



M O N A • V I E

MONAVIE (M)mūn™ FAQs

1. What is MonaVie (M)mūn?

MonaVie (M)mūn is a body-beneficial blend of 19 fruits and Wellmune®, which has been clinically shown to strengthen your body's immune defenses. Formulated with AçãVie™—the purest, most potent form of açai available—this scientifically advanced juice combats cellular oxidation while helping protect your body year round. It's your daily defense for a healthier life.

2. What are the key benefits of MonaVie (M)mūn?

- Optimizes your immune system
- Fights oxidative damage and aging using powerful antioxidants and polyphenols
- Helps safeguard your body from potentially harmful microorganisms

3. What are the essential facts of MonaVie (M)mūn?

- **Safeguard. Optimize. Shield.** The SOS approach of MonaVie (M)mūn arms your body against everyday challenges.
 - Safeguards your health. Just like the practices of wearing a seatbelt or brushing your teeth help protect your body, drinking four ounces of MonaVie (M)mūn daily helps support your overall health.
 - Optimizes your natural defenses. MonaVie (M)mūn supports your immune system with a unique complex carbohydrate that's backed by seven clinical studies and more than \$250 million in research.
 - Shields your body. Everyday challenges such as poor eating habits, heavy workloads, and lack of sleep and exercise take a toll on your health. MonaVie (M)mūn supports your immune system, a complex network of specialized cells that helps shield against potentially harmful microorganisms.
- Features a low score of 44 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 (M)mūn?

Açai, acerola, apple, aronia, baobab, bilberry, black currant, blood orange, camu camu, cranberry, cupuaçu, elderberry, grape, jabuticaba, lingonberry, maqui, pear, sea buckthorn, and strawberry.

5. Why were the fruits in MonaVie (M)mūn chosen?

The unique blend of fruits in MonaVie (M)mūn provide a powerful antioxidant complex and immune support to help promote and maintain an overall sense of good health and well-being.

6. What vitamins are added to MonaVie (M)mūn?

Vitamin A, vitamin C, vitamin E, vitamin B₆, vitamin B₁₂, niacin (B₃), and pantothenic acid (B₅) are added to MonaVie (M)mūn.

7. What mineral is added to MonaVie (M)mūn?

Zinc is added to MonaVie (M)mūn.

8. How much fiber is in MonaVie (M)mūn?

MonaVie (M)mūn contains 3 grams of fiber per 2 ounces.

9. How much açai is in MonaVie (M)mūn?

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.

10. Can children consume MonaVie (M)mūn?

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

11. Can pregnant or nursing women drink MonaVie (M)mūn?

As a food, the ingredients in MonaVie (M)mūn are safe. If you are pregnant or nursing and have a specific concern or question about consuming MonaVie (M)mūn, we recommend consulting with your physician prior to consuming the product.

12. Can diabetics consume MonaVie (M)mūn?

Each diabetic is different, as some are insulin dependent and others are not, so MonaVie products will affect each diabetic differently. MonaVie (M)mūn contains 6 grams of natural sugar from fruit and 9 grams of total carbohydrate per 2 ounces. We advise individuals with diabetes to consult with their physician before consuming the juice.

13. Can I take MonaVie (M)mūn if I am taking a prescription medication?

If you are taking a prescription medication or are

under the supervision of a physician, please consult with your physician or pharmacist before consuming MonaVie (M)mün.

14. What nutrition information is available for MonaVie (M)mün?

Nutrition Facts	Amount, %DV*
Serving Size	2 fl. oz. (60 ml)
Calories	40
Calories from Fat	5
Total Fat	0.5 g, 1%
Sodium	10 mg, 0%
Potassium	80 mg, 2%
Total Carbohydrate	9 g, 3%
Dietary Fiber	3 g, 12%
Sugars	6 g
Protein	<1 g
Vitamin A	10%
Vitamin C	50%
Iron	1%
Vitamin E	50%
Vitamin K	10%
Niacin	25%
Vitamin B ₆	25%
Vitamin B ₁₂	25%
Pantothenic Acid	25%
Zinc	10%

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

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

15. What ingredients are in MonaVie (M)mün?

Proprietary açai complex AçaiVie™ (açai and açai freeze-dried powder and puree, Enlivenox™ [açai concentrate]), reconstituted fruit juice blend (grape, apple, pear, aronia, cranberry, maqui, black currant, elderberry, blood orange, sea buckthorn, strawberry, baobab, lingonberry), fruit puree blend (acerola, pear, cupuaçu, bilberry, jaboticaba, cranberry, camu camu), Fibersol®-2 (soluble dietary fiber), Wellmune® (baker's yeast beta-glucan), natural flavor, citric acid, ascorbic acid, sodium benzoate (preservative), dl-alpha tocopheryl acetate, strawberry (freeze-dried powder), calcium pantothenate, niacinamide, vitamin A palmitate, zinc oxide, pyridoxine hydrochloride, cyanocobalamin.

