



YOUR GUIDE TO
DAILY CORE
COMPLETE





Arbonne Is Whole-Body Wellness

Arbonne's Daily Core Complete Program is designed to give your body the fuel it needs to support your overall wellness, inside and out. Everything you choose to fuel your body—including your meals, your nutrients, your daily supplements—all impacts how you look, how you feel, and how you show up in the world. When you give your body the quality fuel it needs, it responds with energy, clarity, resilience, and radiance. In the end, your body always reveals the truth of how well it's been nourished, so over the next month, you'll be focusing on nourishing your body with balanced nutrition that helps you feel lighter, more energized, and ready to take on each day with confidence.

This isn't about quick fixes. It's about creating a lifestyle that helps you thrive for the long run by supporting whole-body wellness. By supporting your health span—the quality of your healthy years—you're giving yourself the chance to feel and look your best now while also setting yourself up for your future wellness. Think of this as a reset, a transformation, and a fresh start all in one. With each step, you'll be building the foundation for feeling vibrant, balanced, and like the very best version of yourself.

In the following pages, you'll learn what each core product does and how the entire system works together to support whole-body wellness. As you explore, you'll begin to see how these daily habits, fueled by targeted nutrition, can help you feel vibrant, balanced, and like the very best version of yourself, one simple step at a time. Here's to whole-body wellness with healthy living—and here's to the best version of you!





GET TO KNOW YOUR CORE PRODUCTS



Or



ESSENTIALMEAL MEAL REPLACEMENT PROTEIN SHAKE

Power up your day with 25 g of protein, 9 essential amino acids, vitamins, minerals, and healthy fat that fuels, satisfies, and keeps you going strong.

How to use: Add 1/3 cup to 9 fl oz of water or your preferred non-dairy milk alternative.

FEELFIT PEA PROTEIN SHAKE SIMPLY!

20 g of easy-to-digest vegan protein and over 20 vitamins and minerals and has less than 1 g of sugar and 5 g or less of carbs per serving.

How to use: Add 2 packed scoops to 9 fl oz of cold water and shake.



GREENSYNERGY ELIXIR®

This advanced gut and skin support formula contains phytonutrients from nature's rainbow, all working together to help you feel balanced and looking radiant.°

How to use: Add 1 stick pack to 8 fl oz of cold/room temperature water.



CLEANTOX HERBAL DETOX TEA

Enjoy a soothing daily cup that helps support your liver and kidneys while gently aiding your body's natural detox process.°

How to use: Pour 8 fl oz of freshly boiled water over 1 tea bag, then steep for 5–10 minutes. Chill afterwards to enjoy iced, if preferred.



ENERGYFIZZ GINSENG FIZZ STICKS

Sip on deliciously fizzy goodness powered with ginseng, B vitamins, and naturally derived caffeine from green tea and guarana to boost energy, sharpen your focus, and keep your energy fueled throughout the day.°

How to use: Add 1 stick pack to 8 fl oz of water and stir.

°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.



CUSTOMIZE YOUR SET BY SELECTING YOUR WELLNESS ENHANCEMENTS:

For whole-body wellness support, choose:



BEWELL DAILY MULTIVITAMIN & MINERAL + DAILY OMEGA

Our Multivitamin & Mineral gummy combines a comprehensive multivitamin to fill the nutritional gaps in your diet, along with AstaReal® Astaxanthin, a potent antioxidant recognized for its skin health benefits.° In addition, Daily Omega delivers support from a full range of omega-3s that help love your heart, fuel your brain, glow your skin, and ground your wellness.°

For focus and calm support, choose:



MINDHEALTH FOCUS SUPER POWDER + INNERCALM ADAPTOGENIC DE-STRESS POWDER°

MindHealth is designed to help support cognitive performance, including aspects of memory and learning.° In addition, InnerCalm is formulated with sustainably sourced ashwagandha, which is a powerful adaptogen, plus sustainably sourced saffron to help you achieve a balanced mindset.°

For digestive support and overall wellness, choose:



BIOTICSTICKS FAST MELT PROBIOTIC + BEWELL° SUPERFOOD GREENS

BioticSticks are formulated with 1 billion CFU of the probiotic strain *Bacillus subtilis* DE111® to help support digestive health, a healthy microbiome, and aid in healthy immune function in adults or children ages 4 and up.° BeWell Superfood Greens delivers a blend of 36 fruits and vegetables in each serving, along with prebiotic fiber and phytonutrients plus a blue-green algae blend derived from spirulina, chlorella, wheatgrass, and barley grass.

