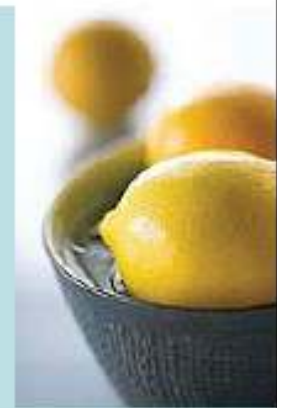


Wellness Plan



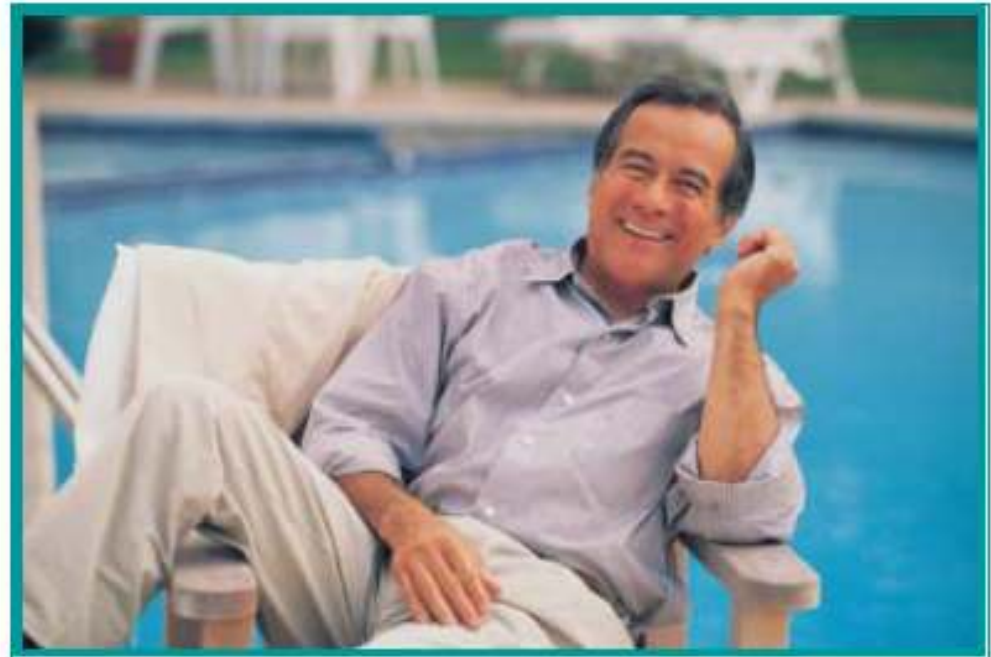
ARBONNE®
INTERNATIONAL

Enjoy a Healthier Life!



The following training is designed to support company produced marketing and promotional tools. Arbonne is a registered trademark of Arbonne International. Not produced or distributed by Arbonne International. These materials are not sponsored by, endorsed by or affiliated with Arbonne International.

**These two men are approximately
*the same age...***



Which life are YOU designing?

Wellness Plan

**These two women are approximately
*the same age...***



Which life are YOU designing?

Wellness Plan



Why more weight loss products?

70 million Americans
want to lose weight!

60% of Americans
are overweight.

The Arbonne Difference

- Once you use our products you will see & feel the difference.
- Our health & wellness products are all:
- Botanically-based
- Never tested on animals
- Formulated without animal products or by-products
- Formulated without dyes or chemical fragrances
- Researched on real people
- Certified vegan
- Certified Kosher
- Come with a 45 day money back guarantee
- Sweetened without sugar or artificial sweeteners, Arbonne uses Stevia & Lo Han

46 Pounds Later!



Before



After

Look what a commitment to Arbonne's Figure 8 System to support a healthier lifestyle has done for Senior VP of Product Development, Candace Keefe! She began her efforts in June and wanted to lose 40 pounds by Christmas. She lost 46 pounds before Christmas and is now going for a 50 pound loss.

Results Oriented Products!

- Online Registration at GoFigure8.com to utilize all the tools
- 8 week supply of Arbonne's Figure 8 weight loss support products
- Eat Less, Exercise More and use all of Arbonne's Pure, Safe, Beneficial Tools to help YOU get your body...



