

Arbonne Nutrition

Bio-Nutria® and Figure 8



The Arbonne Bio-Nutria® System

The Arbonne Bio-Nutria® system is more than just a product line, it is a lifestyle. Arbonne has developed a four level nutrition system that focuses on changing people's lives, permanently, through education, diet, exercise and balanced nutrition. It's a permanent health solution that aims to change the common temporary fixes found in today's marketplace. You won't find a "quick fix" within the Arbonne Bio-Nutria® system, but rather, a direction for adjusting your lifestyle to one that is healthy, vital and lifelong.

Arbonne Bio-Nutria® Health

The Arbonne Bio-Nutria® system begins with Health, your health. Achieve a healthy balance between diet and lifestyle with Arbonne's complete line of multi-vitamin and mineral supplements, calcium, specialized antioxidant, multiple enzyme formula and herbal colon cleanser. Specifically formulated for men, women, teens and children, Arbonne's Health products ensure the proper balance of the necessary nutrients your body needs daily.



- Complete Essentials for Women I & II • Complete Essentials for Men
- Complete Essentials for Teens • Complete Essentials for Children
- Defense Builder Antioxidant • Calcium Plus • Optimal Digest • Herbal Colon Cleanse
- POC® and Pur Actives® - POC® is Arbonne's exclusive form of Grape Seed Extract, known to have one of the highest levels of antioxidant activity. Pur Actives® is Arbonne's unique blend of phytonutrients (plant nutrients) which includes broccoli, cabbage, tomato, carrots, spinach, parsley and wheat grass. Both POC® and Pur Actives® can be found in Arbonne's Defense Builder Antioxidant and Complete Essentials for Children.

Arbonne Bio-Nutria® Fitness

Since exercise is an important part of any healthy lifestyle, Arbonne Bio-Nutria® Fitness is the next step in the Arbonne Bio-Nutria® system developed to help reduce the stress placed on your body by exercise and improve post-workout recovery. Whether you're a weekend gardener or a professional cyclist, you suffer occasional aches and pains and need to take measures to stay fit. This product line includes scientifically proven, effective ingredients plus natural herbs and botanicals to help keep the body in its optimal condition to meet your physical needs.



- Joint Formula
- Herbal Muscle Massage Gel

Arbonne Bio-Nutria® Longevity

The Arbonne Bio-Nutria® System is brought to the next level with Longevity. Focusing on promoting optimal health and enhancing the quality of your life, naturally. Arbonne's Longevity products are standardized to guarantee the same amount of active ingredients in each tablet.



- Heart Formula
- Leg Vein Formula
- Prostate Formula
- Menopause Formula
- Premenstrual Formula
- Rest & Relaxation Formula
- Arbonne's Proprietary Herbal Blends - Most of the Longevity products contain a different proprietary herbal blend, unique to that product and also unique to Arbonne. These proprietary herbal blends are added to support the function of the active ingredient(s). These herbs help to keep our formulas unique and make it difficult for other companies to duplicate our products.

Arbonne Bio-Nutria® Remedy

The Arbonne Bio-Nutria® system is completed with Remedy.

A line of natural remedies that offer an alternative to conventional therapies without the side effects. They are botanically-based and designed to support improved health and wellness. You won't see anything like these products in the marketplace.



- Herbal Vapor Rub
- Herbal Vapor Soak
- Get Well Soon, dietary supplement
- Lip Service, dietary supplement
- Herbal Lip Ointment

Figure 8™ Weight Loss Program

Arbonne's simplified plan to help you take control.

The goal? To bring your body into balance and achieve a healthy weight so that you're looking great and feeling great, naturally!

Get set for success by starting with Figure 8™ Daily Detox Tea. This unique tea cleanses and purifies, supporting overall health so that your body is ready to achieve your weight loss goals.* That's because a cleansed body is better able to process foods correctly by utilizing them as energy and not storing them as fat. Make the Figure 8™ Daily Detox Tea part of your daily routine ... as one of your healthy eight-ounce beverages ... then incorporate the additional Figure 8™ Weight Loss product for best results.

4 Products Make it Simple

1. Go Easy! Protein Shake with INNER G-PLEX®, chocolate & vanilla
2. Just Go! Orange Fiber Shake
3. Going, Going, Gone! Dietary Supplement
4. On the Go! Weight Loss Chews, chocolate & citrus

8 Dietary Elements Make it Work

1. High protein
2. Low carbohydrate
3. Low Fat/No saturated fat
4. No cholesterol
5. No artificial sweeteners, colors or flavors
6. No animal products/by products (vegetarian)
7. Suppresses appetite
8. Boosts metabolism/Increases energy

Visit www.gofigure8.com!

We've developed a website devoted entirely to the Figure 8™ program, products and participants. Go online and get all the details about this simple, smart program, plus read up on program FAQs, chat with others who are using the products or swap recipes and helpful tips.



