



# ARBONNE ESSENTIALS® PROTEIN SHAKE MIX

## For Daily Health

Arbonne Essentials Protein Shake Mix has a perfectly balanced blend of vegan protein from pea, rice and cranberry, as well as functional fats, carbohydrates, vitamins, minerals, flax seed, and a unique botanical blend for targeted benefits. Just two scoops contain 20 grams of protein to help you feel satisfied and deliver a 100% amino acid score, an indicator of how efficiently protein will meet amino acid needs, to help support muscles.<sup>§</sup> Clinically tested and certified to have a low glycemic index, the shakes are low enough in sugar to avoid spikes in blood sugar levels.<sup>§</sup> Blend with a variety of fruits and vegetables for an extra nutrient boost. 30 servings, Chocolate #2069; Vanilla #2070; \$69 each. 🇺🇸

### Talking Points

- Ideal nutritional choice to support a weight-management regimen.<sup>§</sup>
- Blend with ice and fruits or vegetables to create new shake recipes.
- Ask your Independent Consultant to sample the Protein Shake Mix.
- Use the Arbonne Essentials Protein Shaker Cup to mix shakes.



### BENEFITS

- Certified low glycemic index
- Protein contributes to the maintenance of muscle mass<sup>§</sup>
- Contains easy to digest vegan protein
- Contains over 20 vitamins and minerals to support good health<sup>§</sup>
- Chromium contributes to the maintenance of normal blood glucose levels<sup>§</sup>
- Gluten-free
- Dairy-free; ideal for the lactose-intolerant
- No whey or soy proteins
- Kosher-certified
- No saturated fats, trans fats or cholesterol
- No artificial colors, flavors or sweeteners

### KEY INGREDIENTS

#### Pea Protein

- Pea and rice protein blend delivers a complete amino acid score
- Naturally high in amino acids arginine and leucine support muscles<sup>§</sup>
- Unlike soy and whey, has a low allergen potential

#### Inner G-Plex®

- Kelp, coenzyme Q10, ginseng and alfalfa deliver trace nutrients and antioxidants, and help support energy<sup>§</sup>

### FREQUENTLY ASKED QUESTIONS

- Q. Is the sugar content in the Protein Shakes considered high?**
- A.** Clinically tested by a third-party certifier and qualified as having a low glycemic index, the products have minimal impact on blood sugar level. They are low enough in sugar to help prevent blood sugar level spikes and “crashes,” helping retain a healthy blood sugar level. This is especially important for those who need to avoid high-sugar products or are following a weight-management regimen.
- Q. What are the benefits of consuming a high-protein product?**
- A.** Amino acids, including some branched-chain amino acids, are the basic building blocks of proteins, which help support muscle, lean muscle mass, and even bone health. The plant-based blend of pea and rice proteins is comparable to animal-based proteins in providing a 100% amino acid score to efficiently meet a person’s amino acid need. Dairy and soy proteins are considered common allergens, and soy protein can be a source of unwanted phytoestrogenic activity. Those following a vegan diet may need a high-protein product to get the necessary amount of protein, as fruits and vegetables are low in protein.
- Q. Why is there an extra gram of insoluble fiber in the Chocolate Protein Shakes?**
- A.** Insoluble fiber is inherent (naturally occurring) in cocoa powder; this being the case, it contributes an extra gram of insoluble fiber whereas there is none in the Vanilla Shake. We are required to label the amount of fiber in each product, even if the fiber is from other ingredients in the formula and not necessarily added.

<sup>§</sup>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.

Prices listed are suggested retail.



