



A R B O N N E
S I N C E 1 9 8 0

30 Days To Healthy Living Inside & Out

at Consultant, and is not official material prepared or provided by Arbonne. Arbonne makes not promises or guarantees
will be financially successful as each consultant's results are dependent on his or her own skill and effort.

WHO WE ARE

- **Health and Wellness Brand with over 4 decades of history.**
- **Arbonne is a part of one of the largest clean beauty brands and it is privately owned by Groupe Rocher.**
- **Our Mission is to empower people to flourish with sustainable healthy living. And, we believe that everyone can flourish by being good to themselves, their communities and to the planet.**
- **Arbonne Supports Youth Mental Health with the Flourish Foundation. Empowering youth & promoting mental well – being.**
- **Arbonne takes a holistic approach to wellness with over 300 products that are consumable including nutrition, skincare, cosmetics and bodycare products.**
- **Primarily an online business.**
- **Arbonne is currently in Canada, UK, AUS, US, NZ & Poland. With offices / warehouses in each Country we conduct business in.**

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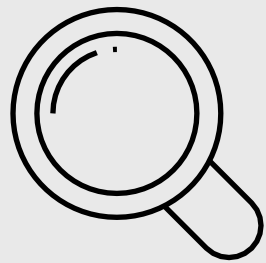
that any Arbonne Independent Consultants will be financially successful as each consultant's results are dependent on his or her own skill and effort.

Arbonne emphasizes the importance of consulting with healthcare professionals before beginning any diet, exercise or weight lost program. They caution that sustained weight loss requires time and personal commitment and results may vary among individuals.



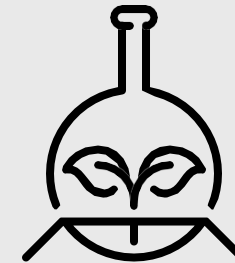
OUR INGREDIENT POLICY

OUR INGREDIENT POLICY ENSURES:



SAFETY

We rigorously monitor safety, working to improve whenever possible by using innovative technology. For us, safety begins with our **NOT ALLOWED List™** which consists of **2,000+ questionable** ingredients that are prohibited from our formulations.



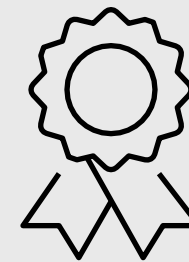
SCIENTIFIC AND CLINICAL RESEARCH

We evaluate our product formulations for efficacy and continually work to leverage the latest innovations in science and clinical research. We are confident that our products live up to their claims and deliver incredible results. We partner with leading professionals in skin and holistic wellness to keep us on the cutting edge of science and innovation.



GLOBAL COMPLIANCE

Arbonne complies with all regional regulatory requirements and laws of each country where our products are distributed. Plus ensuring we uphold industry best practices to guarantee the quality and safety of our products.



CERTIFICATIONS

We've voluntarily taken steps to ensure that our products are third party certified including **vegan, non-GMO, formulated without gluten, and certified cruelty free.**



SAFETY: NOT ALLOWED

Our formulations begin with our Not Allowed List™ of over 2000+ banned ingredients and are backed with science, clinical research, and third-party certifications.

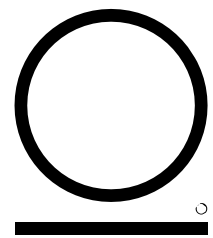
We consider people and the planet in every decision we make.

A global force in sustainable healthy living since 1980.

CERTIFIED B CORP

As a leader in the healthy living movement, Arbonne strives to be not only the best company **IN** the world, but also the best company **FOR** the world.

Certified



Corporation

We are #1
NWM Brand
with this Certification.



WE BELIEVE IN
Healthy
From The Inside Out. . .



I S T H I S Y O U ?

- Low Energy
- Fatigue
- Mood Swings
- Anxiety
- Poor Sleep
- Brain Fog
- Lack of Focus
- Depressed
- Abdominal Bloating
- Excess Weight
- Joint Pain
- Skin Problems
- High Cholesterol
- High Blood Pressure
- PMS
- Migraines





D I D Y O U K N O W ?

**The average Canadian consumes 25
tsps of sugar daily.
(Stats Canada 2020)**

TOP THREE PRODUCTS WHERE SUGAR IS HIDDEN:

- 1. Drinks**
- 2. Condiments and Sauces**
- 3. Processed Foods and Snacks**



T O X I N S A R E E V E R Y W H E R E ...

