



æ ARBONNE evolution™

Weight Management Program Guide

Are you ready to start your evolution?



Welcome to Arbonne Evolution™

Are you ready for a new healthier you?

Thank you for stepping up to 90 Days to a Healthier You!

We're proud of your enthusiasm and honoured that you've become part of our mission to improve lives through healthier living.

We hope to do everything to guide you on your way and help make this mental, physical and emotional transformation a reality.

Imagine inspiring others to take on their own challenge, your personal goal that may seem so far away will be an amazing success story in 30, 60 and 90 days! Believe your personal Arbonne EVOLUTION.

You've got the ability to encourage countless others to change their lives and partake in a healthy lifestyle. We are excited! Just wait and see!

Here's to your personal transformation!

Sincerely,

Your Arbonne Family

This guide includes all you need to kick off your **90 Days to a Healthier You** program.



Weight Management Program Checklist

RECOMMENDED PRODUCTS

- 90-day supply of Arbonne Essentials® Meal Replacement Shake Mix (3 bags)
- 90-day supply of Arbonne Evolution™ Full Control (3 containers)
- 90-day supply of Arbonne Evolution ThermoBooster* (3 bottles)

SUGGESTED TOOLS

- **Camera/Smartphone**
Purpose: Document your progress with photos, testimonials and weekly weigh-ins
- **Body Measurement Tape / Weight Scale**
Purpose: Weekly measurements
- **Progress (Measurement & Weight) Tracker Sheet**
Purpose: Documentation of weekly progress
- **Supplement Tracker Sheet**
Purpose: Cheat sheet to remind you when to take your Arbonne Evolution Full Control and ThermoBooster* products.
- **Daily Journal Booklet** (documentation of daily intake and activities)
Purpose: This will help keep you honest for yourself and those with whom you share your story.
- **Personal Coach**
Choose an accountability partner, or seek encouragement from a sponsor. This is someone who can offer positive reinforcement, and help keep you on track, focused and inspired.

**ALWAYS READ THE LABEL AND USE ONLY AS DIRECTED. This product is not intended to diagnose, treat, cure or prevent any disease. This Weight Management Program requires the recommended products to be used in conjunction with a healthy, kilojoule-controlled diet and physical activity.*

THE ARBONNE EVOLUTION™ PROGRAM

Following the Program for 90 days

- 1. Take a picture and/or video of yourself before starting the Arbonne Evolution program.**
Please follow guidelines included in this Guide for taking an acceptable digital photo.
- 2. Use the products as directed:**
 - a. Arbonne Evolution Full Control: 30 minutes prior to a meal, 3 times per day
 - b. Arbonne Evolution ThermoBooster*: 1 tablet, twice per day, with breakfast and lunch
 - c. Arbonne Essentials® Meal Replacement Shake Mix: 1 to 2 shakes per day as a meal replacement**
- 3. Eat a healthy, low-kilojoule diet:**
 - a. Specific kilojoules can vary. Please consult with your own doctor to determine what is right for your personal needs.
- 4. Exercise/be active at minimum 30 minutes a day, 5 days a week:**
 - a. You can exercise more than this.
 - b. Exercise does not have to be rigorous; you simply have to increase and sustain your heart rate for 30 minutes.
 - c. ALWAYS consult a doctor prior to starting any exercise routine. Arbonne does not recommend any particular exercise or routine. It is up to each individual and his or her own doctor to determine what is appropriate for that individual.
- 5. Complete your journal, as directed:**
 - a. Complete the daily tracking form included in this Guide: your estimated kilojoules for the day, your exercise and product tracking.
 - b. At the end of 90 days, there should be 90 daily forms completed (one for each of the 90 days).
 - c. Complete your physical measurement tracker at the end of each week.
- 6. Take a picture and/or video of yourself every 30 days:**
 - a. We want to see your progress over time, so please do this every 30 days.
- 7. Share your personal story:**
 - a. Once you've reached the end of your 90 days and you have all your pictures, video and completed tracker, please submit all the documents to beforeandafterAU@arbonneinternational.com.au.
 - b. Please review the "Submitting Testimonials Guidelines" section in this guide prior to starting your 90-day plan and submitting. This document provides specific instructions on how to best ensure your submission meets Arbonne's standards.