# ARBONNE ESSENTIALS® PROTEIN SHAKE MIX

Vanilla

## Supplement Facts

Serving Size 2 scoops (42 g) | Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	160	
Calories from Fat	30	
Total Fat	3 g	5%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	0 mg	0%
Total Carbohydrate	14 g	5%
Dietary Fiber	1 g	4%
Soluble fiber	1 g	
Insoluble fiber	0 g	
Sugars	9 g	
Protein	20 g	
Vitamin A (as retinyl palmitate)	620 IU	12%
Vitamin C (as ascorbic acid)	9 mg	15%
Vitamin D (as ergocalciferol)	50 IU	15%
Vitamin E (as d-alpha tocopheryl acetate)	5 IU	16%
Thiamin (as thiamin hydrochloride)	0.22 mg	15%
Riboflavin	0.25 mg	15%
Niacin (as niacinamide)	3 mg	15%
Vitamin B6 (as pyridoxine hydrochloride)	0.3 mg	15%
Folate (as folic acid)	61 mcg	15%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin	25 mcg	8%
Pantothenic Acid (as d-calcium pantothenate)	1.7 mg	17%
Calcium (as calcium carbonate)	153 mg	15%
Iodine (as potassium iodide)	23 mcg	15%
Magnesium (as magnesium oxide)	61 mg	15%
Zinc (as zinc oxide)	2 mg	13%
Selenium (as sodium selenate)	11 mcg	16%
Copper (as copper gluconate)	0.3 mg	15%
Manganese (as manganese sulfate)	0.3 mg	15%
Chromium (as chromium chloride)	18 mcg	15%
Molybdenum (as sodium molybdate)	11 mcg	15%
Sodium (as sea salt and sodium citrate)	360 mg	15%
Potassium (as potassium citrate)	120 mg	3%

**INNER G-PLEX®** 37.5 mg \*

Coenzyme Q10, alfalfa (leaf) powder, kelp powder, ginseng (root) powder

†Percent Daily Values are based on a 2,000 calorie diet.

\*Daily Value not established.

**OTHER INGREDIENTS:** Arbonne Protein Matrix Blend (pea protein isolate, cranberry protein, rice protein), sugar cane, sunflower oil, natural vanilla flavor, corn starch, inulin, xanthan gum, flax seed, stevia leaf extract, gum acacia, guar gum.

Made in a facility that processes milk, eggs, tree nuts, soy and wheat.

Chocolate

## Supplement Facts

Serving Size 2 scoops (45 g) | Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	160	
Calories from Fat	30	
Total Fat	3.5 g	5%
Saturated fat	0 g	0%
Trans fat	0 g	
Cholesterol	0 mg	0%
Total Carbohydrate	15 g	5%
Dietary Fiber	2 g	8%
Soluble Fiber	1 g	
Insoluble Fiber	1 g	
Sugars	9 g	
Protein	20 g	
Vitamin A (as retinyl palmitate)	620 IU	12%
Vitamin C (as ascorbic acid)	9 mg	15%
Vitamin D (as ergocalciferol)	50 IU	13%
Vitamin E (as d-alpha tocopheryl acetate)	5 IU	17%
Thiamin (as thiamin hydrochloride)	0.22 mg	15%
Riboflavin	0.25 mg	15%
Niacin (as niacinamide)	3 mg	15%
Vitamin B6 (as pyridoxine hydrochloride)	0.3 mg	15%
Folate (as folic acid)	61 mcg	15%
Vitamin B12 (as cyanocobalamin)	1 mcg	17%
Biotin	25 mcg	8%
Pantothenic Acid (as d-calcium pantothenate)	1.7 mg	17%
Calcium (as calcium carbonate)	153 mg	15%
Iodine (as potassium iodide)	23 mcg	15%
Magnesium (as magnesium oxide)	61 mg	15%
Zinc (as zinc oxide)	2 mg	13%
Selenium (as sodium selenate)	11 mcg	16%
Copper (as copper gluconate)	0.3 mg	15%
Manganese (as manganese sulfate)	0.3 mg	15%
Chromium (as chromium chloride)	18 mcg	15%
Molybdenum (as sodium molybdate)	11 mcg	15%
Sodium (as sea salt and sodium citrate)	480 mg	20%
Potassium (as potassium citrate)	340 mg	10%

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**OTHER INGREDIENTS:** Arbonne Protein Matrix Blend (pea protein isolate, cranberry protein, rice protein), sugar cane, cocoa powder, natural chocolate flavor, sunflower oil, corn starch, inulin, xanthan gum, stevia leaf extract, flax seed, gum acacia, guar gum.

Made in a facility that processes milk, eggs, tree nuts, soy and wheat.

### ALSO RECOMMENDED

Arbonne Essentials Daily Fiber Boost #2075; \$35

Arbonne Essentials Nutrition Bars, 10 bars, Chocolate #2918; Fruit #2922; \$25 each

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