



## ARBONNE ESSENTIALS® FIT ESSENTIALS

Creating a happier, healthier life is about making good decisions. When it comes to foods, snacks and drinks, even small changes can make a huge difference. Fit Essentials products are an excellent choice for those seeking vegan-certified, controversy-free formulas to help support weight-management efforts, as well as overall health and wellness.<sup>‡</sup> These great tasting, health-focused products leave out artificial colors, flavors and sweeteners, and use natural sources like stevia and cane sugar for sweetness, and fruits and botanicals for color and flavor.



### Talking Points

- We have many recommended shake recipes, so you can always try something new.
- Follow the tips in the 30-Day Guide to support weight-management efforts.
- Consider hosting a Group Presentation focused on nutrition and wellness.
- Become a Preferred Client to enjoy 20% off all Arbonne products.
- With Preferred Rewards, the more you spend, the more you earn.

### BENEFITS

- Certified vegan
- Gluten-free
- Non-GMO ingredients
- Low glycemic index (Protein Shake Mix)
- No trans fats or cholesterol
- No artificial colors, flavors or sweeteners
- Kosher-certified options (Protein Shake Mix, Daily Fiber Boost)

### FOR WEIGHT MANAGEMENT

A great way to manage weight and improve overall health is to reduce calories for what is appropriate for age, exercise activity, gender and height. Also limit unnecessary fats, sugars and carbohydrates, and eat nutrient-rich foods. Fit Essentials products deliver critical dietary nutrients and provide, gluten-free, dairy-free, and soy-free dietary supplements to support your weight-management efforts.



<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# ARBONNE ESSENTIALS® FIT ESSENTIALS



## 30-DAY GUIDE

- Provides healthy food and snack options, and delicious shake recipes
- Offers tips on exercises at different intensity levels
- Track goals and personal information
- Includes suggested meal plans

## FREQUENTLY ASKED QUESTIONS

- Q. Do I have to use all the Fit Essentials products to get a health benefit?**
- A.** Using all the Fit Essentials products as part of your daily health and wellness regimen provides the most support; however, the products are also targeted so those looking for specific health benefits can choose products to fit their needs.
- Q. Why is sugar used in Fit Essentials products?**
- A.** Fit Essentials products contain the natural herbal sweetener stevia and small amounts of cane sugar. Additionally, Arbonne Essentials Protein Shake Mix has been clinically tested and certified to have low glycemic index, meaning it's low enough in sugar to avoid spikes in blood sugar glucose levels. One of the important aspects of Fit Essentials is that artificial sweeteners, colors and flavors are not used. Ingredients used to make these artificial materials have not been properly studied and are considered controversial by some. Arbonne avoids the controversy by staying away from these ingredients.

## Fit Essentials products deliver critical health benefits:

- Protein Shakes: Help you feel fuller, longer; support your weight-management efforts<sup>o</sup>
- Nutrition Bars: Deliver protein, fiber, vitamins, minerals and quinoa for maintenance of good health<sup>o</sup>
- Daily Fiber Boost: Fiber helps support gastrointestinal health and satiety<sup>o</sup>
- Energy Fizz Sticks: Botanicals, vitamins and minerals help support a natural boost of energy<sup>o</sup>
- Fit Chews: Help curb cravings; adaptogens support the body during a weight-management regimen<sup>o</sup>
- 7-Day Body Cleanse and Herbal Detox Tea: Support toxin elimination and the health of the liver and kidneys<sup>o</sup>
- Metabolism Boost: Helps support metabolism of carbohydrates, sugar and protein for more energy<sup>o</sup>
- Joint Support: Promotes joint flexibility and supports healthy connective tissue and cartilage<sup>o</sup>
- Herbal Muscle Massage Pain Relieving Gel: Supports relief of achy, tired muscles