- Lungs. We ingest them through our lungs in the air we breathe.**
- Skin. We absorb toxins through the products we put on our skin.**
- GI Tract. We ingest them with the foods we eat.**

Some are unavoidable...most are by choice.

**Your body composition is 80%
nutrition and 20% exercise.**

**Y O U C A N ' T O U T
E X E R C I S E Y O U R F O R K !**



THE REASON YOU DON'T FEEL WELL :

Our food chain has changed drastically over the past 50 years becoming increasingly saturated with pesticides, herbicides, antibiotics, hormones, preservatives , artificial colourings and a range of synthetic additives.



“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

- Unkown

WHY ARBONNE NUTRITION?



- Vegan Certified
- Kosher Certified
- Gluten free
- Dairy free
- Soy free
- No artificial colours, flavours or sweeteners
- No cholesterol or trans fats
- No high fructose or corn syrup
- No GMOs
- Low glycemic index
- Plant based nutrition

WHY ARBONNE'S 30 DAY PROGRAM?

FIVE AREAS OF FOCUS

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, also known as protein, fat, and carbs. Avoid refined sugar, alcohol, coffee, and 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.



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 overeating.



5. **Choose Your Supplements Wisely**

Arbonne helps you establish healthy habits for your mind, body, and skin. Formulated with plant-based ingredients and codeveloped 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.



F O R 3 0 D A Y S
E L I M I N A T E :

- Refined sugars
- Artificial sweeteners
- Gluten
- Alcohol
- Coffee
- Dairy
- Corn

ACIDIC. ALLERGENIC. ADDICTIVE FOODS.



I N C O R P O R A T E M O R E :

- **Fruits & Vegetables**
- **Nutrient Rich Carbs**
- **Lean Proteins**
- **Healthy Fats**
- **Whole Foods**
- **Supplements**

CLEAN. WHOLESOME. UNPROCESSED.



30 DAY SAMPLE DAY :

SAMPLE DAY		LEAN & GREEN MEAL	
WAKE UP	GREENS GUT GLOW SHOT (GUT HEALTH, GREENS, ACV, WATER, SKIN ELIXIR AND/OR FIZZ TEA+FIZZ= TIZZY	GREEN VEGGIES <i>1/2 OF YOUR PLATE</i> KALE, CHARD, MUSTARD GREENS, SPINACH, BROCCOLI, ASPARAGUS, BRUSSEL SPROUTS	
BREAKFAST	PROTEIN SHAKE		
SNACK	EXAMPLES: VEGGIES & HUMMUS, GREEN APPLE, BROWN RICE CAKE W/ALMOND BUTTER	LEAN PROTEIN <i>1/4 OF YOUR PLATE</i> WILD FISH, CHICKEN, TURKEY, GRASS-FED BEEF, BEANS OR LENTILS	
LUNCH	BALANCED SHAKE -OR- LEAN & GREEN MEAL	GOOD CARBS <i>1/8 OF YOUR PLATE</i> BROWN RICE, SWEET POTATO, CARROTS, MILLET, GLUTEN FREE PASTA	
SNACK	EXAMPLES: VEGGIES & HUMMUS, GREEN APPLE, BROWN RICE CAKE W/ALMOND BUTTER		
DINNER	BALANCED SHAKE -OR- LEAN & GREEN MEAL	GOOD FAT <i>1/8 OF YOUR PLATE</i> SEEDS, NUTS, AVOCADO, NUT BUTTERS, OLIVE OIL, CHIA SEEDS, GRAPESEED OIL, COCONUT OIL, OLIVE OIL	
RECOVERY	IF YOU WORKOUT MAKE SURE TO HAVE A RECOVERY SHAKE WITHIN 30 MIN OF COMPLETING WORKOUT		

YOUR PERSONAL SUPPORT:

- Private Facebook Group
- 30 Day Mobile Site
- 30 Day Guide
- Private Coaching
- Weekly Meal Plans & Recipes
- Grocery Lists
- Avoids Lists
- Movement Options
- Mindset Options



Welcome



The Journey



Prep



Products



Meals/Recipes/
Grocery Lists



30 Day Daily Guide

EXPERIENCE THE WINS:

Experience the Wins

Here's a list of healthy living benefits
that you might be starting to see and feel in your life.



