

# Æ ARBONNE. phytosport™

Fueled by Nature



Gluten-Free Dairy-Free

# ARBONNE<sup>®</sup> phytosport<sup>™</sup>

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Sports and exercise utilize an amazing number of tissues and organs in the body — from the obvious muscle tissues to others like the heart, veins, brain, and nerves. Supporting and optimizing these tissue and organ functions with Arbonne PhytoSport products can help prepare you for action, improve performance and endurance, and speed recovery.

Arbonne PhytoSport products contain key ingredients like essential branched-chain amino acids, vitamins, minerals, and botanical extracts to support critical physiological functions that contribute to your best physical performance.

## Arbonne PhytoSport Blend

Each product in the line contains the Arbonne PhytoSport Blend. This unique combination of botanicals helps support various aspects of your body's functions to help you feel your best when you're physically active.

- **Ginseng:** Used in herbal medicine to help enhance physical capacity and performance, in cases of physical stress



- **Turmeric:** Source of antioxidants for the maintenance of good health



- **Cayenne:** Traditionally used in Herbal Medicine to help support peripheral circulation



## Easy as 1-2-3!



- Just before or during workout



- Hydrate before, during and after workout



- Use ideally 30 minutes after exercising

## No Banned Substances

In addition to rigorous training and physical activity, sports regulatory organizations can have strict rules regarding supplement use. Arbonne has obtained BSCG certification for all PhytoSport products.

### Banned Substances Control Group

Banned Substances Control Group (BSCG) is a leading independent third-party dietary supplement certification provider. BSCG tests for more than 207 drugs banned by sporting groups including the WADA, NFL, MLB, NHL, NBA, MLS, PGA, LPGA, and NCAA, and is the only certification provider to cover an additional 185 prescription and over-the-counter drugs not banned in sport.

### Benefits of BSCG Certification

- BSCG tests for more banned substances in sport than other supplement certification programs AND is the only program to cover more than 185 prescription and over-the-counter drugs not banned in sport, offering additional protection to our consumers.
- Each and every batch of Arbonne PhytoSport products is tested by the BSCG for compliance.
- These products can be trusted to support your performance, without causing testing issues.





## Prepare & Endure

Be your best from start to finish. Maintaining endurance, energy, blood flow and oxygen to working muscles is crucial to supporting peak physical performance. Prepare & Endure delivers ingredients such as carbohydrates, which support energy production, antioxidants for the maintenance of good health, and Panax ginseng which helps enhance physical performance when the body is in physical stress. **#6260; \$60** (50 QV)

### Key Ingredients

- **L-arginine:** Non-essential amino acid involved in protein synthesis.
- **L-carnitine:** An antioxidant for workout support.
- **Vitamins C, E:** Antioxidants for the maintenance of good health.

### Benefits

- Supports healthy blood flow
- Supports muscles during physical activity
- Helps promote endurance in extended (more than 60 minutes), high-intensity exercise
- Contains PhytoSport Blend of botanicals — cayenne, ginseng and turmeric — which supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection to support joints, circulation and physical performance

Prices listed are suggested retail.

## Preparing the Body and Supporting Endurance

Physical activity strains body tissues. Exercising breaks down muscle tissue, to some extent, to rebuild it stronger. This increases muscle mass.

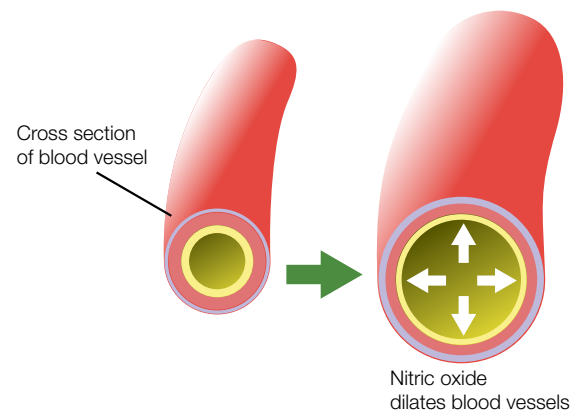
Supporting the body through activity means supporting nutrient flow, as well as efficiently removing waste generated through normal metabolic functions. Nutrients that support circulation, such as Cayenne, help to prepare for physical activity, and support the body through activity. Supplying nutrients with carbohydrates used for energy also supports endurance to help you push through normal limits.