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***Arbonne Essentials Meal Replacement Shake is not a total diet replacement. Do not exceed 2 shakes a day.*

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Weight Management Program

Supplement Tracker

Measurement Tracker

Supplement Tracker

Put this page on your fridge or somewhere you will see every day.

Supplement	ThermoBooster* (2 times a day)	Full Control (3 times a day)	Meal Replacement Shake (1–2 shakes a day)
Morning	1 tablet with a meal	One scoop (3.4 g) with 250 mL water, 30 minutes before your meal	Customise with added ingredients, if desired
Afternoon	1 tablet with a meal	One scoop (3.4 g) with 250 mL water, 30 minutes before your meal	Customise with added ingredients, if desired
Evening		One scoop (3.4 g)with 250 mL water, 30 minutes before your meal	

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Weight Management Program

Daily Journal

Complete 90 Sheets for 90 Days

Date:		
Did you have a meal replacement shake?	Yes / No	
Did you add extra ingredients?	What did you add? How much did you add? _____ _____ _____ _____	
What was your Meal 1?	Name of Meal: _____ Protein (g): _____ Carbohydrates (g): _____ Fat (g): _____ Kilojoules (kJ): _____ Did you have your Full Control? Yes, 30 minutes before my meal / No Did you take your ThermoBooster* tablet? Yes / No	
What was your Meal 2?	Name of Meal: _____ Protein (g): _____ Carbohydrates (g): _____ Fat (g): _____ Kilojoules (kJ): _____ Did you have your Full Control? Yes, 30 minutes before my meal / No Did you take your ThermoBooster* tablet? Yes / No	
What was your Meal 3?	Name of Meal: _____ Protein (g): _____ Carbohydrates (g): _____ Fat (g): _____ Kilojoules (kJ): _____ Did you have your Full Control? Yes, 30 minutes before my meal / No Did you take your ThermoBooster* tablet? Yes / No	
Did you have a snack?	Yes – Total Kilojoules _____ / No	
Did you drink water? (Recommended 8 glasses per day)	How many glasses? _____	
Did you exercise?	30 min. 45 min. 1 hr	More? If so, how long? _____ What type of exercise? _____
Total kilojoules for the day:		

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Weight Management Program

Submitting Testimonials Guidelines

Sharing Your Testimonials

Dos and Don'ts



Sharing Your Testimonial

The story of your Arbonne Evolution is important, and we think you should share it. Your story can encourage and inspire others to make important changes and start engaging in a healthier lifestyle. If you are going to share your personal testimonial with others, below are some important “dos and don’ts” for crafting compelling yet compliant stories and before-and-after pictures. Please read through them before documenting your progress during the 90-day program, as the guidelines will help ensure that we are able to share your story online.

In addition to following guidelines for written testimonials and photographs, it is also important to track your daily kilojoule and exercise information, as well as your adherence to the daily use of the Arbonne Evolution products. Tracking this information accurately will help ensure that we can share your story with the rest of the Arbonne family.

Once you have completed the program for 90 days, taken your photos, written your testimonial, and completed all the necessary tracking information, you will submit all your files to Arbonne at beforeandafterAU@arbonneinternational.com.au. We will then review all the information submitted for consideration for the My Evolution section of the Arbonne Evolution webpage and other Arbonne Evolution-related materials and collateral.