Lookin' great in '08!

Comprehensive Weight Loss Plan

- Must embrace a healthy lifestyle
- No “lose weight in 30 days” plan that’s healthy
- Reduce caloric intake
- Add some exercise
- Support your efforts with products in our Figure 8 line and add the new products



NRGGO3 FIZZING BEVERAGE TABLETS

3 Key Ingredients that are unique and exclusive blends known as the Get Up & Go Blend.



- 1. Green Tea** - standardized to 40% egcg (Epigallocatechin Gallate) to create a powerful antioxidant that has the same amount in every single tablet. When you combine this with caffeine, it creates thermogenesis.
- 2. Guarana** - increases your energy levels, reduces fatigue, promotes weight loss, controls appetite. Also has 50 mg of caffeine to combine with the green tea.
- 3. Panex Ginseng** - an adaptogen that delivers feel good properties. Promotes weight loss, relieves stress, and is a tonic for well being.

Increased Energy * Increased Thermogenesis * Increased metabolism

*** We feel great and LOOK great ***

NRGGO3 FIZZING BEVERAGE TABLETS

Taurine is the next ingredient.

When you aren't selecting the right foods to eat your body isn't getting proper nutrients & we don't feel as energized.

This helps with nutrient assimilation and will help your body utilize the nutrients you do get from food.



When you pair the Fizz plus the Hybrids, you are giving your body the best ability to process the foods that we eat. Hybrids provide not only nutrients but enzymes to break down our complex carbohydrates, proteins and fats.



NRGGO3 FIZZING BEVERAGE TABLETS

- Naturally helps increase and sustain energy
- Increases thermogenesis
- Increases metabolism
- Delivers a state of well being
- Helps assimilate foods
- Helps breakdown nutrients
- No artificial colors, sweeteners, or flavors
- Citrus Surge Flavor – lemon/lime, orange citrus
- Convenient, easy to transport & use, 10 Fizz tabs per tube
(2 tubes per box—one at home, one in purse or desk or share with someone else.)
- 20 tablets **#6461**; \$28 (\$18.20 Wholesale: \$.91 apiece!!)



Figure 8 On the Go!

Figure 8 On the Go! Weight Loss Chews in **Creamy Caramel** will be available January 1-March 31.

Flavors available year round: Chocolate, Berry Burst, Peanut Butter

These give you a little sweet treat while fighting fat, curbing appetite and providing a quick, pick me up boost of energy anytime of day.



Going, going, gone



- Take 30 min before each meal
- This supplement works through herbs to curb your appetite, contains NO ephedra or substances similar to ephedra.
- Helps support fat loss while maintaining muscle
- Contains Get Going! Herbal Blend which boosts metabolic rate & works to keep blood sugars & insulin level, important in proper utilization of energy.

Features of Figure 8 Products

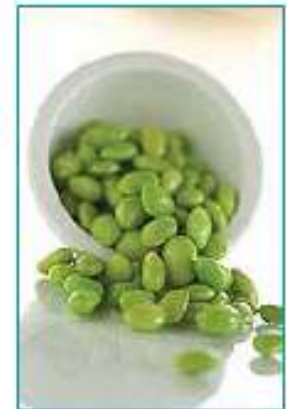
- **High in vegetable protein. 18 grams of protein per shake. Keeps us feeling full.**
- **Fiber shake provides 12 grams of fiber. Good for us and also keeps us feeling full.**
- **Low in carbohydrates and fat.**
- **No saturated fat or cholesterol since we have no animal proteins. Vegetarian.**
- **Suppresses appetite.**
- **Increases energy levels and boosts metabolism.**
- **No artificial colors, sweeteners, or flavors.**

Vegetable Protein Shake

*How much protein is needed per day on average?
Most people aren't getting near enough...*

- Low carb and low calorie
- Low fat and low sugar
- High vegetable protein*
- No saturated fat
- No cholesterol
- No lactose
- No artificial sweeteners, colors or flavors
- No animal products or by-products (vegan & vegetarian)