For elimination and detoxification support, choose:



CLEANTOX GENTLE CLEANSE + GUTHEALTH PREBIOTIC FIBER

Gentle Cleanse is formulated with key botanicals along with magnesium to work in sync with the body, helping detoxify by cleansing the system while supporting the gastrointestinal tract.° Prebiotic Fiber provides 12 g of soluble fiber plus prebiotic chicory root inulin that's essential for promoting gastrointestinal health, regularity, and healthy glucose levels already within normal range.°

°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.

For menopause support along with women's wellness, choose:



HERCORE ESSENTIALS MENO SUPPORT + HERCORE ESSENTIALS FLORA COMPLETE

Meno Support alleviates 10 common menopausal symptoms and helps provide support for targeted health needs during this life stage.° Flora Complete has four targeted probiotic strains in one formula that have been clinically studied with demonstrated efficacy to help maintain a woman's natural balance of good bacteria, promoting vaginal, gastrointestinal, and immune system health.°

For cycle support along with women's wellness, choose:



HERCORE ESSENTIALS CYCLE SUPPORT + HERCORE ESSENTIALS FLORA COMPLETE

Cycle Support harnesses the power of nature with botanical ingredients that have been clinically studied to address common monthly cycle-related symptoms and provide daily support through your entire cycle that supports symptoms from normal hormone shifts.° Flora Complete has four targeted probiotic strains in one formula that have been clinically studied with demonstrated efficacy to help maintain a woman's natural balance of good bacteria, promoting vaginal, gastrointestinal, and immune system health.°

For immune and digestive support, choose:



BIOTICSTICKS FAST MELT PROBIOTIC + MUSHROOMPOWDER DAILY DEFENSE°

BioticSticks are formulated with 1 billion CFU of the probiotic strain *Bacillus subtilis* DE111® to help support digestive health, a healthy microbiome, and aid in healthy immune function in adults or children ages 4 and up.° MushroomPowder is a daily superblend of mushrooms that supports your immune system, helps you adapt to stress, and supports cognitive function.°



°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.



ARBONNE ADVANTAGE

AT ARBONNE, WE DELIVER PRODUCTS THAT MEET OUR PURE, SAFE & BENEFICIAL® STANDARDS, CRAFTED TO AMPLIFY YOUR INNER GLOW AND SIMPLIFY HEALTHY LIVING.

CERTIFICATIONS

We have certifications across our products that ensure the transparency & proof of our commitments toward consumer confidence and quality standards. We voluntarily take steps to ensure many of our products are third-party certified including vegan, non-GMO, gluten-free, halal, OU, and our commitment to PETA standards.



*Certifications vary by product.

OUR PRODUCT STANDARDS

Our team is dedicated to offering SUPERIOR PRODUCTS MADE FROM SUSTAINABLY SOURCED and NUTRIENT-PACKED INGREDIENTS—whenever possible—that meet RIGOROUS QUALITY AND PURITY STANDARDS.



PROUD TO “B” IN GOOD COMPANY

We consider people & the planet in every decision we make. Arbonne is proud to be a Certified B Corporation®, proving that we meet the highest verified standards of social & environmental performance, transparency, and legal accountability to balance profit and purpose.

What's in our products—and what's not—makes all the difference. Arbonne has been a pioneer in botanically based beauty and wellness formulas, and recognize that what we put our formulas in is as important as the formulas themselves. This philosophy has focused our efforts on developing packaging that is better for people and the planet, leveraging renewable and recyclable materials. Since creating our goal to reduce our plastic footprint by 50%, we've eliminated an estimated 565,000 pounds of plastic from our portfolio, helping us to meet our goal ahead of schedule. As we look to the future, we have our sights set on supporting the circular economy through more recyclable packaging, offering our ArbonneCycle™ program and through providing clear end-of-life packaging instructions to our customers.

SAFETY + NOT ALLOWED List™

We rigorously monitor safety using innovative technology, starting with our Not Allowed List™, which bans 2,000+ questionable ingredients. Our commitment extends beyond ingredient selection and into comprehensive and well-defined testing of both raw materials and finished products. Additionally, we rely on third-party testing to validate levels of any ingredient that may have safety or toxicological concerns, including heavy metals. Only products meeting Quality specifications are released for sale.

FRAGRANCE & NATURAL FLAVORS

We deliver products that meet our Pure, Safe & Beneficial® standards. We strictly adhere to IFRA and EU Cosmetics Regulation safety and allergen standards. All nutrition products contain natural flavors. The FDA defines Natural Flavor as any essential oil, essence, extract, or product derived from spices, fruits, vegetables, herbs, and similar plants. We select ingredients that meet Arbonne's vegan certification & standards.



