Frequently Asked Questions

Q. What is thermogenesis?
A. Thermogenesis is the production of body heat. It is an important part of the metabolic rate, and science has shown that supporting thermogenesis results in an increase in energy use.

Q. How does Full Control work?
A. Full Control is formulated with glucomannan, a unique fiber from the konjac root that expands when added to water. By mixing the powder with 8 oz. of water, the fiber begins to expand within minutes, making it important to drink immediately. Once consumed, the fiber continues to expand and helps you feel full, which helps support weight management.

Q. How does Svetol® (green coffee bean extract) in ThermoBooster™ help support weight management?
A. Svetol has been shown to reduce the absorption of glucose in the small intestine, which may help support weight management.◊

Q. Do I have to use Arbonne Evolution™ products with Arbonne Essentials® products?
A. Arbonne Evolution products are formulated to help support your weight management goals. To complement your (weight management) goals, we recommend combining with Arbonne Essentials products to support a healthy lifestyle.

My Evolution

Arbonne conducted a 90-day home use test with participants using Arbonne Essentials Protein Shakes along with ThermoBooster™ and Full Control. Below are some of the incredible stories from two study participants.

"The stress at work left me feeling entitled to a lot of comfort food and wine at the end of my day. Wow! I forgot how good being healthy feels! ThermoBooster™ and Full Control were so easy to incorporate into my day, and they made a huge difference in how I feel."

Pennie Hawks
Arbonne Independent Consultant
Executive Area Manager

"I love these new products. Full Control helps make me feel full to help support my weight management so I have the control to eat healthy food instead of junk to properly fuel my body. I am finally excited about how I look in a swimsuit again."

Melanie Billingsley
Arbonne Independent Consultant
Area Manager

For details about the 90-day home use test, visit arbonne.com.

◊ 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.
Let’s start an Evolution. **Arbonne Evolution™** delivers botanically based formulas that support weight management. Full Control helps you feel full while ThermoBooster® supports metabolism, thermogenesis, and reduction in glucose absorption in the small intestine to support weight management.

### The Products

**Full Control**

Support your weight management goals with this tasty watermelon kiwi flavored powder. The key ingredient glucomannan expands to help you feel full to help support weight management and gastrointestinal health. Also contains magnesium to support metabolism.

**Key Ingredient: Glucomannan**

- Glucomannan is a fiber that comes from the konjac root and expands significantly when mixed with water.
- Glucomannan is clinically proven to help you feel full, which can help support weight management.
- Because glucomannan is also a fiber, it helps support the gastrointestinal system.
- It supports blood glucose and cholesterol levels already within the normal levels.

**DIRECTIONS:** Mix one scoop with 8 oz. of water and drink within 2 minutes of adding to water before mealtime. Glucomannan is clinically proven to support weight management and makes it easy to support health goals.

**ThermoBooster®**

ThermoBooster® contains a blend of targeted botanicals, such as 400 mg per day of Svetol (green coffee bean extract), which, in a clinical trial, was shown to help study participants manage their weight.

**Key Ingredients: Svetol, and green tea extract**

- In a clinical trial, 400 mg per day of Svetol helped study participants manage their weight.*
- Svetol has been shown to reduce the absorption of glucose in the small intestine, which may help support weight management.
- Green tea extract helps support thermogenesis.**

**DIRECTIONS:** Take one ThermoBooster® tablet 5 minutes prior to meals, twice per day.

*Consumption of Svetol induces a reduction in glucose absorption in the small intestine, which may help support weight management.

**Increasing thermogenesis may aid in weight management, although this had not definitely been shown.**

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