PHYSICAL CHANGES

- Glowing skin
- Feeling more confident in your clothes
- Looking more youthful



SLEEP AND ENERGY

- Improved sleep quality
- Waking up feeling refreshed
- Improved feelings of energy



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



MOOD AND MINDSET

- More outgoing
- Feeling more productive
- Improved positivity
- Laughing more
- Managing stress better
- Feeling in control
- Improved confidence
- Positive self-image

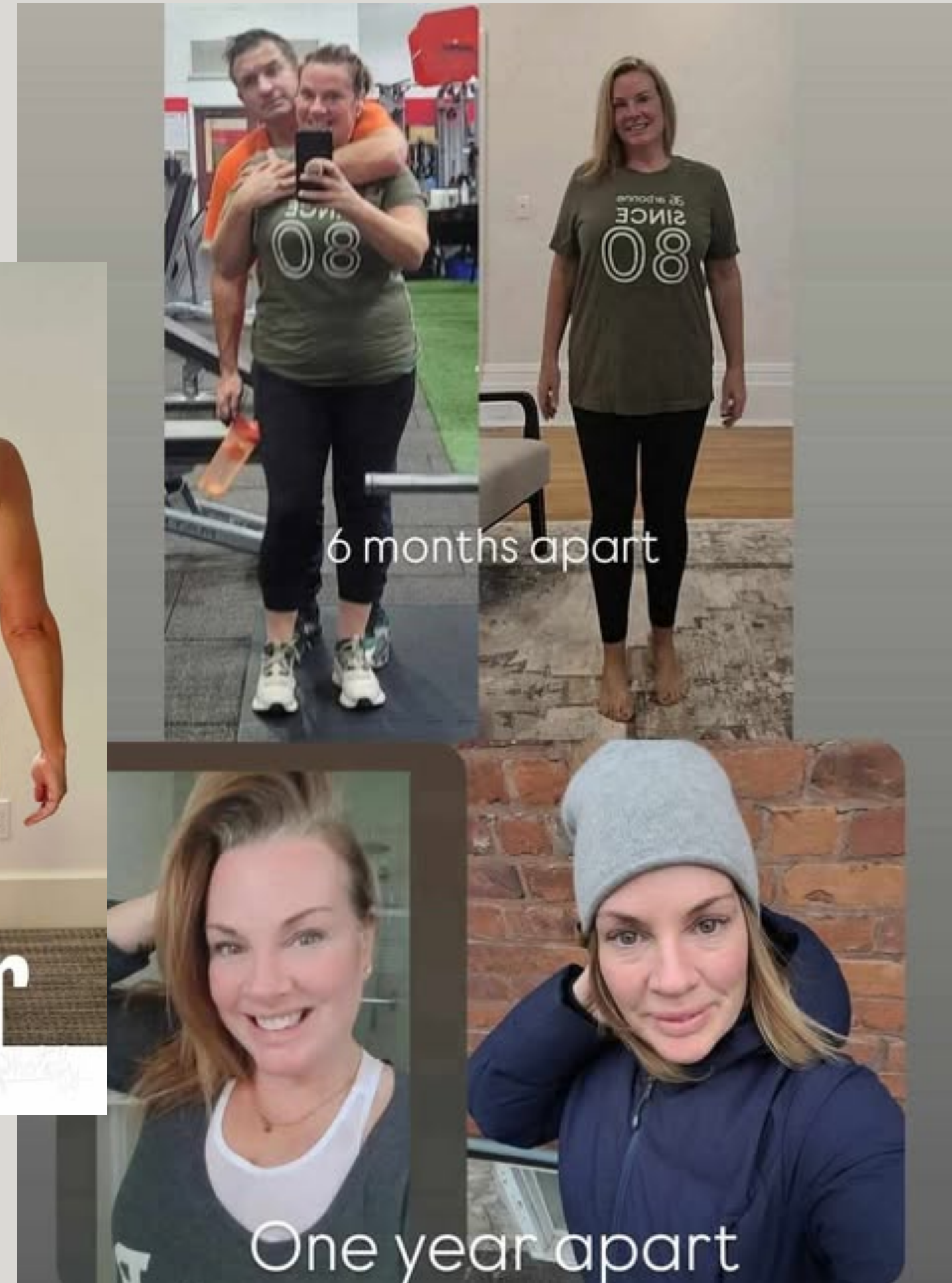


ACTIVITY

- 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

EXPERIENCE THE WINS:

- Personal Testimonials.
- Not Directly Shared From Arbonne.