## Energy: Recharging Internal Batteries

The key to preparing for physical activity is consuming simple carbohydrates, which the body readily uses as fuel. Consuming carbohydrates prior to exercise helps keep you going, especially for activities requiring endurance. L-carnitine plays a role in the “carnitine shuttle” — the transport of fatty acids into the cells’ mitochondria where they can be burned for energy. B vitamins are important for energy generation as well, but are readily depleted during strenuous activities. Supplementing with B vitamins can also help the body endure through physical activity.

## Blood Flow

Blood plays an important role in our bodies’ function during exercise. Blood carries oxygen and nutrients throughout the body and supports hard working cells and organs. This makes supporting blood flow through the body during exercise important, simply because of the metabolic activity of muscles and other body tissues. With exercise, your body naturally creates waste products — such as lactic acid — as a result of increased metabolism/cellular function. Supporting blood flow not only helps bring nutrients to muscle tissues and the cardiovascular and nervous systems, but also helps carry waste products away from tissues to be metabolized and excreted by the body.





## Complete Hydration

Drink up. Hydration is essential before, during and after a workout for performance and recovery. Complete Hydration helps support energy production and increase physical performance during intensive exercise, while helping maintain proper muscle function for the maintenance of good health. Complete Hydration also provides antioxidant support as well as botanicals like panax ginseng, which helps enhance physical capacity and performance in cases of physical stress. **#6264; \$42** (35 QV)

### Key Ingredients

- **Minerals:** Calcium, magnesium, and phosphorus, which can be lost while sweating.
- **Vitamins C, E:** Antioxidants for the maintenance of good health.

### Benefits

- Magnesium helps maintain proper muscle function, nutrient metabolism, and good health
- Helps increase physical performance during intensive exercise
- An antioxidant for the maintenance of good health
- Contains PhytoSport Blend of botanicals — cayenne, ginseng and turmeric — which supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection to support joints, circulation and physical performance

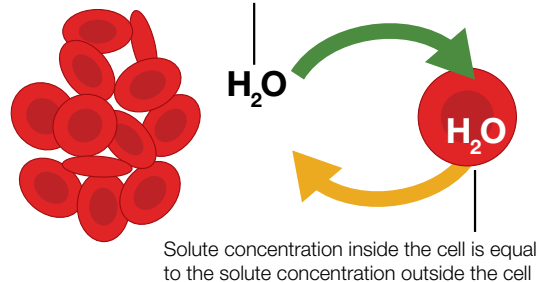
Prices listed are suggested retail.

## The Role of Hydration

No matter what you are doing, it's important to be hydrated. When you're exercising and sweating, it's even more important to make sure you're well hydrated, and that you're replacing electrolytes lost in perspiration. Electrolytes are minerals like sodium, potassium, chloride and magnesium that help support isotonic balance — the regulation of water transported in and out of cells. When electrolytes are depleted, this cycle can be affected, and these vital minerals are unable to support muscle and nerve cell function. Because exercising can flush electrolytes from the body, hydrating with a product that contains various electrolytes can help support proper cell function, which supports a range of physiological functions.

### Isotonic Balance

Amount of water transported into the cell is equal to the amount of water transported out of the cell



Teri Fischer  
Arbonne Independent Consultant  
National Vice President



## After Workout

Exercise can be tough. Without a healthy recovery, it can be difficult to bounce back. After Workout delivers an ideal (2:1:1) ratio of branched-chain amino acids, which are involved in muscle protein synthesis, and assist in building lean muscle tissue when combined with consistent weight or resistance training and a healthy, balanced diet. Botanical ingredients, like panax ginseng, help enhance physical performance when the body is in physical stress and delivers all the ingredients you need to enhance recovery so you can keep going. **#6268; \$60** (50 QV)

### Key Ingredients

- **Pomegranate extract (50% polyphenols):** Contains powerful polyphenols called punicalagins that provide antioxidants.
- **Branched-chain amino acids:** L-leucine, L-isoleucine and L-valine.
- **Vitamin B12 and minerals:** Help the body metabolize carbohydrate, proteins and fats and helps form red blood cells.

### Benefits

- Branched-chain amino acids involved in muscle protein synthesis
- Provides antioxidant polyphenols from the polyphenols in pomegranate
- Source of essential amino acids involved in muscle protein synthesis
- Assists in the building of lean muscle tissue when combined with consistent weight training and a healthy, balanced diet
- Helps form red blood cells
- Contains PhytoSport Blend of botanicals — cayenne, ginseng and turmeric — which supports peripheral circulation, physical capacity and performance as well as offers antioxidant protection to support joints, circulation and physical performance

Prices listed are suggested retail.