Dos and Don'ts

Guidelines for Making Testimonials

Dos:

- Do use only your personal testimonial.
- Do ensure you are actually using the product you are endorsing at the time of the endorsement and using the product in the manner directed on the packaging or Arbonne materials provided by the Arbonne Home Office.
- Do ensure your testimonial is presented in a proper context and accurately and genuinely reflects your opinion on or experience of our product.
- Do ensure your testimonial reflects only approved product claims as they appear on Arbonne-approved packaging or promotional materials provided by the Arbonne Home Office.
- Do disclose you are an Arbonne Independent Consultant.
- Do ensure your testimonial is not likely to mislead or deceive consumers or be untruthful.
- Do include words to the following effect:
The typical results achieved will vary with each individual and are based on multiple factors, including individual use, diet, lifestyle, age, gender, health history and skin type.

Don'ts:

- Do not use the testimonial of another person unless it is an approved testimonial provided by the Arbonne Home Office in official Arbonne tools, website, social media or The Source.
- Do not use a testimonial to make a health, therapeutic or medical claim.
- Do not make claims when providing a testimonial if the claims cannot be substantiated.
- Do not provide a testimonial in respect to a product if you have not used the product or are not currently using the product.
- Do not provide a testimonial that does not reflect your genuinely held opinion or belief.
- Do not use a testimonial you have previously used for another of our products (or in respect to another company's products).
- Do not reference or make comparisons to other companies or another company's products.
- Do not use a testimonial that is fictitious or not genuine.
- Do not use testimonials that would reasonably mislead, deceive, create a false impression or provide a wrong idea in the minds of consumers.
- Do not state that Arbonne or its products is approved or endorsed by any third-party organisation, including any clinic or certifying agency, unless the Arbonne Home Office specifically informs Arbonne Independent Consultants that Arbonne has written authorisation to promote such endorsement.

Dos and Don'ts

Guidelines for Taking Before-and-After Photos

Dos:

- Disclose whether there were any remarkable circumstances that led to your results.
- Use the same lighting, camera angle, pose and neutral/solid background in all photos.
- Photos must be in high resolution (at least 300 dpi or higher). Use the high-definition setting on your camera.
- For body photos: Take a photo from the front, side, and back and wear the same form-fitting and solid colour clothing in all photos.
- For face-only photos: Ensure that your skin is free of makeup and other skincare products in the photos and keep hair pulled away from your face.
- Photos must be of you and be recognisable as the same person in each photo.
- Include the date the photos were taken.
- Ensure that you have the permission of the photographer to use the photos.
- Keep signed, dated and printed copies of your before and after photos.

Don'ts:

- For face shots: Do not wear makeup or any other skincare products or do not have your hair concealing your face.
- For body shots: Do not wear markedly different clothing.
- Do not take the photo in a dimly lit location, with a busy backdrop or with different angles or lighting.
- Do not include any third-party material in the photo, including the products or logos of other companies, or the likeness of any other person. For example, any clothing worn in a photo must not contain any visible logos, trademarks or other third-party materials.
- Do not take low-resolution photos; avoid the use of low-resolution mobile phone cameras, if possible.
- Do not "Photoshop," digitally alter the images, or take any other measures that would tend to misleadingly enhance the "after" photo.
- Do not use a photo of someone else as a photo of you.
- Do not use before-and-after photos if you have undergone any cosmetic surgery or other procedures that could artificially change the appearance of your face or body while you are using our products.

The results achieved will vary with each individual and are based on multiple factors, including individual use, diet, lifestyle, age, gender, health history, fitness level, percent body fat, and exercise during the Program. Arbonne's products used in this Program should be used in conjunction with a healthy, kilojoule-controlled diet and physical activity.

Arbonne does not guarantee any particular result and each photo is submitted by individuals based on their own self-reporting and assurances that they have complied with the Sharing Your Testimonial Guidelines. Other than individual assurances, Arbonne does not have the ability to verify that any individuals in fact complied with the Sharing Your Testimonial Guidelines.

