

# Arbonne Nutrition Products

## Why Arbonne Essentials<sup>®</sup> Are Your Best Choice

We leave out the bad stuff,  
and they taste amazing

- Vegan-certified, no animal ingredients
- Gluten-free
- No artificial colors, flavors or sweeteners
- No trans fat
- No high fructose corn syrup or fructose
- Standardized plant extracts
- Low glycemic index (Protein Shake powders)
- Kosher-certified



Certified



### Gluten-Free

All Arbonne Essentials and Arbonne Evolution<sup>®</sup> products are gluten-free. Gluten is a protein found in wheat and wheat derivatives but may also be found in rye, barley and malts. Many processed foods, sauces, seasonings, flavorings and even beer and licorice contain gluten.

More and more individuals without celiac disease are also reporting sensitivities to gluten and making the decision to avoid products with this wheat protein.

**NOTE:** See p. 17 for gluten-free diet information.

Certified



### Low Glycemic Index

Glycemic index is a measurement of how quickly blood sugar rises after eating a food or dietary supplement. Foods that are higher in sugar generally have a larger impact on the blood sugar level. Foods that are lower in sugar limit the rise in blood sugar and subsequent insulin response and do not promote fat-storing mechanisms. This means products with a low glycemic index are a good choice for individuals on a weight management regimen. Low glycemic index products are also preferred by those who are sensitive to or simply want to avoid sugary foods and drinks.



Arbonne Essentials Protein Shake powders have a low glycemic index rating, and they:

- Support healthy blood glucose levels that are already in the normal range<sup>†</sup>
- Have minimal impact on blood sugar level
- Do not cause a spike in blood sugar

### Standardized Plant Extracts

Single botanicals can have many different bioactive ingredients, each with a different benefit. When standardized extracts are used, it means we have selected a specific phytonutrient from the botanical and have specified an exact amount of the bioactive to be delivered in each dose of the product ensuring you get the same level of benefit every time.

### Natural Colors, Flavors and Sweeteners

Arbonne Essentials products are formulated with natural sweeteners such as unrefined sugar cane, agave nectar and the herbal sweetener, stevia. In addition, Arbonne uses only naturally derived flavors and colors in our formulations.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.