## Muscle

When it comes to physical exertion, muscle is one of the body's most important tissues. Muscle tissue is built when micro tears are created in muscles during workouts, which are then repaired as the body builds and strengthens muscle tissues. Muscle tissue allows movement of the body, thus enabling athletic performance. Supporting muscle tissue recovery allows you to maintain consistency in your workout regimen and performance, and supports the proper building of muscle tissue.

## The Body: Post Workout

Stressful physical activity can be hard on the body, which is why we can have sore muscles and joints after workouts. It can even result in the internal production of free radicals that can cause oxidation and temporary inflammation. It's important to consume ingredients that help fight free radicals, support muscle tissue recovery, and support the immune system.



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Add the following Arbonne Essentials products to help further support your sports and fitness regimen.



### Protein Shake Mix

**Add a scoop of After Workout!**

Chocolate #2957; Vanilla #2979; \$79 (69 QV)

An additional 20 grams of protein for athletic support which helps build and repair body tissues. Assists in the building of lean muscle mass when combined with regular training and a healthy balanced diet. Source of amino acids involved in muscle protein synthesis. Delivers 21 vitamins and minerals to help the body metabolize carbohydrates, proteins and fats. Also Contains ginseng and CoQ10.

### Joint Support

#2057; \$38 (36 QV)

Sports and exercise can be hard on the joints, so when you still want to bust a move, keep this tablet on hand to help protect joints from the normal wear and tear of aging and active lifestyles. Helps to relieve joint pain associated with osteoarthritis and the deterioration of cartilage. Also contains ingredients which can be a factor in maintaining healthy cartilage and joint health.



### Energy Fizz Tabs

Pomegranate #2079; Citrus #2077; \$35 (48 QV)

What a kickstarter. As a replacement for your morning coffee or for the afternoon sleepies, drop in a fizz tab to create a refreshing bubbly drink to temporarily help relieve fatigue, increase alertness, enhance cognitive performance, promote endurance and enhance motor performance as well as help the body to metabolize fats, carbohydrates and proteins. Contains a botanical blend of green tea, guarana and ginseng, combined with B vitamins and chromium.

### Herbal Muscle Massage Gel

#2941; \$18 (16 QV)

When sports and exercise have your muscles aching, turn on the heat. Feel the pain-relieving benefits of our gel that soothes tired muscles and provides temporary pain relief of minor muscle aches and pains. Contains menthol and eucalyptus.

Prices listed are suggested retail.



**FAQ**

**Q. Do I have to use all three Arbonne PhytoSport products?**

**A.** PhytoSport products were created as a system to support specific steps involved with workouts and exercise. To help provide optimal support before, during and after your workout, we recommend using all three PhytoSport products.

**Q. What is the difference between Complete Hydration and Arbonne Essentials. Energy Fizz Tabs?**

**A.** Complete Hydration is formulated with a blend of ingredients to help support hydration. Minerals like potassium and calcium are needed for the body to properly regulate cell hydration. This is especially important during and after engaging in activity, as sweating can flush minerals out of the body. Energy Fizz Tabs do not contain ingredients to optimize hydration in the body, but instead deliver botanicals with naturally derived caffeine and B vitamins to help deliver a boost of energy.

**Q. Is After Workout mixed only with water?**

**A.** After Workout is formulated so it can either be mixed with water or can be added to your Arbonne Essentials Protein Shake.

**Q. How do I benefit from adding After Workout to the Arbonne Essentials Protein Shake?**

**A.** After Workout delivers important branched-chain amino acids and polyphenol antioxidants to support muscle recovery. Arbonne Essentials Protein Shakes provide an additional 20 grams of protein, as well as over 20 vitamins and minerals, to the benefits you get from After Workout. This extra protein can be beneficial to those who want to build more muscle mass or for those engaging in strenuous activity daily, or multiple times daily.

**Q. What is the BSCG certification logo?**

**A.** BSCG stands for Banned Substances Control Group. This independent certifying body tests all batches of Arbonne PhytoSport products to ensure that there are no ingredients or substances currently found on the banned for sport substance list. Athletes can feel 100% comfortable knowing there are no ingredients in Arbonne PhytoSport products that would appear on banned substances lists for athletes.

**Q. Are there specific sports or activities for which PhytoSport products are recommended?**

**A.** No, PhytoSport products have balanced formulas, making them ideal for people engaging in sports and activities of all ranges.

**Q. When using Prepare & Endure and After Workout, do I fill to the line I see on the scoop?**

**A.** The line is not meant to be an indicator; it is simply part of the scoop's construction. Please use a full scoop.