30 DAYS TO HEALTHY LIVING PACKAGES:

Feel Fit Protein x 2

- Vegan Protein that is keto-friendly & has less than 1 g of sugar & 5 g of carbs per serving. It features 20 vitamins and minerals & 20 g of easy-to-digest vegan protein from Peas, Cranberries & Rice.

CleanTox Tea x 2

- Mild, Caffeine Free Vegan Herbal tea with milk thistle, peppermint, dandelion & liquorice.

Energy Fizz x 2

- Temporarily helps promote alertness with vegan blend of Panex, ginseng coenzyme q10, chromium & b vitamins , guarana & green tea.

Gut Health Digestion x 1

- Minding your gut's microbiome is a must, as this delicate balance of bacteria helps support favourable gut flora with ginger, probiotics & botanicals.

Be Well SuperFood Greens x 1

- One scoop of this vegan superfood powder delivers a blend of 36 fruits & vegetables in each serving.

CleanTox Cleanse x 1

- Gentle enough for daily use, this unique vegan natural health product features key botanicals & magnesium that work in sync with the body to help the body metabolize carbohydrates, fats & protein.

Gut Health Prebiotic Fibre x 1

- Each serving of this vegan, gluten-free product provides 12 grams of soluble fibre.



C O S T B R E A K D O W N P E R D A Y

30 Days To Healthy Living Set #1429

\$637.00 / \$382.62 PC

\$12.75 / Day (less than one meal)



Daily Essential Convenience Pack #1607

\$366.00 / \$292.80 PC

\$9.76 / Day (less than one venti coffee)



DERM RESULTS ADVANCED

DISCOVER THE NEXT GENERATION IN SKINCARE



HEALTHY LIVING FROM THE INSIDE OUT :

Here's a general breakdown of how aging affects the skin by decade:

20's - Collagen production starts to slow down, leading to a gradual thinning of the skin

30's - Collagen & elastin production decreases, leading to less fullness of the skin. Fine lines may start to appear, especially around eyes & mouth. Skin cell turnover slows, leader to duller complexion.

40's - Major changes in skin firmness with loss of volume and elasticity leading to sagging skin. More pronounced wrinkles and sun damage, such as melasma may develop.

50's - Skin becomes drier & thinner, with more prominent wrinkles, age spots and creates become more noticeable. The skin's barrier function becomes less effective, increasing sensitivity.

60's - The epidermis and dermis layers further thin and flatten out.



WHAT MAKES IT SO SPECIAL?

FOCUSED ON:

- ◆ Reduction in the look of fine lines and wrinkles
 - ◆ Firmness
 - ◆ Hydration
 - ◆ Reduction in the appearance of dark spots
 - ◆ Smoothness
 - ◆ Radiance
-
- ◆ Plant-based ingredients, along with the support of science inspired by nature, unlocks the potency of the botanicals and deliver benefits direct to your skin's surface.
 - ◆ An exclusive Hyaluronic Acid Complex, helps build the skin's moisture reserve and fortify its moisture barrier.
 - ◆ Peptides, Vitamin B3 along with other key minerals work together in a 5-step system: cleanser, toner, serum, eye cream & moisturizer



SEEING IS BELIEVING...

After
4
Weeks



*Based on instrumental evaluation of 32 participants using DermResults Advanced 5-Step Regimen twice daily. Results compared to baseline.

SEEING IS BELIEVING...

DERMRESULTS ADVANCED CLINICAL RESULTS:

After
4
Weeks

93% reported skin felt more moisturized*

84% reported skin visibly looks plumped and well-hydrated*

20% increase in skin elasticity**

30% increase in skin firmness**

*Based on a perception study of 32 participants using the DermResults Advanced 5-Step Regimen twice daily.

**Average based on instrumental evaluation of 32 participants using DermResults Advanced 5-Step Regimen twice daily. Results compared to baseline.





DERMRESULTS ADVANCED 5 STEP SET:

DERMRESULTS CLEANSING BALM: The 2-in-1 cleansing facial balm and makeup remover immediately melts onto the skin and transforms into a milky cleanser on wet skin.

LOVE: My skin feels silky soft & clean.

DERMRESULTS TONING ESSENCE: This mineral-infused, multi-tasking toning essence preps, tones, balances, soothes & delivers essential hydration to the skin.

