



Hello Future!

ARBONNE® GTC 2016

# GTC 2016 CLINICAL STUDY REPORT

ARBONNE ESSENTIALS® PRODUCTS  
ARBONNE EVOLUTION® PRODUCTS



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# ARBONNE ESSENTIALS® CLINICAL STUDY

**A 16 week study assessing the effect of dietary supplements and recommended calorie restrictions and regular, moderate exercise on subjects' quality of life (SF-36). \***

**The Test Products include:**

- Arbonne Essentials Protein Shake Mix (Chocolate or Vanilla)
- Arbonne Essentials Daily Fiber Boost
- Arbonne Essentials Omega-3 Plus
- Arbonne Essentials Power Packs (for Men or Women)
- Arbonne Essentials Digestion Plus
- Arbonne Essentials Herbal Detox Tea
- Arbonne Essentials Spray Vitamin D+B12

*Study Sponsored by Arbonne International, LLC, Irvine, California, USA*

*Study Conducted at Mayo Clinic, Rochester, Minnesota, USA*



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# STUDY DESIGN

- Subjects: 77 (68 completed)
- Age: 46 average
- Blood Work: Beginning/End
- Time: 16 weeks (6 visits/12 week measurement period)
- Exercise: 30 min moderate exercise, 3X per week recommended
- Diet: <2,500 cal/day recommended



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# STUDY DESIGN

Mental component of quality of life questions included:

- Did you feel full of pep?
- Have you been a very nervous person?
- Have you felt so down in the dumps that nothing could cheer you up?
- Have you felt calm and peaceful?
- Did you have a lot of energy?
- Have you felt downhearted and blue?
- Did you feel worn out?
- Have you been a happy person?
- Did you feel tired?

Physical measurement:

- Weight
- Waist circumference
- Blood pressure

Clinical examination and conversation with patient\*:

- Hunger sensations



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# FINDINGS

The combination of nutritional supplements, exercise, and diet can play an important role in transforming both the physical and mental components of our quality of life.



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# MENTAL IMPROVEMENT FINDINGS

AT END POINT 12 WEEK:

- 1) 57% of subjects reported more energy at week 12 ( $p < .001$ )\*
- 2) 71% of subjects showed improved Mental Component Scores at week 12\*
- 3) 69% of subjects showed improved Vitality score at week 12 ( $p = .008$ )\*

*\*Georgia Academy of Nutrition and Dietetics Annual Meeting*

*March 16, 2016. Atlanta, Georgia*





# Specific Areas of Perceived Improvements

AT END POINT 12 WEEK:

- 1) General Health ( $p < .038$ )\*
- 2) Vitality: Feeling full of life, Improvement in energy, Not feeling worn out, Fatigue reduction ( $p < .0008$ )\*
- 3) Mental Health: Reduction in nervousness, Not feeling downhearted/ depressed ( $p < .0344$ )\*

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*March 16, 2016. Atlanta, Georgia*





# PHYSICAL IMPROVEMENT FINDINGS

AT END POINT 12 WEEK:

- 1) 1kg ( $p=.003$ ) weight decrease\*
- 2) 3 cm ( $p<.001$ ) waist circumference decrease.\*
- 3) Systolic blood pressure decrease by 8mm Hg ( $p<.001$ )\*
- 4) Diastolic blood pressure decrease by 1.8mm Hg  
( $p=.011$ )\*

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# SUMMARY

- 1) Statistically significant, but modest decrease in weight ( $p=.003$ )\*
- 2) Statistically significant, but modest decrease in waist circumference ( $p<.001$ )\*
- 3) Decreased hunger sensations\*
- 4) Increased energy\*
- 5) Enhanced vitality\*

## Qualifier:

\*Consumption of Arbonne products in the context of regular, moderate exercise and a restricted caloric diet. (U.S.)

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# ARBONNE EVOLUTION® CLINICAL STUDY

A Sixteen-Week Study Measuring the Impact on Quality of Life (SF-36) with a Dietary Product Program

## The Test Products include:

- Full Control (Glucomannan)
- Thermobooster (green coffee extract / green tea extract)
- Arbonne Essentials® Protein Shake

*Study Sponsored by Arbonne International, LLC, Irvine, California, USA Study  
Conducted at International Research Services, Inc., Port Chester, New York, USA*



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# STUDY DESIGN

- Subjects: 77 (66 completed)
- BMI (Body Mass Index): 25-35
- Blood Work: Beginning/End
- Time: 16 weeks
- Exercise: Moderate exercise recommended
- Diet: <2,500 cal/day recommended



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# STUDY DESIGN

Mental component of quality of life questions included:

- Did you feel full of pep?
- Have you been a very nervous person?
- Have you felt so down in the dumps that nothing could cheer you up?
- Have you felt calm and peaceful?
- Did you have a lot of energy?
- Have you felt downhearted and blue?
- Did you feel worn out?
- Have you been a happy person?
- Did you feel tired?

Physical measurement:

- Weight
- Waist circumference
- Blood pressure
- BMR (Basal Metabolism Rate)
- Lean Body Mass
- Fat Body Mass
- Waist/hip ratio



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# PERCEPTION QUESTIONNAIRE

- 100% of participants\* achieved some progress towards their weight management goals
  - % Responding Favorably
  - I ate healthier while using the test products 77%
  - My physical activity/exercise regimen increased while using test products 83%
  - The test products were easy to use 82%
  - I felt no negative effects while using the test products 79%
  - I would recommend these products to others 77%
- Many participants felt more pep with daily activity improvements\*

## Qualifier:

\*When used in conjunction with a calorie restricted diet and regular, moderate exercise, along with the use of 20 grams of supplemental protein in Arbonne Essentials® Protein Shake.

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# SUMMARY

## 16 week study\*\*:

- Body fat mass, percent body fat decreased week 2,6,8,10(p<.05)
- Lean body mass increased week 2,6,8,10,12 (p<.05)
- Waist to Hip Ratio showing improvement week 16 (p<.006)
- Basal metabolic rate increased week 2,6,8,10,12 (p<.05)
- Improved physical & emotional health (p<.05)
- Improved energy & social functions (p<.05)

## Qualifier:

\*\*Consumption of Arbonne products in the context of regular, moderate exercise and a restricted caloric diet, along with the use of 20 grams of supplemental protein in Arbonne Essentials® Protein Shake.

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# CONCLUSION

- A HEALTHY TRANSFORMATION
- These studies together demonstrate how our outlook on life along with other positive physical and mental changes can impact a healthy, whole-body transformation for a better YOU!



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