

# FAQS

## **WHY DOES ARBONNE INCLUDE CANE SUGAR IN THEIR INGREDIENTS?**

There is much misinformation about sugar in the diet. All foods are ultimately converted into glucose, whether they are fats, proteins or carbohydrates — including complex carbohydrates or simple sugars. Glucose is a simple sugar that all cells use for energy and is the main source of fuel for cells and tissues of the body, including the brain and muscles. Because the brain is so rich in nerve cells, it is the most energy-demanding organ, using one-half of all the sugar energy in the body. Brain functions such as thinking, memory and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Keep in mind that one apple can have about 15 g of sugar. Arbonne does not utilize artificial sweeteners like sucralose or aspartame, and instead uses natural sweeteners, such as cane sugar, in our nutritional products. Of course, we do suggest that you consult with your healthcare practitioner prior to taking any supplement if you are being monitored for any health condition.

## **I'M STILL SUPER HUNGRY AFTER MY DINNER. DO I HAVE TO STICK TO THE MEAL PLAN, OR CAN I HAVE SOME SNACKS?**

We recommend you monitor everything that you're eating and drinking throughout the day to make sure you aren't missing your snacks or meals, as this will lead to evening hunger. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like your dinner portion is not filling, you can try adding extra non-starchy vegetables or a bigger salad to your meal. If you're extremely active, you might need additional calories and can try adding an additional half of a protein shake as an after-dinner snack to help fill and fuel you up. Beyond this, Arbonne offers a great product called Full Control, which is designed to be taken before meals to support satiety without the extra calories and food consumption.<sup>3</sup>

## **I AM AWAY FOR WORK A LOT AND AM UNSURE HOW I WILL STICK TO THE PLAN. CAN YOU SUGGEST HOW TO NAVIGATE THIS?**

We recommend that you follow the plan, adjusting the timing of your snacks and meals to best fit your schedule. This will allow you to best manage your daily nutritional intake. The products are all easy to travel with as they don't require any refrigeration, and many come in single-serving stick packs making it easy to take your program on the go. Preparation in the evening for the day ahead is key to staying true to the plan and your goals. Even when dining out, you can choose healthy options. Just watch your portion size and ask for any sauces or dressing on the side to help manage your overall intake and keep your nutrition in balance. Another great tip is to prepare in advance by looking at the menu online to help you determine what you can order to stay on track while also enjoying your meal.

## **I AM GETTING HEADACHES FROM THE CHANGE IN MY DIET. SHOULD THIS BE HAPPENING?**

Your body is adapting to a new type of eating and with change it is having to alter how it utilizes the nutrients and fiber that it is getting. If your previous eating style was significantly different you are experiencing changes as you are consuming less sugar and reduced caffeine. Ensure that you're drinking enough water, getting plenty of rest, and eating all of your foods to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

## **I'M CONCERNED ABOUT THE CAFFEINE IN FIZZ STICKS. ISN'T THIS SOMETHING WE SHOULD BE AVOIDING?**

Fizz Sticks contain 55 mg of caffeine as compared to the average cup of coffee, which contains 95 mg. Fizz Sticks contain antioxidants along with a botanical blend of ginseng, B vitamins, CoQ10, and chromium, combined with caffeine naturally derived from guarana and green tea, to help boost energy. They also help to temporarily promote alertness and endurance and reduce fatigue. When used as directed, they are a beneficial energy boost that comes without the crash typically associated with highly caffeinated beverage consumption.

## **HOW DO WE KNOW THE CORRECT NUMBER OF CALORIES TO EAT IN A DAY? SHOULD EVERYONE BE EATING THE SAME THINGS?**

Not all people have the same nutritional needs. 30 Days to Healthy Living is not intended to be a weight loss program. Weight loss occurs with a reduction in the number of calories consumed along with an increase in the number of calories burned each day through activity. You can partner with a nutritionist or your doctor to help determine the ideal calorie range for you. 30 Days to Healthy Living focuses more on eliminating foods and drinks that might not be serving the body while at the same time you're increasing or introducing foods and supplements that are rich in plant-based nutrients, vitamins and minerals along with healthy fats, fiber, and starches. It is not a calorie-counting program or a diet plan. We do recommend food journaling every day to help you increase your awareness of everything that you are consuming. You can share this information with your Independent Consultant so they can help you adjust some of your choices if you find that you are not meeting your goals from the program.

## **I AM FINDING IT HARD TO RESIST SOME OF MY CRAVINGS, PARTICULARLY WHEN FRIENDS AND FAMILY ARE NOT FOLLOWING THIS PROGRAM WITH ME. WHAT CAN I DO?**

It can be a challenge to watch others indulge and stay true to your goals. Just remember that nothing tastes as good as good health feels. Treats might taste good in the moment, but they do not support you in reaching your goals. To help resist a craving, start by reminding yourself of your "why." Remove yourself from the situation and try doing something different to distract yourself. Often, when you do this, the craving will pass. You can also try drinking water flavored with citrus or berries to help promote a feeling of fullness and shift your focus on the food. If you do give in and indulge, just remember all that you have done to become healthy. From that point on, it's up to you to get refocused and back on your plan. Healthy living doesn't have an "off" switch, but it is a choice that you make every day to support your overall wellbeing. No matter what, be kind to yourself in your own head and remember this is about sustainable change for the long term, not perfection.

## **I'M EXPERIENCING BLOATING, CONSTIPATION AND GENERAL TUMMY DISCOMFORT. WHAT CAN I DO TO HELP GET MORE COMFORTABLE?**

First, ensure that you are drinking plenty of water. Most people underestimate the amount of liquids that they consume in a day so including this information in a food journal can be helpful to ensure that you're getting at least half of your body weight in ounces of water every day. Next, share which foods you're eating in your healthy meals and snacks with your Independent Consultant. Many vegetables and plant-based foods can be naturally higher in fiber. If your body isn't used to this type of diet, this can cause challenges if you do too much right away. Finally, your Independent Consultant might recommend that you introduce Body Cleanse into your daily routine to help support your normal digestive process. If none of this is resolving the concerns, it might also be a good idea to check in with your doctor to help ensure that everything you're doing is right for your body's needs.

## **I'M TAKING MEDICATIONS. SHOULD I CONSULT WITH MY DOCTOR PRIOR TO STARTING AND ALSO THROUGHOUT THE PROGRAM?**

If you have any questions/concerns, ask your licensed healthcare provider. If you are taking medication, pregnant, or nursing, ask your licensed healthcare provider before using dietary supplements. It is also advisable to continue to check in with your physician throughout the program to help them determine any adjustments that you might need to make as your program is progressing.

\*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.