

Arbonne 30-Days to Healthy Living Summary

What is it?

A 30-day private Facebook support group that offers a jump-start to a healthy lifestyle...encouragement, accountability, education, meal plans, shopping list & me, as your coach. Our next Bootcamp begins _____.

What are some of the popular benefits?

- Weight loss (An average woman loses 10lbs–12lbs & an average man loses 15lbs PLUS inches! Show Before & After Pics)
- Increased energy and focus
- Reset your metabolism
- Decrease sugar and carb cravings
- Flush toxins causing the release of trapped fat and the removal of the physical signs of toxicity
- Improved sleep and elimination of poor concentration
- Decreased joint pain
- Beautiful, glowing skin

What do we focus on?

- Eating clean, whole foods
- Increasing your nutrients
- Avoiding certain foods (that are allergenic, addictive, or acidic like gluten, dairy, sugar, & artificial sweeteners just to name a few. Don't worry! We will give you great, healthy alternatives!)
- Creating balance in your body. (Balancing your blood sugar so you don't crave sugars and carbs, and balancing your pH to help create an alkaline & anti-inflammatory environment, which helps prevent viruses and disease.
- Removing toxins/supporting your elimination organs (kidney, liver, GI tract and your largest organ, your skin)

How do the Arbonne products support the program?

- Pure, Safe, & Beneficial
- Vegan Certified, certified low glycemic index and certified non-GMO
- No Gluten, dairy, soy or whey
- Alkaline forming and pH correct
- No Cholesterol, saturated fats or trans fats
- Free of harmful ingredients and contain NO artificial flavors, colors, or sweeteners
- The products support busy lifestyles and even saves you money

What products do you need, what do they do and how much does the package cost?

- See below for products/pricing –about \$10/day for 2 meals/shakes, 2 drinks and your nutritional supplements
- Protein - 20 grams of vegan protein & 20 vitamins and minerals-increase nutrients
- Fiber - 1/2 of your daily requirement. Helps remove toxins, helps you feel full longer, regulates blood sugar
- Digestion Plus - Probiotic. Improves immunity, the healthy of your digestive track & helps you digest food better
- Energy Fizz Stick - increase energy, suppresses appetite, improves mood & focus
- Detox Tea - supports elimination organs by eliminating toxins, regulates cholesterol and blood sugar
- 7-Day Body Cleanse - helps cleanse and detox your body
- Greens Balance - 37 super fruits and veggies in one scoop = 1 serving of veggies. (Free product w/ PC sign up)



Arbonne Essentials 30-Days to Healthy Living and Beyond

- Protein Shake Mix, Vanilla (1), Chocolate (1)
- Energy Fizz Sticks, Pomegranate (1), Citrus (1)
- Daily Fiber Boost • 7-Day Body Cleanse
- Digestion Plus • Herbal Detox Tea (2)

Suggested Retail Price: \$434

Preferred Client ASVP Price: \$260.40

Independent Consultant: \$217