The Arbonne Figure 8 Weight Loss Program

Taking the best of nutritional science plus nature, Arbonne has created an easy, effective weight loss program. With an emphasis on vegetable protein plus low carbohydrate and low fat, Figure 8™ products are based on high quality, nutritionally sound principles and ingredients.

*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's Nutrition Products

The Arbonne Difference

Arbonne's Nutrition products...

Unique customizable program, offered in a convenient product line designed to promote a healthy lifestyle

Advanced ingredients that work synergistically providing cardiovascular, digestive, muscle/skeletal and mental support at the cellular level

Improves strength and endurance by maintaining hormonal balance and blood sugar levels

Helps regulate protein and fat metabolism and plays a significant role in lowering fatty acid formation

Supports the body's natural abilities to fight chronic degenerative diseases

Educational support toward the proper balance of nutrition, exercise, behavior modification and psychological strategies

What Makes Arbonne-Bio-Nutria® Unique?

Meeting the Needs of Each Individual

- The Arbonne Nutrition products target the specific needs of each age group and gender. Rather than providing one supplement for all individuals, Arbonne has focused on the different requirements of each individual by providing an optimum balance of vitamins and minerals that fulfills each individual's particular needs. It makes sense. For example, a teenager does not require the same vitamin and mineral levels as a postmenopausal woman, so, Arbonne created special products for each of these groups.

Multiple Dosages

- Most of the Arbonne supplements are designed to be taken several times throughout the day. You will receive the maximum daily requirements and absorption by taking supplements in these lower, more frequent doses. If you take one large dose of a supplement, your body may not be able to assimilate all of the nutrients and will pass them through, leaving you without the daily nutrients your body needs.

Maximum Absorption

- Arbonne products are formulated to ensure that you receive the benefits of maximum absorption. The minerals in Arbonne products are chelated, a process of combining minerals with amino acids. This is the form in which minerals are transported throughout the body. Only 10% of ordinary minerals are assimilated by the body without chelation.
- The Arbonne supplements are also manufactured to conform to United States Pharmacopoeia (USP) standards for disintegration and dissolution, ensuring that the tablets are broken down and absorbed in the body at the optimal time (30 minutes).

Highest Quality

- The Arbonne products are based on scientific research and are made with only the finest ingredients available. All of the vitamins and minerals we use are pharmaceutical grade (the highest grade available) and the herbs are standardized, ensuring the same amount of active component in each tablet. The ingredients, as well as the final products, are all tested and certified and keeping in line with Arbonne's commitment to pure, safe and beneficial products, the Arbonne supplements contain no colors, starch, yeast, caffeine or preservatives.

Arbonne Nutrition products offers you the opportunity to take good care of yourself, starting from the inside, with convenient, effective products to improve your everyday lifestyle.

[ARBONNE NUTRITION]

Have you ever wondered if you took all of the Arbonne nutrition supplements, how much of the essential vitamins and minerals you'd be consuming? No need to worry! The Arbonne nutrition products are formulated to be taken together. Following are the combined totals for the products we offer that contain vitamins and minerals. All of the other products we offer are herbal supplements without vitamin/mineral combinations. As you can see, the total amount of ingredients in these products fall well below the safety levels.

	Complete Essentials	2 per day Calcium Plus	2 per day Antioxidant	3 per day Joint	3 per day Heart	2 per day Clear Advantage
Vitamin A as Retinyl Palmitate	5,000 IU					
Vitamin A as Beta Carotene	5,000 IU		5,000 IU			10,000 IU
Vitamin C	200-340 mg		300 mg	60 mg		
Vitamin E	60-100 IU		300 IU		300 IU	
Vitamin D	200 IU					
Thiamin	1.5-7.5 mg					
Riboflavin	1.7-8.5 mg					
Vitamin B6	3-10 mg				2 mg	50 mg
Vitamin B12	9-30 mcg				6 mcg	
Biotin	210-300 mcg		300 mcg			
Folate	400 mcg				400 mcg	
Niacin	20-30 mg					
Pantothenic Acid	10-30 mg					30 mg
Calcium	250-400 mg	600 mg				
Copper	2 mg					
Iron	0-18 mg					
Magnesium	200-250 mg	30 mg			300 mg	
Zinc	15-22.5 mg					30 mg
Chromium	100-150 mcg					
Manganese	2-5 mg	10 mg				
Molybdenum	50 mcg					
Potassium	25-50 mg					
Selenium	50 mcg					
Iodine	50-75 mcg					
Boron		150 mcg				
Betaine Hydrochloride		175 mg				
Glucosamine Sulfate				1,500 mg		
Bromelain				100 mg		
Quercetin				100 mg		
L-Carnitine					150 mg	
Coenzyme Q10					15 mg	
L-Lysine						500 mg
Mixed Bioflavonoids						