LOVE: Preps my skin to really absorb the serum, moisturizer & eye cream for even better results!

DERMRESULTS ADVANCED SERUM: This powerful daily facial serum features our exclusive multi-tier molecular weight Hyaluronic Acid Complex that infuses skin with moisture & supports collagen to achieve youthful-looking skin.

LOVE: The serum is definitely the “super hero” product! It immediately & over time combats the signs of aging like fine lines, wrinkles, dryness and texture. I apply this straight to my most concerting areas first, then smooth it all over my face & neck.

DERMRESULTS ADVANCED MOISTURIZER: An indulgent, hydrating cream for day & night, that features our exclusive multi-tier molecular weight Hyaluronic Acid Complex that infuses skin with moisture and supports collagen to help diminish fine lines and wrinkles & achieve youthful-looking skin.

LOVE: I have never used a moisturizer that left my skin feeling this hydrated before!

DERMRESULTS ADVANCED EYE CREAM: This luxurious, rich eye cream is formulated with clinically tested ingredients to help reduce visible signs of aging. Formulated with a combination of Hyaluronic Acid & a peptide that delivers hydration to support collagen for a firmer, tighter and more elastic appearance. Noticeably improves the look of skin texture & supports the appearance of youthful-looking, more lifted skin.

LOVE: I love that the eye cream helps with puffiness & dark circles, too! Also, all the glass containers are much better for the environment & will look gorgeous on your bathroom counter!



C O S T B R E A K D O W N P E R D A Y

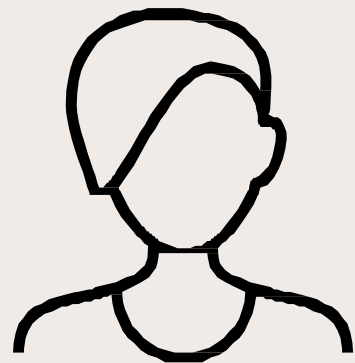
DermResults Advanced 5 Step Set

\$467.00 / \$373.60 PC

\$12.45 / Day (Less than Botox & Naturally Increasing your Collagen & Elasticity)

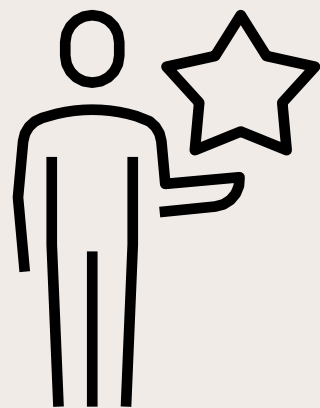


WAYS TO JOIN AND EXPERIENCE ARBONNE:



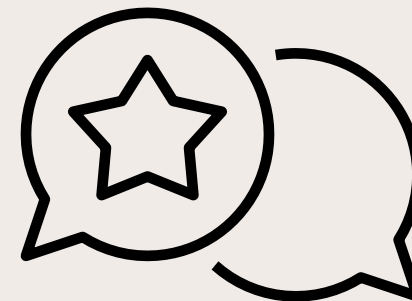
SHOP AS A CLIENT:

- ◆ Enjoy Pure, Safe, Clean, Beneficial Plant Based Products delivered right to your door
- ◆ 90 day money back guarantee
- ◆ Easy Online Shopping



SHOP AS A PREFERRED CLIENT:

- ◆ 20% off Suggested Retail Price (SRP)
- ◆ Free shipping with \$195+ SRP order
- ◆ Free gifts with qualifying orders
- ◆ 90 day money back guarantee
- ◆ Enjoy Pure, Safe, Clean, Beneficial Plant Based Products delivered right to your door
- ◆ Easy Online Shopping



BECOME A CONNECTOR:

- ◆ The business and / or products are possibly for someone you know
- ◆ Referral / Connector gift

BECOME AN INDEPENDENT CONSULTANT:

- ◆ Earn commissions as you build a business through sales to Clients and Preferred Clients:
35% Retail Client Commissions,
15% Preferred Client Commissions
- ◆ Build a team and earn!
- ◆ Build a Global business!
- ◆ Be a part of a healthy community!
- ◆ Earn bonuses, jewellery, trips, awards & recognition for your success!

In my
wellness
era

This is your Time.

Time To Put Yourself First.

Time To Discover.

Your wellness era starts now...let's go!

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