



MONA • VIE™

## MONAVIE ESSENTIAL™ FAQs

### 1. What is MonaVie Essential?

MonaVie Essential, formerly called MonaVie Original, is a mouthwatering blend of 19 body-beneficial fruits and AçãVie™—the purest, most potent form of açai available. Scientifically formulated to support your body's nutritional needs, this efficacious juice defends against the effects of aging while improving your overall health.

### 2. What are the key benefits of MonaVie Essential?

- Promotes overall health and longevity
- Protects your body at the cellular level
- Fights oxidative damage and aging
- Offers potent antioxidant protection against free radicals
- Provides nutritional benefits for all ages
- Delivers the antioxidant capacity of approximately 13 servings of fruits and vegetables in just four ounces

### 3. What are the essential facts of MonaVie Essential?

- In excess, free radicals produce harmful oxidation that can damage cell membranes and accelerate the aging process.
- MonaVie's freeze-dried açai has a higher ORAC score than any other fruit or vegetable tested to date, boasting an antioxidant capacity more than 15 times higher than whole blueberries and more than 20 times higher than whole raspberries (J Agric Food Chem. 2006, 54(22):8604–10).
- Health experts agree that a diet rich in a variety of antioxidants helps fight the effects of aging and is essential to maintaining good health.
- Features a low score of 46 on the Glycemic Index (GI), which measures how the foods you eat impact your blood sugar levels.
- AçãVie is an antioxidant packed ingredient that combines our patented açai and juçara freeze-dried powder and puree with Enlivenox™, a proprietary açai compound boasting 10 times more polyphenols than traditional açai.

### 4. What fruits are found in MonaVie Essential?

Açai, acerola, apple, aronia, banana, bilberry, black currant, blueberry, camu camu, cranberry, cupuaçu, grape, jabuticaba, kiwi, maqui, pear, pomegranate, prune, and wolfberry.

### 5. What vitamins are added to MonaVie Essential?

Vitamin A, vitamin C, vitamin E, pantothenic acid (B<sub>5</sub>), niacin (B<sub>3</sub>), vitamin B<sub>6</sub>, and vitamin B<sub>12</sub> are added to MonaVie Essential.

### 6. How much fiber is in MonaVie Essential?

MonaVie Essential contains 2 grams of fiber per 2 ounce serving.

### 7. How much açai is in MonaVie Essential?

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.

### 8. What is the ORAC value of MonaVie Essential?

Four ounces of MonaVie Essential has an approximate ORAC value of 4,000 to 5,000 units. This is the approximate ORAC value of 5 to 13 commonly eaten fruits and vegetables. Health experts currently recommend consuming 5,000 ORAC units per day for optimal antioxidant protection.

### 9. Can children consume MonaVie Essential?

Yes. A child who can consume all other 100% fruit juices can also consume MonaVie Essential. For children under 12, we suggest one ounce twice a day.

### 10. Can pregnant or nursing women consume MonaVie Essential?

Yes. However, if you have any health concerns, you should consult a physician before consuming MonaVie Essential.

### 11. Can diabetics consume MonaVie Essential?

Each diabetic is different, as some are insulin dependent and others are not, so MonaVie will affect each individual differently. MonaVie Essential contains 6 grams of natural sugar from fruit and 10 grams of total carbohydrate per 2 ounces. We advise those with any medical condition to consult with their physician before consuming MonaVie products.

### 12. Does MonaVie Essential interact with any prescription medicines?

If you are taking a prescription medication and are under the supervision of a physician, please consult with your physician or pharmacist before taking MonaVie.

### 13. What nutrition information is available for MonaVie Essential?

Nutrition Facts	Amount, %DV*
Serving Size	2 fl. oz. (60 ml)
Calories	50
Calories from Fat	5
Total Fat	0.5 g, 1%
Sodium	10 mg, 0%
Potassium	110 mg, 3%
Total Carbohydrate	10 g, 3%
Dietary Fiber	2 g, 8%
Sugars	6 g
Protein	<1 g

Vitamin A	10%
Vitamin C	50%
Iron	2%
Vitamin E	50%
Vitamin K	10%
Niacin	20%
Vitamin B <sub>6</sub>	20%
Vitamin B <sub>12</sub>	20%
Pantothenic Acid	20%

Not a significant source of saturated fat, trans fat, cholesterol, or calcium.

\*Percent Daily Value based on a 2,000 calorie diet.

#### 14. What ingredients are found in MonaVie Essential?

Proprietary açai complex AçáVie™ (açai and juçara freeze-dried powder and puree, Enlivenox™ [açai concentrate]), reconstituted fruit juice blend (apple, grape, pear, aronia, prune, kiwi, cranberry, black currant, blueberry, pomegranate, wolfberry, camu camu, maqui), fruit puree blend, acerola (pear, banana, cupuaçu, bilberry, jaboticaba), Fibersol®-2 (soluble dietary fiber), citric acid, ascorbic acid, natural flavor, sodium benzoate (preservative), d-alpha tocopheryl acetate, calcium pantothenate, niacinamide, pyridoxine hydrochloride, vitamin A palmitate, cyanocobalamin.

#### 15. What is the recommended use for MonaVie Essential?

Drink 2 ounces of MonaVie Essential twice daily. Shake well before using, and refrigerate after opening.

#### 16. Does MonaVie Essential contain artificial flavors, colors, sweeteners, or added sugar?

No. MonaVie Essential is free of artificial flavors, colors, sweeteners, and added sugar.

#### 17. Who do I contact if I have more product questions?

For more product information, please contact [productquestions@monavie.com](mailto:productquestions@monavie.com).