ARBONNE NUTRITION

3 per day Going. Going. Gone	4 per day REsist	2 per day Lip Service	Maximum Total	Safety
	1,250 IU		6,250 IU	over 10,000 IU during pregnancy can cause birth defects
			20,000 IU	over 200,000 IU may turn skin orange
	60 mg	100 mg	860 mg	over 5,000 mg may cause diarrhea
	30 IU		730 IU	over 1,200 IU may reduce blood clotting and raise blood pressure
			200 IU	over 1,000 IU may cause nausea, headache, diarrhea
			7.5 mg	no known toxicity
			8.5 mg	no known toxicity
			62 mg	2,000 mg or more can cause nervous system problems
			36 mcg	no known toxicity
			600 mcg	considered non-toxic
			800 mcg	no known toxicity, but high doses may deplete zinc
			30 mg	more than 2,000 mg may cause abnormalities in liver function
			60 mg	no known toxicity
			1000 mg	no known toxicity
			2 mg	over 10 mg can cause nausea, high doses can interfere with zinc absorption
			18 mg	toxicity unlikely at doses below 75 mg a day
			580 mg	doses over 3,000 mg have a laxative effect
		25 mg	77.5 mg	doses higher than 150 mg a day may cause vomiting
200 mcg			350 mcg	no known toxicity
			15 mg	no known toxicity
			50 mcg	relatively non-toxic, a daily intake of 10-15 mg may produce goutlike symptoms
			50 mg	doses above 18,000 mg may cause irregular heart rhythm
			50 mcg	doses over 900 mcg per day may cause nervousness, nausea, vomiting
			75 mcg	over 750 mcg per day may inhibit thyroid hormone secretion
			150 mcg	doses above 500 mg per day cause nausea, vomiting, diarrhea
			175 mg	over 650 mg can burn the lining of the stomach
			1,500 mg	extremely safe, if side effects occur, limited to light gastrointestinal symptoms
			100 mg	extremely safe, allergic reaction may occur, discontinue use if so
			100mg	extremely safe, allergic reaction may occur, discontinue use if so
			150 mg	extremely safe, no significant side effects reported in humans
	15 mg		30 mg	generally well tolerated, no serious adverse effects reported
		1500mg	2,000 mg	no problems have been reported with doses up to 4,000 mg
		100 mg	100mg	extremely safe, allergic reaction may occur, discontinue use if so

References: The Real Vitamin and Mineral Book, Shari Lieberman, PhD, CNS
 Encyclopedia of Nutritional Supplements, Michael Murray, ND

[ARBONNE NUTRITION]

Everyone can benefit from a multi-vitamin/mineral supplement, a calcium supplement, an antioxidant, an enzyme formula and a good colon cleanse, as well as proper diet and nutrition. For this reason, Arbonne has developed Complete Essentials, Calcium Plus, Defense Builder Antioxidant, Optimal Digest, Herbal Colon Cleanse and the Figure 8™ Weight Loss Program. For the more specific concerns we face every day, Arbonne has also developed products aimed at targeting certain problems and ailments. Use this handy chart to see which products could benefit you!

	Comp. Ess.	Ca. Plus	Antioxidant	Herbal Colon Cleanse	Optimal Digest	PS	Fiber	Chews
Lack of energy	X	X	X	X	X	X	X	X
Monthly female concerns	X	X	X	X	X			
Stressful lifestyle	X	X	X	X	X	X	X	X
Cravings for sweets	X	X	X	X	X	X	X	X
Too little sleep or restless sleep	X	X	X	X	X			
Menopausal concerns	X	X	X	X	X			
Frequent urinary concerns (Males)	X	X	X	X	X			
Sore or painful joints	X	X	X	X	X			
Varicose veins	X	X	X	X	X			
Difficulty in maintaining ideal weight	X	X	X	X	X	X	X	X
Low endurance during activity	X	X	X	X	X	X	X	X
Poor eating habits	X	X	X	X	X	X	X	X
Irregular or infrequent bowel activity	X	X	X	X	X		X	
High-fat diet	X	X	X	X	X	X	X	X
Muscle cramps	X	X	X	X	X			
Feeling out of control	X	X	X	X	X			
Too little exercise	X	X	X	X	X	X	X	X
Cardiovascular concerns	X	X	X	X	X	X	X	X
Tired, achy, swollen legs	X	X	X	X	X			
Troubled skin	X	X	X	X	X	X	X	X
Slow metabolism	X	X	X	X	X	X	X	X
Excessive appetite	X	X	X	X	X	X	X	X
Indigestion	X	X	X	X	X		X	
Heartburn	X	X	X	X	X		X	
Gas	X	X	X	X	X		X	
Nasal congestion								
Symptoms of cold/flu	X	X	X	X	X			
Cold sores/fever blisters								

