

WEIGHT LOSS & NUTRITION

# Arbonne Smart Nutritional Hybrids™ Smart Nutritional Hybrids™ for Women ( 1 of 3 )



A balanced, power-packed combination of multivitamin and Multimineral tablets, calcium for bone support, antioxidants and digestive enzymes that work synergistically to address women's health concerns, every day.\*

**WHEN TO USE:**

Take a.m. packet in the morning and p.m. packet in the evening with 8 ounces of water.

**DIRECTIONS:**

As a dietary supplement, take Women's a.m. packet in the morning and Women's p.m. packet in the evening with 8 ounces of water.

SUPPLEMENT

SOURCE

Vitamin A	beta-carotene
Vitamin C	ascorbic acid
Vitamin D	ergocalciferol
Vitamin E	d-alpha-tocopheryl succinate, mixed tocopherols
Vitamin K	phylloquinone
Thiamin	thiamine hydrochloride
Riboflavin	riboflavin
Niacin	niacinamide
Vitamin B6	pyridoxine hydrochloride
Folate	folic acid
Vitamin B12	cyanocobalamin
Biotin	biotin
Pantothenic Acid (vitamin B5)	d-calcium pantothenate
Calcium	calcium carbonate, calcium phosphate, calcium citrate, calcium glycimate, Aquamin Trace Mineral Complex
Iodine	kelp
Magnesium	magnesium oxide
Zinc	zinc citrate
Selenium	L-selenomethionine
Copper	copper citrate, sodium copper chlorophyllin
Manganese	manganese citrate
Chromium	chromium nicotinate
Molybdenum	molybdenum citrate
Potassium	potassium citrate
<b>HIGH ORAC COMPLEX (4000 UNITS)</b>	
Green tea leaf extract	green tea leaf
Quercetin	quercetin
Grape seed extract	grape
Rosemary leaf extract	rosemary leaf
<b>ESSENTIAL ENZYME BLEND™</b>	
Protease	plant
Peptidase	plant
Amylase	plant
Lipase	plant
Lactase	plant
Cellulase	plant
Hemicellulase	plant
Alpha-galactosidase	plant
Glucoamylase	plant
Pectinase	plant
Invertase	plant
Malt Diastase	plant
Phytase	plant
<b>WOMEN'S HERBAL COMPLEX</b>	
Cranberry Fruit	cranberry
Eleuthero Root Extract	eleuthero root
Black Cohosh Root Extract	black cohosh root
Andrographis Leaf Extract	andrographis leaf
Crospovidone	crospovidone
Flax Lignans	flaxseed
<b>ARBONNE DIGESTIVE HERBAL COMPLEX</b>	
Ginger Root Extract	ginger root
Chamomile Flower Extract	chamomile flower
Fennel Seed	fennel seed
Peppermint Leaf	peppermint leaf
Hawthorn Berry Extract	hawthorn berry
Citrus Bioflavonids	citrus bioflavonids
N-Acetyl-L-Cysteine	n-acetyl-l-cysteine
Pomegranate Fruit Extract	pomegranate fruit

People with known medical conditions should consult with a physician prior to taking supplements.

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WEIGHT LOSS & NUTRITION

# Arbonne Smart Nutritional Hybrids™ Smart Nutritional Hybrids™ for Women ( 2 of 3 )



A balanced, power-packed combination of multivitamin and Multimineral tablets, calcium for bone support, antioxidants and digestive enzymes that work synergistically to address women's health concerns, every day.\*

**WHEN TO USE:**

Take a.m. packet in the morning and p.m. packet in the evening with 8 ounces of water.

**DIRECTIONS:**

As a dietary supplement, take Women's a.m. packet in the morning and Women's p.m. packet in the evening with 8 ounces of water.

SUPPLEMENT

- Kelp Leaf
- Elderberry Fruit
- Red Bell Pepper
- Tomato Fruit
- Aquamin Trace Mineral Complex
- Blueberry Fruit
- Broccoli Sprout
- Grape Skin Extract
- Kale Leaf
- Methylsulfonylmethane (MSM)
- Parsley Leaf
- Pumpkin Seed
- Boysenberry Fruit
- Hops Fruit Extract
- Pumpkin Fruit
- Raspberry Seed
- Gamma-Tocopherol
- Cissus Quadrangularis Stem Extract
- Silica
- Apple Skin Extract
- Lutein
- Black Pepper Extract (Bioperine®)
- Boron
- Lycopene
- Vanadium

SOURCE

- kelp leaf
- elderberry fruit
- red bell pepper fruit
- tomato fruit
- blueberry
- broccoli sprout
- grape
- kale leaf
- methylsulfonylmethane (MSM)
- parsley leaf
- pumpkin fruit
- boysenberry fruit
- hops fruit
- pumpkin fruit
- raspberry fruit
- gamma-tocopherol
- cissus quadrangularis
- horsetail
- apple fruit
- lutein
- black pepper
- boron citrate
- lycopene (as BMOV)

