth



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