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Weight Management Program

Product Information

Arbonne Essentials® Meal Replacement Shake

Chocolate

Nutrition Information			
Servings per package: 30			
Serving size: 61 g (3 scoops)			
	Average Quantity		
	Per Serving 61 g	Per 100 g	
Energy	924 kJ (220 Cal)	1515 kJ (361 Cal)	
Protein	20 g	32.79 g	
Fat	5 g	8.20 g	
Saturated Fat	0 g	0 g	
Carbohydrates	23 g	37.70 g	
Total Sugars	12 g	19.67 g	
Fibre	6 g	9.83 g	
Sodium	0.395 g	0.648 g	
Potassium	380 mg	623 mg	
VITAMINS		% Daily Allowance	
Vitamin A	37%	275 mcg	451 mcg
Vitamin D	40%	4 mcg	6.56 mcg
Vitamin E	50%	5 mg	8.20 mg
Vitamin C	50%	20 mg	32.79 mg
Thiamin (Vitamin B1)	45%	0.5 mg	0.82 mg
Riboflavin (Vitamin B2)	33%	0.57 mg	0.93 mg
Niacin	50%	5 mg	8.20 mg
Vitamin B6	42%	0.67 mg	1.10 mg
Folic Acid	50%	100 mcg	164 mcg
Vitamin B12	50%	1 mcg	1.64 mcg
Biotin	17%	5 mcg	8.20 mcg
Pantothenic Acid	13%	0.67 mg	1.10 mg
MINERALS			
Calcium	44%	350 mg	574 mg
Phosphorus	25%	250 mg	410 mg
Iron	25%	3 mg	4.92 mg
Zinc	40%	4.8 mg	7.87 mg
Iodine	40%	60 mcg	98.36 mcg
Selenium	25%	17.5 mcg	28.69 mcg
Magnesium	34%	110 mg	180 mg
Manganese	17%	0.85 mg	1.39 mg
Chromium	13%	25 mcg	40.98 mcg
Molybdenum	17%	42.5 mcg	69.67 mcg

INGREDIENTS: pea protein isolate, cane sugar, sunflower oil, cocoa powder, brown rice milk, brown rice syrup solids, natural flavour, inulin, pea fibre, flaxseed, cellulose fibre, thickeners (xanthan gum, gum arabic, guar gum), brown rice protein, rice protein, sweetener (steviol glycosides), chia protein, quinoa protein, vitamins (vitamin C, vitamin E, biotin, niacin, vitamin A, folic acid, vitamin D, pantothenic acid, vitamin B6, thiamin, riboflavin, vitamin B12), minerals (potassium, calcium, phosphorus, magnesium, iron, selenium, zinc, manganese, iodine, molybdenum, chromium).

NOTE: People with known medical conditions, especially those sensitive to high protein/low sugar diets, and pregnant or lactating women should consult with a doctor prior to taking this product. Maintain adequate daily fluid intake in conjunction with this product. Not suitable for children under 12. This product must not be used as a total diet replacement.

Vanilla

Nutrition Information			
Servings per package: 30			
Serving size: 57 g (3 scoops)			
	Average Quantity		
	Per Serving 57 g	Per 100 g	
Energy	882 kJ (210 Cal)	1547 kJ (368 Cal)	
Protein	20 g	35.09 g	
Fat	4.5 g	7.02 g	
Saturated Fat	0 g	0 g	
Carbohydrates	23 g	40.35 g	
Total Sugars	12 g	21.05 g	
Fibre	5 g	8.77 g	
Sodium	0.370 g	0.649 g	
Potassium	380 mg	667 mg	
VITAMINS		% Daily Allowance	
Vitamin A	37%	275 mcg	482 mcg
Vitamin D	40%	4 mcg	7.02 mcg
Vitamin E	50%	5 mg	8.77 mg
Vitamin C	50%	20 mg	35.09 mg
Thiamin (Vitamin B1)	45%	0.5 mg	0.88 mg
Riboflavin (Vitamin B2)	33%	0.57 mg	1 mg
Niacin	50%	5 mg	8.77 mg
Vitamin B6	42%	0.67 mg	1.18 mg
Folic Acid	50%	100 mcg	175 mcg
Vitamin B12	50%	1 mcg	1.75 mcg
Biotin	17%	5 mcg	8.77 mcg
Pantothenic Acid	13%	0.67 mg	1.18 mg
MINERALS			
Calcium	44%	350 mg	614 mg
Phosphorus	25%	250 mg	439 mg
Iron	25%	3 mg	5.26 mg
Zinc	40%	4.8 mg	8.42 mg
Iodine	40%	60 mcg	105 mcg
Selenium	25%	17.5 mcg	30.70 mcg
Magnesium	34%	110 mg	193 mg
Manganese	17%	0.85 mg	1.49 mg
Chromium	13%	25 mcg	43.86 mcg
Molybdenum	17%	42.5 mcg	74.56 mcg