** Pea Protein is a superior vegetable protein*



Increase the body's:

- Caloric output
- Metabolic response to food intake
- Ability to reduce cholesterol
- Energy at the cellular level

Go Easy! Protein Shake



- Protein shake or combined fiber/protein shake: all protein is from yellow pea
- Contains 20 vitamins & minerals plus Arbonne's exclusive Inner G-plex blend & 8 different dietary elements to encourage weight loss:
- Sweetened with Stevia & Lo Han

1 scoop contains 110 calories, 18 grams of protein, & 1.5 gram fat: 14 servings/container:

comes in 3 flavors vanilla, chocolate & chai latte

This can be made by shaking in the Arbonne shaker cup with cold water, or you can use a blender with few frozen fruits to make smoothie.

Remember the more you add to it the more calories you are taking in, so less is better.

For Recipe Book visit - www.misty.myarbonne.com

Fiber Shake

- Arbonne's blend of soluble and insoluble fiber is derived from fruits and grains
- 2-4 scoops per day provides 48% - 96% of recommended daily fiber intake
- May add to vanilla protein shake



Benefits of Fiber

- ✓ Improves digestive function
- ✓ Helps lower risk of heart disease & cancer
- ✓ Reduces toxins & cholesterol found in the body
- ✓ Promotes weight loss



Just Go! Fiber Shake

- We discussed importance of this to any healthy diet earlier.
- Will help you feel full Can be used at anytime during the day.
- If you have a difficult time fitting in meals, then can be combined with protein shake as a meal replacement during the day.



For Recipe Book visit - www.misty.myarbonne.com

REsist Formula

Key Nutrients:

- **Flaxseed Oil**
Richest source of omega-3 fatty acids important for healthy cell structure & cardiovascular strength
- **Vitamins A, C & E**
Protects the fatty portion of the cell membranes from heavy metals, toxic compounds & other free radicals
- **Alpha Lipoic Acid**
May help slow the heart's normal aging process
- **CoQ10**
Slows the aging process, helps boost energy and enhances the immune system



Benefits:

- ✦ Supports cardiovascular health
- ✦ Helps prevent cellular damage
- ✦ Protects against stress & free radical damage
- ✦ Provides antioxidant protection



Arbonne pioneered the Vegetarian Capsule known as Licaps®

Wellness Plan

Detox Tea



Key Nutrients:

- Milk Thistle supports liver & kidney function (main filtering organs)
- Couch Grass, an effective diuretic, aids in dissolving kidney stones and supports prostate health

Benefits:

- Gently cleanses & naturally purifies the liver, kidneys & blood
- Provides detoxification & antioxidant protection
- Works synergistically with wellness products for best results



Wellness Plan



Hybrid Formula

- ✍ AM & PM **Power Packs** contain gender-specific, herb & botanically-based formulas.
- ✍ Individual **Vitamin & Mineral Tablets** contain 32 core essential nutrients.
- ✍ Men's **Prostate Formula** supports prostate health.
- ✍ Women's **Calcium Tablets** are formulated for critical bone support (not made from shellfish).



Hybrid Formula (continued)

✓ Super Food Antioxidant

- Protects & eliminates free radicals that accumulate in our bodies over time & beyond our control.



- **ORAC Score of 8,000!** (*Oxygen Radical Absorption Capacity*)

An ORAC test measures the amount of antioxidant activity in a product and assigns it a score. The higher the ORAC score, the more antioxidant protection the product provides from free radicals.

✓ Powerful Digestive Enzymes

Helps the body digest carbohydrates, fats, proteins, lactose and other dietary components.



Water Relief Treatment Serum

- Bye-Bye Puffiness!
- Bye- Bye Dimples (only 3% don't have cellulite!!)
- Addresses the water that can get trapped in the skins surface making you feel “heavy”.

Apply to arms, legs, thighs, abdomen, hands...anywhere where you may retain water.

We all retain water: women retain prior to their cycles; hot, humid summer months; or from overeating.

Helps with tight rings, legs feeling heavy, bloating during cycles, etc.