DAY IN YOUR BEST LIFE

Live your best day every day by keeping your body moving, fueling with balanced nutrition, managing stress, and recharging with quality rest so you feel your best no matter what comes your way. Avoid processed foods and instead choose lean protein, fruits, vegetables, healthy fats, and starches that all serve your body well to support overall wellbeing. The products are all easy to travel with as they don't require any refrigeration, and many come in single-serving size, making it easy to take your program on the go. Preparation in the evening for the day ahead is key to staying true to your goals. **Here's how a day in the program works:**



Incorporate the additional products that you selected to customize your set consistently into your daily routine at the time that works best for you.



Morning

WAKE UP YOUR BODY

Start your day with a cozy cup of CleanTox Herbal Detox Tea to gently wake up your body and support its natural detox process.

BREAKFAST TIME

Fuel up with EssentialMeal Meal Replacement Protein Shake or FeelFit Pea Protein Shake Simply1,* customizing it with fruits or add-ins you love to make it your own while giving your body the protein, vitamins, and minerals it needs.

BRING ON THE FIZZ

Enjoy your first EnergyFizz of the day to boost your energy and focus so you can power through the morning with clarity.°

GET MOVING

Pair it all with some movement you enjoy and other whole-food choices, and you've set yourself up for a day that feels light, energized, and balanced from the inside out.



Afternoon

LUNCH BREAK

Reset and refuel mid-day with EssentialMeal Meal Replacement Protein Shake* packed with protein and nutrients or choose a wholesome whole-food lunch (use the healthy plate guidelines below) if that's what you prefer.

KEEP IT MOVING

Prioritize daily movement to keep your system running smoothly and choose a time of day that suits your lifestyle.

FUEL YOUR ENERGY WITH FIZZ

This is also the perfect time for your second EnergyFizz Ginseng Fizz Stick to give you a boost of energy and focus that carries you through the afternoon.°

MIND YOUR MIND

Pause to manage stress, breathe deeply, or do something that brings you joy. With good fuel, movement, energy support, and mindfulness, you'll glide through the afternoon feeling strong, centered, and at your best.



Evening

NOURISH YOUR WELLBEING, INCLUDING YOUR GUT AND YOUR SKIN

Begin your evening with your daily GreenSynergy Elixir®. Packed with phytonutrients, skin-loving nourishment along with prebiotics, probiotics, and digestive enzymes, it helps your body process proteins, carbs, and fats efficiently so your body can get the most from your evening meal.°

A BALANCED PLATE FOR DINNER

Enjoy a balanced whole-food plate: one-half colorful veggies, one-quarter lean protein, one-eighth nutrient-rich carbs, and one-eighth healthy fats. This simple structure ensures you're fueling your body with the right balance of nutrients to feel satisfied and supported.

WIND DOWN

Shift into relaxation mode, take time to unwind with light stretching, calming activities, or quiet moments that allow your body and mind to settle.

PRIORITIZE REST

Create space for deep, restorative sleep. Quality sleep is where recovery happens. It's how your body resets and recharges, setting you up to wake up feeling refreshed and ready for another vibrant day.

*Substituting 1 daily meal of an energy-restricted diet with a meal replacement contributes to the maintenance of weight after weight loss. Substituting 2 daily meals of an energy-restricted diet with meal replacements contributes to weight loss. Maintain a daily adequate fluid intake, and do not exceed 2 servings per day. Results vary based on your starting point, goals, and effort. Talk to your doctor before starting. See the product package or product information page at arbonne.com for full details.

°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.



READY, SET, GO!



Choose Your Start Date & Set Your Goals

Pick a start date and write down your health goals. Having clarity on why you're starting will help keep you focused and inspired throughout the first month and beyond.



Prep Your Kitchen for Success

Stock up on whole, nourishing foods and clear out as many processed options as you can. Keep your pantry and fridge filled with fresh produce, lean proteins, healthy fats, and clean snack options like fresh fruits and veggies so the healthiest choice is also the easiest one.



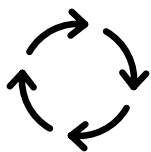
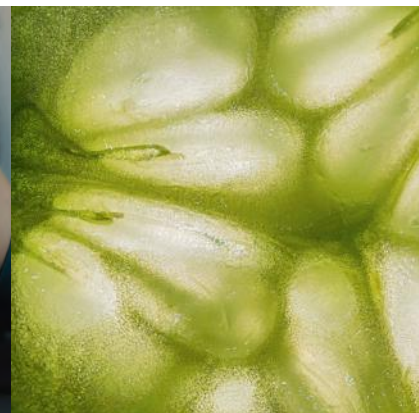
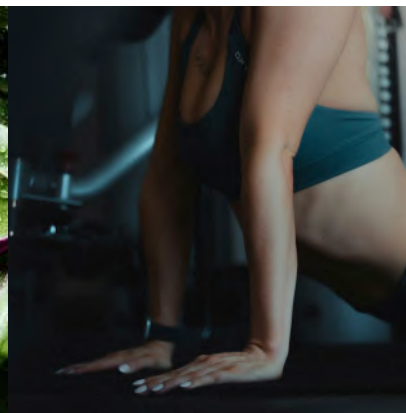
Stay Hydrated

Drinking plenty of water is key to supporting your body's natural processes, especially digestion, energy, and detoxification. Keep a water bottle nearby and sip throughout the day.



