

ARBONNE 411 SERIES

POWER OF PROTEIN

Protein acts as the building block of your body to help create bones, muscles, cartilage, hair, nails, and skin. It's found throughout the body in all our tissues and cells as it helps to power our bodies in many critical ways such as carrying oxygen through our blood. Fundamentally, our bodies are made up of protein and are maintained in many critical ways by protein. Protein can help fuel our body, support our muscle strength, increase feelings of fullness, and help support metabolism. It's important to supply our bodies with this essential nutrient for maintaining good health and feeling our best.

Protein is made up of over 20 different amino acids that our bodies must make all of the time because they cannot be stored. Nine amino acids—histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine are known as the essential amino acids, because they must come from food or nutrients that we consume because we cannot make them ourselves. As a result, protein is a critical part of our diet as we must ensure that we consume enough to fuel our body's every day. The challenge is that not all protein is created equal and not all protein can be easily digested for use. When we eat foods for protein, we also consume all the fat, fiber, sodium, and components of that protein source so it's important to understand what you're consuming so that you can choose wisely.

Getting protein from plant sources such as legumes, nuts and seeds can offer options that come with heart-healthy fats and beneficial starches, but some don't deliver all the essential amino acids. Animal protein or dairy can provide complete amino acid profiles but can also come with higher levels of fat and processed foods can often come with levels of other ingredients that make them less beneficial for the body overall. Variety is key and mindful selection of protein sources that deliver a complete amino acid profile can be important to help support your body wisely with all the beneficial protein that it needs to thrive.



FOR WEIGHT LOSS OR WEIGHT MANAGEMENT



ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKE

Meal Replacement shakes feature a blend of pea, hemp seed, pumpkin seed, quinoa, and rice that delivers 24 g of vegan protein supplying all 9 essential amino acids, carbohydrates for energy, and 7 g of fat to fuel your body and satisfy hunger.

Flavors include Chocolate & Vanilla

FOR WEIGHT MANAGEMENT OR HEALTHY LIVING SUPPORT



FEELFIT PEA PROTEIN SHAKE FEELFIT PEA PROTEIN SHAKE SIMPLY 1

FeelFit and Simply1 shakes both give you 20 g of vegan protein along with over 20 vitamins and minerals to help you feel full and help increase energy.◊ The difference is Simply1 is sweetened with Stevia and contains less than 1 g of sugar, while FeelFit offers a moderate amount of a natural form of sugar for flavor enhancement.

Feel Fit Pea Protein flavors include Chocolate & Vanilla

Simply1 flavors include Chocolate, Vanilla, Strawberry, & Coffee

Visit arbonne.com for more information

◊ 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.