FIGURE 8 Vanish System

Figure 8 Vanish Cellulite System:

- Pre-shower Scrub,
- Cream after toweling until absorbed,
- then the Water Relief Serum
OR you can use it alone.

Apply liberally to affected areas until absorbed. Can be used a.m. and p.m.

**The more you use it,
the more the benefit you will see!**



What's New at Arbonne!

Virtual Illusion Lash Enhancer

Magnify your eyelashes with this science-based, nourishing formula that helps transform the appearance of volume, texture, density and radiant shine in lashes. Strengthening and conditioning ingredients revitalize lashes, helping to prevent breakage, and promote longer, thicker-looking eyelashes.

Virtual Illusion Makeup Primer

Create a flawless canvas for makeup application with this advanced primer. A blend of vitamins, skin-perfecting pigments, advanced cushioning and anti-aging ingredients work in harmony to help tone, smooth and minimize the visual appearance of fine lines, wrinkles and enlarged pores. The result is a velvety, matte, radiant finish.



NutriMinC® RE9® REtaliatE Wrinkle Filler

This go-anywhere, easy-to-use precise applicator pen delivers a dynamic formula infused with GABA and hyaluronic-silica spheres that visibly help to soften and diminish the appearance of wrinkles, crows feet, and deep lines, ensuring that you can look your best ... wherever you are!

NutriMinC® RE9® REgain Illuminating Enzyme Peel

Illuminate your skin with an exotic cocktail of natural fruit enzymes from African papaya and Far East pineapple that gently exfoliate, revealing a more even complexion and noticeably smoother-looking skin. In just 10 minutes the peel purifies and revitalizes the look of tired skin for a more youthful, radiant appearance.

Go Figure 8 30-Day Program Set



Revamped to have all products in all quantities in a 30 day supply.
17 items in the set now after adding energy drinks, detox tea,
and extra shakes.

Item #1878: \$341.50 Retail/\$221.98 wholesale.

\$362.25 value!

Autoship makes it easy!!

Earn a \$250 in FREE PRODUCT

Every 6 months you have this on autoship*!

*or other products totaling \$250+ retail

3 ways to win with Arbonne

- 1) Client- pay retail & get exceptional customer service from me
- 2) Consultant- sign-up for \$29 & have your own 35% discount on all of Arbonne's products
- 3) Business Builder-
 - Would additional income make a difference in your life?
 - Are you looking for a change in your life?
 - Needing extra cash to pay off debit, save for retirement or pay for college?
 - Do you hate that feeling you get when Sunday evening rolls around?
 - Would you like more flexibility in your life?
 - Is your job creating too much stress in your life?
 - Want to be your own boss & create your own income potential?

Create your BEST LIFE Today!

Bikini Package for about \$8.65/day

Ready to commit & look good "inside & out"

- 30 day Go Figure 8 Set special -
(do you want to sign-up for autoship)
- Vanishing Duo (90 day supply)
- Water retention serum (90 day supply)
- Herbal colon cleanse 90+ day supply

Retail Value: \$482.50

Consultant Price: \$313.63 Savings: \$168.87

Weight Loss Trial Package for under \$5.50/day

- 1 detox tea
- 2 Fiber shake
- 2 protein shakes
- Going, going, gone supplement
- GO3 Fizzing Beverage
- 2 bags of chews
- Herbal colon cleanse 90+ day supply

Retail Value: \$252.50

Consultant Price: \$164.13 Savings: \$88.37

Health Package for about \$3.00/day

For those wanting to improve their overall health, but not needing weight loss

- 3 cans of detox tea 30 day supply
- 2 cans of fiber shake 30 day supply
- 1 protein shake
- Herbal colon cleanse 90+ day supply
- 1 bag of chews

Retail Value: \$161.00

Consultant Price: \$104.65 Savings: \$56.35

Customize your Package

You can add or subtract products from any of these packages to best suite your needs, goals & budget. Prices will change accordingly. Great add ons would be:

- Smart Nutritional Hybrids - If placed on autoship you will get a 2nd set for \$55 - *(save 35% on first set & over 50% off on 2nd set each month... great savings for you & someone else in your family)*
- Hormone balancing cream
- Skincare
- Products for your family to use as well