INGREDIENTS: pea protein isolate, cane sugar, sunflower oil, brown rice syrup solids, brown rice milk, inulin, natural flavour, pea fibre, flaxseed, cellulose fibre, sugar cane fibre, sea salt, thickeners (xanthan gum, gum arabic, guar gum), rice protein, quinoa protein, chia protein, sweetener (steviol glycosides), vitamins (vitamin C, vitamin E, biotin, niacin, vitamin A, folic acid, vitamin D, pantothenic acid, vitamin B6, thiamin, riboflavin, vitamin B12), minerals (potassium, calcium, phosphorus, magnesium, iron, selenium, zinc, manganese, iodine, molybdenum, chromium).

Arbonne Evolution™ Full Control

Nutrition Information

Servings per package 90

Serving size 3.4 g (1 scoop)

For best results, consume 3 servings per day.

	Average Quantity Per Serving	Per 100 g
Energy	21 kJ/5 kcal	615 kJ/147 kcal
Protein	0 g	0 g
Fat, total	0 g	0 g
Saturated	0 g	0 g
Carbohydrate	2 g	59 g
Sugars	0 g	0 g
Dietary Fibre	1 g	29 g
Sodium	35 mg	1.03 g
Magnesium	100 mg	2.9 g

INGREDIENTS: glucomannan (Amorphophallus konjac) powder (29%), rice syrup solids, magnesium citrate, acidity regulators (citric acid, potassium citrate), natural flavours, anticaking agent (silicon dioxide), sweetener (steviol glycosides), natural colours (black carrot, hibiscus, saffron extract).

NOTE: Not suitable for children under 15 years of age or pregnant women; should only be used under medical or dietetic supervision. This product is not a sole source of nutrition and should be consumed in conjunction with a nutritious diet and exercise program. Taking this product without enough liquid may cause choking. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you've ever had esophageal narrowing or swallowing difficulties.

Arbonne Evolution ThermoBooster

Each tablet contains:

<i>Coffea canephora</i> (green coffee bean) extract equiv to dry fruit	1.4 g
Equivalent to caffeine 4 mg	
<i>Camellia sinensis</i> (green tea) extract equiv to dry leaf	6.34 g
Equivalent to caffeine 3 mg	
<i>Zingiber officinale</i> (ginger) extract equiv to dry rhizome	375 mg
<i>Piper nigrum</i> (black pepper) extract equiv to dry fruit	30 mg
<i>Theobroma cacao</i> (cocoa) seed powder	26 mg
Capsicum annuum (cayenne) fruit powder	6 mg
Caffeine	37.8 mg
Chromium (as chromic chloride)	100 mcg
Quercetin dihydrate	1.5 mg

Contains tableting aids.

No artificial colours, flavours or sweeteners. Free from soy, dairy, lactose, preservatives and gluten.

NOTE: People with known medical conditions, or who are pregnant or breastfeeding, should consult with a doctor prior to taking supplements. Contains 45 mg of caffeine per tablet.

