

Here are some answers about the sugar in our shakes:

"Our Nutrition line was originally created for diabetics. We use pure cane sugar in the protein shakes. A test by an independent laboratory showed that the quality of our unprocessed sugar, at 9 grams per serving, was not enough to cause any sugar spikes. I have a consultant who is a diabetic who has been doing her version of the 30 day fit, and she has completely stabilized her blood sugar and lost 31 lbs!!

The sugar in our shakes are not processed sugar, it is cane sugar which is different.. It is the equivalent of a cup of strawberries or an apple.. Because Arbonne shakes include 20 grams of protein, and we usually add fiber, the impact on blood sugar and ultimately insulin secretion is negligible. Plus the shakes have been tested by an independent facility and verified low glycemic.

Carbs are only a problem if they cause a sharp rise in blood sugar. The pancreas secretes insulin in response to elevated bloodsugar. Insulin triggers the body to hold on to fat. If carbs are combined with protein, fat and/or fiber the blood sugar rises slowly thus preventing a surge of insulin. Because the carbs in our shakes are combined with 20 grams of protein and in most cases we add fiber and healthy fat the carb intake is not a problem at all

And if there is a question about carbohydrates:

"Carbohydrates are an important macronutrient in all human bodies, there is a dangerous misconception that "carbs make you fat" but carbs actually help burn fat!

Understand that ALL carbohydrates turn to sugar in the digestive system (even vegetables) the reason being is they spike what's called insulin in the pancreas, which is what increases our blood sugars.

BUT there are two forms of carbohydrates: complex carbohydrates (also known as low glycemic index Low GI) and simple carbohydrates (High GI) high GI are known as the "bad carbs" (refined sugars, fructose, starch etc) (although quite important in the human body, but that's a different story)

Be sure to tell your client that our 9g of sugar is IMPORTANT to help keep your metabolic rate stable, it is also LOW GI so won't cause a large insulin spike-and also tell them that 9g of sugar is 36 calories which truly isn't enough to even make a difference in your daily macros. Ensure you mention the high protein count which is essential in daily nutrition, low fat but still enough "good" fats (fats are most important) plus all your vitamins and minerals that most protein powders don't contain."