



MONA·VIE

## GLYCEMIC INDEX RESULTS FOR MONAVIE, MONAVIE ACTIVE, AND MONAVIE PULSE

### LOW IMPACT, HIGH RETURN

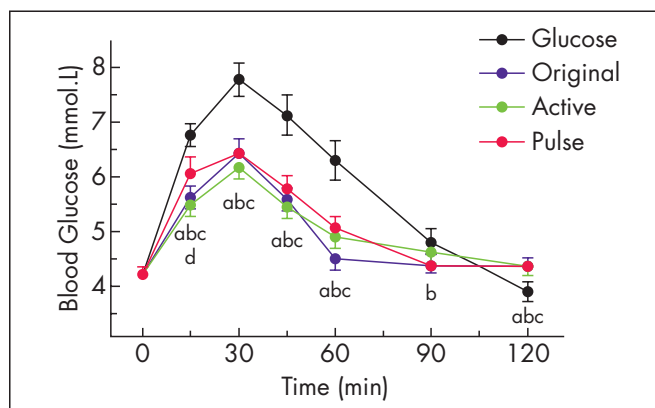
A new study on MonaVie™ and MonaVie Active™ juice products shows that both have a low Glycemic Index (GI) rating. MonaVie Pulse™ was shown to have a GI value on the “low end” of the intermediate category. As a measurement of how foods impact blood sugar levels, the GI rating is an important factor to consider when thinking about your overall health because glucose levels that are too high or too low may cause health concerns.

The human body uses glucose (sugar) in the blood for energy. Foods that cause your blood sugar level to rise quickly will often cause a rapid drop in blood sugar. Such a drop can leave you feeling tired and lacking energy when you need it most. While low glucose levels in the blood cause fatigue, high levels can be an indicator for diabetes. Thus, it is better to eat foods with a low GI, which provides a gradual release of glucose into your blood stream to help sustain balanced energy levels and diminish hunger between meals. Low GI diets may also improve the body's sensitivity to insulin, aid with weight management, and support cardiovascular health.

“Emerging research is showing that the consumption of low GI foods and beverages can assist with weight loss as well as support the cardiovascular system,” says Penny Kris-Etherton, Ph.D., R.D., MonaVie Scientific Advisory Board member. “This research shows MonaVie’s strong commitment to science and dedication to research that advances knowledge about the health benefits of MonaVie products.”

### GLYCEMIC INDEX RESULTS

The GI study was completed by Glycemic Index Laboratories, the premier facility for testing metabolic responses to foods and ingredients. When MonaVie juices were compared with glucose, they were found to have a low to low-intermediate GI. These results indicate that MonaVie juices may help maintain healthy blood glucose levels.



MonaVie (Original): 46  
 MonaVie Active: 49  
 MonaVie Pulse: 57  
 Glucose: 100

### WHAT IS THE GLYCEMIC INDEX?

The Glycemic Index, or GI, is an increasingly important measurement used around the world to help consumers understand how the foods they eat impact their blood sugar levels. The GI measures how much the glucose in your blood increases in the two or three hours after eating by using a scale of 0 to 100, with higher values given to foods that cause the most rapid rise in blood sugar. Pure glucose serves as a reference point and is given a GI of 100. A GI is considered high if it is between 70 and 100, intermediate if it is between 55 and 69, and low if it is below 55. The GI primarily focuses on carbohydrates. Foods high in fat or protein are not broken down as quickly and do not cause your blood glucose level to rise rapidly.