16. Does MonaVie (M)mün contain artificial flavors, colors, sweeteners, or added sugar?

No. MonaVie (M)mün is free of artificial flavors, colors, sweeteners, and added sugar.

17. What is the recommended use for MonaVie (M)mün?

One serving of MonaVie (M)mün is two ounces. We recommend consuming two ounces twice a day, for a total of four ounces or two servings. Shake well before using, and refrigerate after opening.

18. What is Wellmune®?

Wellmune® is a natural ingredient that supports the body's natural defenses by promoting healthy immune function. This unique, patent-protected compound, a beta-glucan polysaccharide (or complex carbohydrate), is produced from a proprietary strain of baker's yeast. In several clinical trials involving hundreds of participants, Wellmune has been shown to support the immune system's innate ability to fight a wide range of challenges.

19. How does Wellmune® work in the body?

The immune system is a highly complex network of specialized cells that protect against opposing elements foreign to the body. Wellmune® works by preparing key immune cells for action. These special immune cells called neutrophils require beta-glucan polysaccharides to properly function. By introducing a nutritional source of beta-glucan to the body, the immune system is better prepared to identify and neutralize these challenges.

20. What can I say about Wellmune®?

- Supports healthy immune function
- Works by priming key immune cells for action
- Is a unique ingredient that supports the immune system without stimulation
- By supporting immune function, Wellmune is clinically shown to promote improved feelings of overall well-being
- Shown to be safe and beneficial in seven (7) clinical trials
- Is protected by 12 patents and patents pending (7 patents and 5 patents pending)

21. What should I NOT say about Wellmune®?

This product is not a drug. Drugs are intended to diagnose, treat, cure, or prevent disease. Under no circumstances should MonaVie (M)mün or Wellmune® be associated with the following conditions or their accompanying symptoms: common cold, flu, H1N1 (swine flu), HIV (AIDS), any autoimmune diseases, or any other illness or disease. This product is intended to provide immune support for healthy individuals.

22. What differences might I notice after drinking MonaVie (M)mün?

Drinking MonaVie (M)mün helps maintain overall good health, and feelings of well-being. The immune health benefits of Wellmune are supported by seven clinical trials. In one four-week clinical study on the effects of Wellmune in marathon athletes, participants reported improved feelings of well-being, and better maintenance of their overall health. Four ounces of MonaVie (M)mün contains 250 mg of Wellmune, an amount clinically shown to be effective.

23. How often should I take MonaVie (M)mūn?

Unlike seasonal immune products, MonaVie (M)mūn is formulated to be taken daily to help prime your immune system and keep it ready to function at optimum capacity every day of the year.

24. Why do I need to consume MonaVie (M)mūn every day?

Daily physical and environmental stressors take a toll on the immune system. The body's defense mechanisms are made of billions of specialized cells. These cells have a very short lifespan and are created and eliminated on a daily basis. By taking MonaVie (M)mūn with Wellmune® every day, these important immune cells are prepared to function at optimum capacity. Clinical research has shown that regular consumption of Wellmune helps strengthen your body's immune defenses especially in times of stress.

25. What effect does stress have on the immune system?

Everyday physical and environmental challenges, including stress, force the immune system to work overtime. Pollution, heavy workloads, economic conditions, major life events, poor eating habits, a lack of adequate sleep, and exercise are stressors that can leave you feeling run down and your immune system more susceptible.

26. Can I consume MonaVie (M)mūn with the other MonaVie products?

Yes. It is best to choose the MonaVie product that best suits your lifestyle needs. MonaVie juices, gels, and E^{MV} can be consumed in any combination. Drink MonaVie (M)mūn for immune health, MonaVie Essential for antioxidant protection, MonaVie Active® for joint health, MonaVie Pulse® for cardiovascular health, and MonaVie E^{MV} or E^{MV} Lite for sustained energy.

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

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