



## IS 30 DAYS TO HEALTHY LIVING FOR YOU?

Arbonne is a health and wellness company with more than four decades of history. Our brand philosophy embraces the connection between a healthier mind, stronger body, and beautiful skin. We are a Certified B Corporation™, which means we balance profit with people and the planet. We are committed to sustainability measures by decreasing waste and increasing recycling, while helping people to flourish by being good to themselves, their community, and the planet.

Arbonne products are plant powered and always formulated with clean standards, following a strict ingredient policy that is always cruelty free, vegan, and formulated gluten free with non-GMO ingredients.

*“When I dreamt of Arbonne, I wanted it to be a place where people could flourish.”*

— PETER MØRCK, OUR FOUNDER

### IF YOU KEEP DOING WHAT YOU'RE DOING, HOW WILL YOU FEEL NEXT MONTH OR NEXT YEAR? WHAT IF YOU COULD...

- ▶ Identify how to use food as fuel for the body
- ▶ Optimise how you look and feel, inside and out
- ▶ Tune in to the messages that your body is sending
- ▶ Help support healthy gut function
- ▶ Eat and drink more intuitively, giving your body the nutrients it needs to function optimally

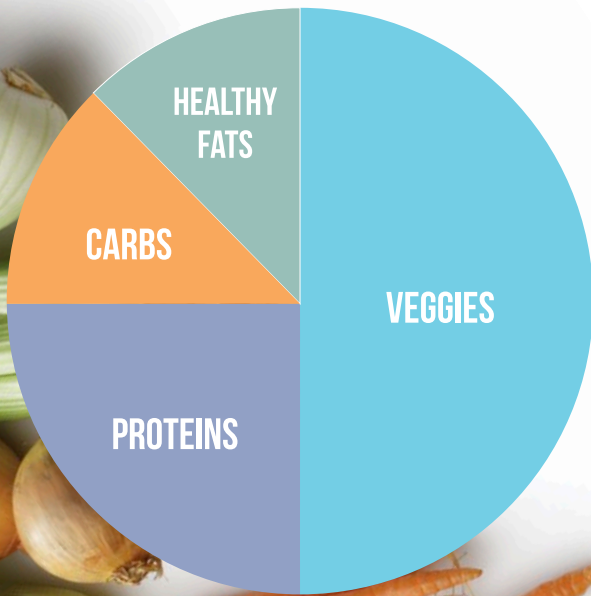
### ARBONNE 30 DAYS TO HEALTHY LIVING

- **RESET:** Establish healthy habits with clean eating, activity, and restful sleep that will become the foundation of a healthy and sustainable lifestyle
- **GUT FUNCTION:** So much of the body's overall wellbeing is controlled by our gut, so supporting this area will help optimise how we feel and look
- **SELF-CARE:** Focus on ways to allow your body time to rest and work to reduce feelings of stress
- **MINDSET:** A positive focus can impact your confidence because when you feel good physically and mentally, you look good too!
- **HEALTHY LOOKING SKIN:** Healthy looking skin starts from within and can be optimised with balanced nutrition, consistent hydration, and a more relaxed mindset



# MEAL PLANNING MADE SIMPLE

Science tells us that people who meal plan consume more fruits and vegetables, have better overall diet quality, and are more likely to consume a healthy variety of nutrients\*



## FILL YOUR PLATE WITH

### VEGETABLES

1/2 of your plate – choose non-starchy options like greens, broccoli, asparagus

### LEAN PROTEINS

1/4 of your plate – choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, beef

### NUTRIENT-RICH CARBS

1/8 of your plate – choose options like brown rice, quinoa, sweet potatoes

### HEALTHY FATS

1/8 of your plate – choose options like seeds and nuts, nut butters or oils, olive oil, avocado



## 30 DAYS TO HEALTHY LIVING SET

### CORE PRODUCTS

- **PEA PROTEIN SHAKE:** 20 grams of vegan protein and 20 vitamins and minerals to help you feel full
- **GINSENG FIZZ STICKS:** A blend of ginseng, guarana and green tea to support energy
- **DIGESTION + MICROBIOME SUPPORT:** Bacillus coagulans, enzymes and 3 billion CFU of probiotics to support healthy digestion every day
- **HERBAL INFUSION BLEND:** A mild caffeine free blend featuring Peppermint and Dandelion.



### CHOOSE 2 TO CUSTOMISE FOR YOUR NEEDS

- **FIBRE SUPPORT:** 12 grams of fibre to help keep things moving
- **GENTLE CLEANSE:** Assists with the gentle cleanse of your system
- **SUPERFOOD GREENS:** A whole serving of fruits and vegetables per scoop



## STEPS TO SUCCESS

- Eliminate foods that potentially are not serving your body well
- Enjoy up to two Arbonne shakes daily, drink water, and eat balanced wholefood based meals
- Get moving
- Practice mindfulness
- Rest consistently
- Track your goals





## 2 WAYS TO GET STARTED

### JOIN AS A PREFERRED CLIENT – £10 FOR ONE YEAR

- 20%-40% product discount every time you shop
- Free shipping on all orders £120 SRP or above (orders below £120 SRP are charged a flat rate shipping fee)

### START YOUR OWN BUSINESS AS AN INDEPENDENT CONSULTANT –£30 TO GET STARTED

- Earn up to a 35% retail commission on your personal product sales to your clients
- Earn up to a 15% retail commission on Preferred Client sales
- There are NO mandatory minimum purchase requirements and NO inventory requirements

**Join today! Ask your Independent Consultant to show you how to get started.**

**Visit [earnings.arbonne.com](https://earnings.arbonne.com) to learn more  
about Independent Consultant Earning Averages.**

**NOTE:**

Remember, there are no guarantees on income, and the success or failure of each Arbonne Independent Consultant, like any business, depends on each Arbonne Independent Consultant's own skills and personal effort. You should not rely on the results of other Arbonne Independent Consultants to indicate what you should expect to earn.

If anyone is experiencing any health concerns, they should consult with their medical professional for guidance prior to using these products or this programme. Arbonne cannot advise or recommend for individual circumstances; only a licensed healthcare provider can provide this guidance. If you are taking medication, pregnant, or breast feeding, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the programme to help them determine any adjustments that you might need to make as your programme is progressing.

\*Storfer-Isser, A. and D. Musher-Eizenman, Measuring parent time scarcity and fatigue as barriers to meal planning and preparation: quantitative scale development. *Journal of Nutrition Education and Behavior*, 2013, 45(2): p. 176-182.

Byrd-Bredbenner, C., J.M. Abbot, and E. Cussler, Mothers of young children cluster into 4 groups based on psychographic food decision influencers. *Nutrition Research*, 2008, 28(8): p. 506-16.

Martin-Biggers, J. and C. Byrd-Bredbenner, *Focus Group Interviews with Parents of 2-5-Year-Old Children*. 2012, Rutgers.



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