



# Arbonne PhytoSport™

## Collection Focus Guide

### Did You Know?

All of the energy we need for life, as well as for exercise, comes from the foods we eat and the fluids we drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids.

Every category of nutrition is important for overall health, but according to the National Academy of Sports Medicine in the United States, carbohydrates, proteins and fluids are the three key aspects of nutrition to focus on before, during and after strenuous activity.

### SCIENCE AND EDUCATION

*The following content is provided for educational purposes only. It is not intended to make health claims regarding our products.*

#### Carbohydrates

Carbohydrates are the most important source of energy for athletes. No matter the sport, whether you're just starting out or in training, carbohydrates provide the energy that fuels muscle contractions. Once they are consumed, carbohydrates break down into smaller sugars absorbed by the body and used as energy. Any glucose not needed right away gets stored in the muscles and liver in the form of glycogen.

Glycogen is the source of energy most often used by the body during exercise. During longer periods of activity, fat can help fuel the body, but the process is slower and not ideal for efficient energy production.

According to the National Academy of Sports Medicine, 1 gram of carbohydrate provides 4 calories of energy for the body. Athletes often talk about carbohydrate loading and carbohydrate depletion, which refers to the amount of

carbohydrate energy that can be stored in our muscles as glycogen to be ready for our body's use. During exercise or activity, we use up stored carbohydrates in our muscles as fuel.

If we don't replenish these stores, we can run out of fuel. Athletes often refer to this as "hitting the wall." How long our body's energy supply lasts depends on the length and intensity of activity. To avoid running out of energy while working out or competing, start with full glycogen stores, replenish them during exercise, and refill them after exercise to be ready for the next workout.

Simple carbs, or sugars, are absorbed by the body and converted to energy very quickly and provide a rapid source of energy. Complex carbohydrates take longer to digest and absorb into the body. This breakdown also requires more effort, so complex carbohydrates are converted to energy at a slower rate than simple sugars.

#### Proteins

Protein consists of amino acids that combine to make muscles, bone, tendons, skin, hair, and other body tissues. Proteins also help our body transport

nutrients and create enzymes, which trigger the multitude of biochemical reactions that occur daily in our bodies. More than 10,000 types of proteins in the body complete all of these critical functions.

Essential amino acids must be obtained from diet; therefore, it's important to consume adequate amounts of high-quality protein. Athletes need protein to repair and rebuild muscle that gets broken down during exercise and to help with carbohydrate metabolism. Branched-chain amino acids — like leucine, isoleucine and valine — help support muscle repair.

## Fluids

Keeping your body hydrated is essential for everyone. Water is the most important nutrient and has many critical functions, including regulating temperature, lubricating joints and transporting nutrients as well as waste throughout the body.

Staying hydrated is especially important during exercise to ensure comfort, performance and good health. The longer and more intense the exercise, the more important it is to drink the right kind of

fluids. Studies have found that athletes who lose as little as 2% of their body weight while sweating can experience a drop in blood volume, causing the heart to work harder to circulate blood. This can lead to muscle cramps, dizziness, fatigue and heat-related illness.

Electrolytes regulate muscle function and nerve function, hydration, blood pressure, and the rebuilding of body tissue. Our electrolyte levels can fluctuate when the water levels in the body change which occurs when our level of hydration goes up or down. Imbalanced electrolyte levels can lead to either weak muscles, or muscles that contract too severely and cramp during periods of exercise.

According to the Institute of Medicine in the United States, the need for electrolyte replenishment during exercise depends on intensity, duration, weather and individual sweat-rate differences. Sodium and potassium are needed to help replace sweat-related electrolyte losses, and sodium also helps stimulate thirst. Other electrolytes, such as calcium, magnesium, chloride, and phosphorus help maintain the acid-base balance in the body and support muscle, nerve and cardiac function.

## THE PHYTOSPORT™ STORY

The PhytoSport collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can improve performance, enhance results, increase endurance and build confidence in the body's natural abilities.

The 3-step PhytoSport system has been created with scientific and natural, botanical ingredients to deliver results that are fuelled by nature. The products do not contain ingredients typically found in competitive lines, such as whey, caffeine and soy that some have sensitivity to, yet they offer professional level results.

Australians are amongst the most enthusiastic consumers of sports nutrition products in the world. Despite a relatively low population of 24 million (and despite a large proportion of that population being either obese or overweight), Australia is the second largest sports nutrition market in the world — worth \$805 million AUD. As a result, adding this collection to our nutrition category will allow us to grow our results.

## The Arbonne Advantage

Increased endurance, energy and peak performance with plant-powered ingredients, including a proprietary blend of botanicals; certified for use by the Banned Substances Control Group.

### The PhytoSport product collection includes:

- Prepare & Endure
- Complete Hydration
- After Workout

All products are BSCG certified:\*

Banned Substance Control Group (BSCG) tests for more than 207 drugs banned by sporting groups including WADA, NFL, MLB, NHL, NBA, MLS, PGA, LPGA, NCAA, and is the only certification provider to cover an additional 185 prescription and over-the-counter drugs not banned in sport. BSCG also regularly tests products for label verification, identity and contaminants, and audits manufacturers for Good Manufacturing Practices (GMP) compliance.

\*Arbonne PhytoSport products are analysed for substances banned by sports. No substances were found above the stated detection limits.