Move Your Body Daily

Incorporate movement into your day, whether it's a walk, stretching, strength training, or dancing in your living room. Every bit counts and helps you feel lighter, stronger, and more energized.



Track Your Progress

Use a journal, app, or calendar to track your meals, water intake, movement, and how you're feeling each day. Small wins add up, and tracking helps keep you consistent and motivated.



Meal Prep & Plan Ahead

Prep healthy meals and snacks in advance so you're never caught off guard. Even washing and chopping veggies or putting the powder for tomorrow's shake into your shaker cup the night before can make staying on track simple and stress-free.



Lean Into Support

Remember that with Arbonne, you're not doing this alone. You're a part of the Arbonne community and your Consultant is there to help you every step of the way. In addition, invite your family to join in with healthy meals, connect with your community on Facebook, TikTok, or Instagram for encouragement, and rely on your Arbonne team for guidance and motivation along the way.



SHOPPING LIST SUGGESTIONS

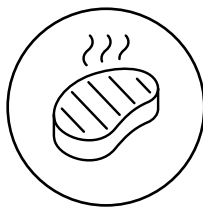
- ♦ **Pantry items:** beans, nut butter, quinoa, oats, extra-virgin olive oil, avocado oil, coconut oil
- ♦ **Non-dairy milk:** almond, oat, hemp, coconut, macadamia nut
- ♦ **Fresh or frozen fruit:** apples, lemons, avocados, raspberries, blueberries, seasonal fruit
- ♦ **Fresh or frozen veggies:** sweet potatoes, bell peppers, cauliflower, asparagus, broccoli, carrots, fresh herbs, onions, spinach, kale, romaine, squash, zucchini
- ♦ **Fresh lean proteins:** chicken breast, eggs, ground turkey, beef, hummus, fish
- ♦ **Healthy snacks:** celery sticks with nut or seed butter, hummus with veggies, brown rice cakes with avocado or nut butter, hard-boiled eggs, dried fruit and nut mix



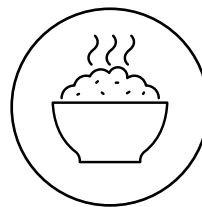
DESIGNING YOUR HEALTHY PLATE



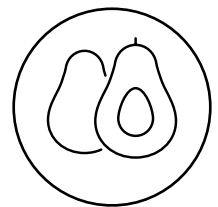
- ♦ **Vegetables**
(½ of your plate):
Choose non-starchy options like greens, broccoli, asparagus



- ♦ **Lean proteins**
(¼ of your plate):
Choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, beef



- ♦ **Nutrient-rich carbs**
(¼ of your plate):
Choose options like brown rice, quinoa, sweet potatoes



- ♦ **Healthy fats**
(¼ of your plate):
Choose options like seeds and nuts, nut butters or oils, olive oil, avocado

Ask your Independent Consultant for recipes!



What Comes Next

Healthy living isn't something you "finish," it's a lifestyle you get to benefit from every day. Unlike a diet, where you count the days until you can go back to old habits, this program is about building lasting change. Over the first month, you've laid the foundation for your new "health span," one that supports energy, balance, and wellness for the long run.

NOW, IT'S ABOUT KEEPING THAT MOMENTUM GOING! YOU CAN CONTINUE THE JOURNEY IN A WAY THAT FITS YOUR LIFE BEST:

- **Repeat** another month with a Daily Core Complete set if you're ready to continue with structure and accountability, particularly if you're working toward a weight-loss goal or transition to Daily Essentials Bundle to maintain the healthy habits you've already built.
- **Stay consistent** with a nutrition solution to help fuel your body daily that your Consultant can help customize to meet your targeted needs.

Don't forget that looking and feeling your best isn't just about what goes inside your body. Supporting your skin, the body's largest organ, is just as important. Be sure to check out Arbonne skincare to keep your glow thriving from the outside in.

THIS IS JUST THE BEGINNING. YOU'VE DONE THE HARD WORK, AND NOW YOU GET TO ENJOY MAKING THE REST OF YOUR LIFE THE VERY BEST OF YOUR LIFE WITH ARBONNE. TALK TO YOUR INDEPENDENT CONSULTANT TO LEARN MORE.