Supplement Facts

1 Packet contains:	Amount	%Daily Value
Vitamin A	5000 IU	100%
Vitamin C	75 mg	125%
Vitamin D	500 IU	125%
Vitamin E	62.5 IU	208%
Vitamin K	60 mcg	75%
Thiamin	7.5 mg	500%
Riboflavin	7.5 mg	441%
Niacin	12.5 mg	63%
Vitamin B6	12.5 mg	625%
Folate	300 mcg	75%
Vitamin B12	50 mcg	833%
Biotin	200 mcg	67%
Pantothenic Acid (vitamin B5)	25 mg	250%
Calcium	580 mg	60%
Iodine	131.25 mcg	87%
Magnesium	300mg	75%
Zinc	7.5 mg	50%
Selenium	100 mg	143%
Copper	1.7 mg	85%
Manganese	1 mg	50%
Chromium	125 mcg	104%
Molybdenum	375 mcg	50%
Potassium	375 mg	1%
HIGH ORAC COMPLEX	400 mg	**
Green tea leaf extract		
Quercetin		
Grape seed extract		
Rosemary leaf extract		
ESSENTIAL ENZYME BLEND™	395 mg	**
Protease		
Peptidase		
Amylase		
Lipase		
Lactase		
Cellulase		
Hemicellulase		
Alpha-galactosidase		
Glucoamylase		
Pectinase		
Invertase		
Malt Diastase		
Phytase		

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# Arbonne Smart Nutritional Hybrids™

## Smart Nutritional Hybrids™ for Women (3 of 3)



A balanced, power-packed combination of multivitamin and Multimineral tablets, calcium for bone support, antioxidants and digestive enzymes that work synergistically to address women's health concerns, every day.\*

**WHEN TO USE:**

Take a.m. packet in the morning and p.m. packet in the evening with 8 ounces of water.

**DIRECTIONS:**

As a dietary supplement, take Women's a.m. packet in the morning and Women's p.m. packet in the evening with 8 ounces of water.

**SUPPLEMENT FACTS (CONT.)**

1 Packet contains:	Amount	%Daily Value
<b>WOMEN'S HERBAL COMPLEX</b>	226 mg	**
Cranberry Fruit		
Eleuthero Root Extract		
Black Cohosh Root Extract		
Andrographis Leaf Extract		
Crospovidone		
Flax Lignans		
<b>ARBONNE DIGESTIVE HERBAL COMPLEX</b>	125 mg	**
Ginger root extract		
Chamomile flower extract		
Fennel seed		
Peppermint leaf		
Hawthorn berry extract		
Citrus Bioflavonids	50 mg	**
N-Acetyl-L-Cysteine	50 mg	**
Pomegranate fruit extract	50 mg	**
Kelp Leaf	37.5 mg	**
Elderberry Fruit	35 mg	**
Red Bell Pepper Fruit	30 mg	**
Tomato Fruit	30 mg	**
Aquamin Trace Mineral Complex	25 mg	**
Blueberry Fruit	25 mg	**
Broccoli Sprout	25 mg	**
Grape Skin Extract	25 mg	**
Kale Leaf	25 mg	**
Methylsulfonylmethane (MSM)	25 mg	**
Parsley leaf	25 mg	**
Pumpkin Seed	25 mg	**
Boysenberry Fruit	25 mg	**
Hops Fruit Extract	20 mg	**
Pumpkin Fruit	20 mg	**
Raspberry Seed	20 mg	**
Gamma-Tocopherol	12.5 mg	**
Cissus Quadrangularis Stem Extract	10 mg	**
Silica (from horsetail)	6.25 mg	**
Apple Skin Extract	5 mg	**
Lutein	3 mg	**
Black Pepper Extract	2.5 mg	**
Lycopene	500 mcg	**
Vanadium	50 mcg	**

\*\* DAILY VALUE NOT ESTABLISHED

**HERB FUNCTIONS:**

- Andrographis:** An ancient medicinal herb has been used for centuries to treat upper respiratory infections and a variety of other chronic and infectious diseases.<sup>3</sup>
- Cranberry:** Has been used for hundreds of years to help maintain a healthy urinary tract.<sup>1</sup>
- Black Cohosh:** Support for menstrual symptoms.<sup>4</sup>
- Flax Lignans:** Research shows flax lignans may offer health benefits for bone health, breast health, and reducing symptoms of menopause, heart health, hair loss, acne and inflammation.<sup>5</sup>
- Ginseng (Eleuthero root):** An adaptogen, which may increase the body's ability to tolerate stressful situations. Commonly taken to increase energy, enhance physical performance and to prolong life.<sup>1</sup>
- Cissus Quadrangularis:** Unique herb associated with improved bone mineral density.<sup>6</sup>
- Hops:** Has been used to treat anxiety and insomnia, general restorative during and after menopause.<sup>3</sup>
- Ginger:** Helps with indigestion.<sup>7</sup>
- Peppermint:** Used to treat indigestion, contains carminative essential oils, which help to relieve flatulence or gas.<sup>7</sup>
- Fennel:** A stomach intestinal remedy.<sup>7</sup>
- Chamomile:** Supports many gastrointestinal complaints, including indigestion.<sup>2</sup>
- Hawthorn:** Especially useful in treating heart fatigue, improving blood circulation and maintaining a regular heartbeat.<sup>2</sup>
- Elderberry:** An herb containing compounds active against flu viruses.<sup>2</sup>
- Green Tea:** Powerful antioxidant, anti-inflammatory.<sup>3</sup>
- Grape seed:** Aids in thermogenesis and promotes fat oxidation. Contains catechins, noted for its powerful antioxidant properties.<sup>3</sup>

**REFERENCES:**

- 1-"Supplement Watch", Web site, various authors
- 2-The Green Pharmacy, J. Duke, Ph.D
- 3-Prescription for Herbal Healing, Phyllis A. Balch, CNC
- 4-Encyclopedia of Natural Medicine, M. Murry, N.D., J.Pizzorno, N.D.
- 5-"Flax Lignan Information Bureau", Web site, various authors
- 6-Current Science, 2005, Vol.89:10, Various Authors
- 7-The New Holistic Herbal, Hoffmann, D.
- 8-The Healing Power of Herbs, Murry, M.T., N.D.

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