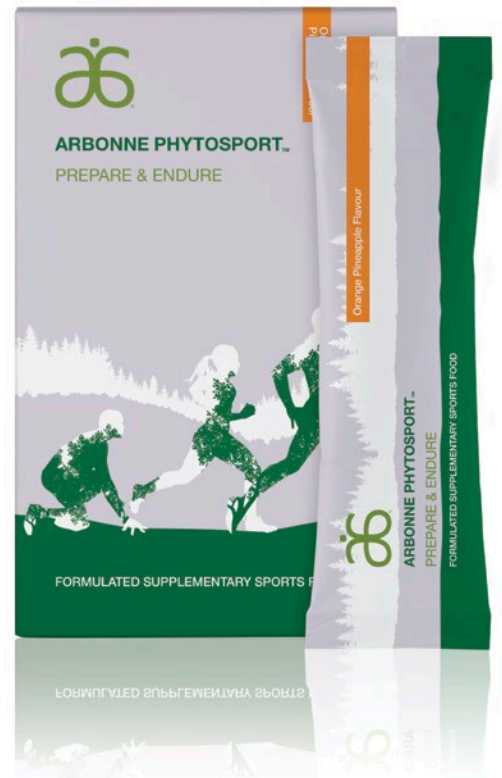
# PREPARE & ENDURE

## Features

- Orange-pineapple flavoured powder provides simple carbohydrates that can be readily converted into functional energy to sustain intensity and exertion for activity
- Maintains endurance and energy crucial to supporting peak physical performance
- Features an antioxidant blend of vitamins A, C, and E to fight free radicals
- Formulated for men and women 18 and older to support all levels of activity or competitive performance
- Formulated without artificial flavours, colours or sweeteners
- Certified vegan, kosher, and BSCG

## Benefits

- Delivers ingredients to help support endurance and prevent “the crash”
- Provides an energy source to support physical activity
- Vitamin B-12 helps support red blood cell formation and energy
- Helps promote endurance in extended, high intensity exercise



## How to Use

Mix 1 stick pack with 250-500 mL of water prior to or during exercise. Mix well or shake.

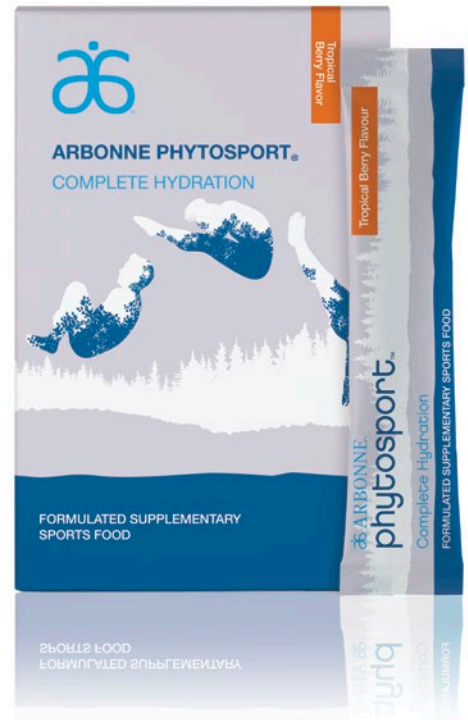
# COMPLETE HYDRATION

## Features

- Drink up. Complete Hydration is useful before, during or after sustained strenuous exercise.
- Features an antioxidant blend consisting of vitamins A, C, and E to fight free radicals
- Formulated for men and women 18 and older to support all levels of competitive activity
- Tropical berry flavour; no artificial flavours, colours or sweeteners
- Certified vegan, kosher and BSCG

## Benefits

- Contains electrolytes, magnesium and calcium
- Prepared with water, Complete Hydration promotes adequate fluid intake
- Complete Hydration may assist in supplementing diet during training



## How to Use

Mix 1 stick pack with 500 mL of water. Hydrate before, during and after intense exercise.

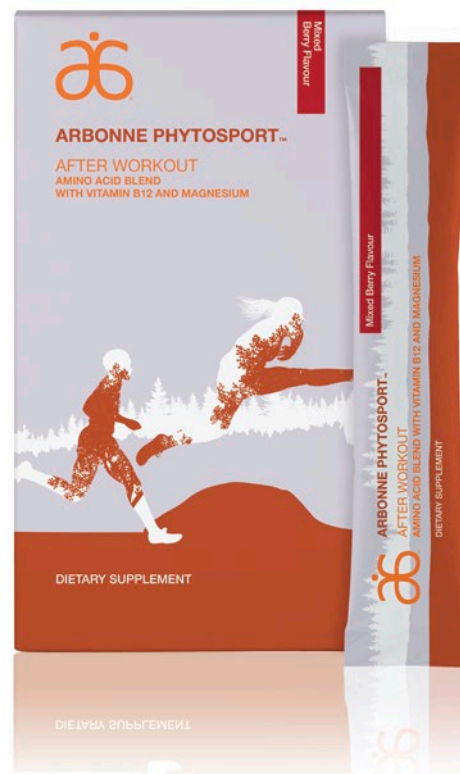
# AFTER WORKOUT

## Features

- Add to the Arbonne Essentials® Meal Replacement Shake or mix with water for a post-workout protein and nutrient boost
- Formulated for men and women 18 and older to support all levels of competitive activity
- Formulated without artificial flavours, colours or sweeteners
- Certified vegan and BSCG

## Benefits

- Helps build lean muscle tissue when combined with regular weight resistance training
- Branched-chain amino acids leucine, isoleucine and valine help support muscle repair, alleviate exercise-induced muscle soreness, and promote recovery from normal exercise-induced muscle damage
- Calcium and magnesium support muscle function
- Vitamin B-12 helps the body metabolise carbohydrates, proteins and fats, as well as supports red blood cell formation



## How to Use

Mix 1 stick pack (12.4 g) with 500 mL of water or add to an Arbonne Essentials® Meal Replacement Shake. Consume within 30 minutes of physical activity.



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