



MONA • VIE™

MONAVIE E^{MV} LITE™ FAQs

1. What is MonaVie E^{MV} Lite?

MonaVie E^{MV} Lite is a healthy energy drink made with antioxidant rich fruits, including the Brazilian superfruit açai. This refreshing beverage delivers a unique blend of ingredients to keep you fully charged for the long haul. MonaVie E^{MV} Lite is for the more calorie-conscious consumer. With 75 calories per serving and all-natural sources of caffeine, it delivers a powerful blend that fuels the body and mind. Drink MonaVie E^{MV} Lite for a jitter-free, sustained energy boost.

2. How does MonaVie E^{MV} Lite differ from MonaVie E^{MV}?

MonaVie E^{MV} Lite contains 20 percent fruit juice, 80 mg of caffeine, and has Stevia, which makes it a great option for those who are looking for a boost of energy with fewer calories.

3. What claims can I make about MonaVie E^{MV}?

- 100% natural energy source
- Enhances performance
- Supports endurance
- Increases energy
- Promotes alertness, mental clarity, and focus
- Provides sustained and longer lasting energy levels

4. Does MonaVie E^{MV} Lite contain caffeine?

Yes, MonaVie E^{MV} Lite contains 80 mg of all-natural caffeine from guarana, green tea, and yerba mate.

5. Where do the carbohydrates in MonaVie E^{MV} Lite come from?

The carbohydrates in MonaVie E^{MV} Lite come from the 20 percent fruit juice content and Palatinose™. MonaVie E^{MV} Lite does not contain added refined sugars such as high fructose corn syrup or artificial sweeteners.

6. What fruits are used in MonaVie E^{MV} Lite?

There are eight fruits in MonaVie E^{MV} Lite: açai, maqui, apple, grape, pear, acerola, cupuaçu, and camu camu.

7. What is Stevia?

Stevia is an all natural, zero-calorie sweetener extracted from the leaves of a South American plant, *Stevia rebaudiana*. This plant originates from areas in Paraguay and Brazil, where it has been used for centuries as a maté tea sweetener. Stevia extracts have been widely used in many countries as a sugar substitute.

8. What is Reb-A?

Rebaudioside-A (Reb-A) is a natural sweetener extracted from the *Stevia rebaudiana* plant, which is native to Brazil and Paraguay. Reb-A tastes about 200 to 300 times sweeter than sugar and is non-nutritive. In many parts of the world, includ-

ing Japan, South Korea, Israel, Mexico, Paraguay, Brazil, and Argentina, steviol glycosides, including extracts of the leaves, stevioside and Reb-A, are used to sweeten food products and beverages. Reb-A is listed as GRAS (Generally Recognized As Safe) by the FDA.

9. Does Reb-A have an aftertaste like Stevia?

Reb-A 99%, an extract derived from Stevia, does not contain the bitter compound found in *Stevia rebaudiana*. Reb-A 99% has a clean taste, without the characteristic aftertaste of other stevia products.

10. How is the Reb-A in MonaVie E^{MV} Lite different from Stevia found in other products?

Reb-A 99%, an extract of Stevia, is a natural and pure sweetener that reduces calories without affecting the taste of MonaVie E^{MV} Lite. A natural manufacturing process is used to remove the bitter components, characteristic of the Stevia plant, isolating pure Reb-A and creating an ingredient that has the clean taste that is ideal for MonaVie E^{MV} Lite.

11. What makes MonaVie E^{MV} Lite taste sweet?

MonaVie E^{MV} Lite is naturally sweetened by its blend of fruit juices and Palatinose™. Stevia also adds to MonaVie E^{MV} Lite's sweet taste. MonaVie E^{MV} Lite does not contain high fructose corn syrup, sucrose, glucose, or artificial sweeteners.

12. Does MonaVie E^{MV} Lite contain artificial sweeteners?

No. MonaVie E^{MV} Lite does not contain artificial sweeteners.

13. Why did MonaVie introduce a lite energy drink?

MonaVie introduced MonaVie E^{MV} Lite in order to offer an energy drink that provides many of the same benefits as MonaVie E^{MV}, but with fewer calories per serving for the calorie-conscious consumer.

14. I am a diabetic. Can I drink MonaVie E^{MV} Lite?

MonaVie E^{MV} Lite contains 18 grams of carbohydrates, which includes 7 grams of sugar from fruit, and 10 grams of Palatinose. As with any medical condition, please consult your doctor before consuming MonaVie E^{MV} Lite.

15. How much açai is in MonaVie E^{MV} Lite?

The exact amount of açai, or of the other fruits, contained in our blend is not disclosed. This is considered one of the company's greatest intellectual assets. However, the ingredients appear on the label in order, by amount, from most to least. This means that because açai is the first fruit listed on the label, it is the most abundant fruit in the blend.

16. Who should use MonaVie E^{MV} Lite?

MonaVie E^{MV} Lite is for calorie-conscious individuals who want added energy and increased focus and alertness. We do not recommend MonaVie E^{MV} Lite for children (under age 16), pregnant or nursing women, or those sensitive to caffeine. If you are taking prescription medications, please consult with your physician before consuming MonaVie E^{MV} Lite.

17. What is the ORAC (antioxidant capacity) value of MonaVie E^{MV} Lite?

We have not yet tested the ORAC value of MonaVie E^{MV} Lite. The primary benefit of MonaVie E^{MV} Lite is longer lasting and sustained energy in addition to the superfruits in the blend.

18. What nutrition information is available for MonaVie E^{MV} Lite?

Supplement Facts	Amount, %DV*
Serving Size	1 Can, 8.4 fl. oz.
Calories	75
Total Carbohydrate	18 g, 6%
Sugars (from fruit)	7 g
Palatinose™	10 g
Vitamin C	60 mg, 100%
Niacin	40 mg, 200%
Vitamin B ₆	4 mg, 200%
Vitamin B ₁₂	12 mcg, 200%
Pantothenic acid	20 mg, 200%
Sodium	20 mg, <1%
Proprietary Energy Blend	11,165 mg†
Palatinose, guarana extract (seed), D-ribose, green tea extract (leaf), cha de burge extract (leaf), maca extract (root), yerba mate extract (leaf), panax ginseng extract (root), L-tyrosine.	

* % Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Reverse osmosis carbonated water, proprietary fruit blend (açai, maqui), reconstituted fruit juice blend (grape, apple, pear), malic acid, fruit puree blend (acerola, cupuaçu, camu camu), citric acid, natural flavor, xanthan gum, acerola extract (fruit), pectin, stevia extract (Reb-A 99%), niacinamide, calcium pantothenate, pyridoxine hydrochloride, cyanocobalamin.

19. Who do I contact if I have more product questions?

For more product information, please contact productquestions@monavie.com.