



M O N A • V I E™

MONAVIE RVL™ FAQs

1. Are MonaVie RVL products gluten free?

All MonaVie RVL products are gluten free, with the exception of the MonaVie RVL Nutrition Snack Bar.

2. Can pregnant or nursing women consume MonaVie RVL products?

Pregnant or nursing women can consume the MonaVie RVL Nutrition Shake Mix and the MonaVie RVL Nutrition Snack Bar. We do not recommend the MonaVie RVL weight management program for pregnant or nursing women.

Because there are added vitamins and minerals in the MonaVie RVL Nutrition Shake Mix and the MonaVie RVL Nutrition Snack Bar, pregnant or nursing women should read the nutrition facts carefully and balance the products appropriately into their diets (especially with any other multivitamins or supplements they may be taking).

If you are pregnant or nursing and have a specific concern or question about consuming the MonaVie RVL Nutrition Shake Mix and MonaVie RVL Nutrition Snack Bar, we recommend consulting with your physician prior to consuming these products.

3. Is it safe for children to do the MonaVie RVL weight management program?

Children can consume MonaVie RVL products for their important nutritional benefits; however, if they are meant to be used for weight loss, we recommend consulting with a doctor prior to having a child begin any weight management regimen. We recommend the following usage for children:

- Children ages 4–8 can consume one serving of MonaVie RVL Nutrition Snack Bar per day.
- Children ages 9–13 can consume one MonaVie RVL Nutrition Shake Mix and one serving of Snack Bar per day.
- Individuals ages 14–18 can consume one MonaVie RVL Nutrition Shake Mix and two servings of Snack Bar per day.
- We do not recommend the MonaVie RVL Nutrition Shake Mix for individuals under the age of 9.
- We do not recommend the MonaVie RVL Dietary Supplement for individuals under the age of 18.

4. Are MonaVie RVL products certified organic?

No.

5. Are MonaVie RVL products vegan?

No. MonaVie RVL products are not vegan. MonaVie Nutrition Shake Mix contains milk and egg ingredients. MonaVie RVL Nutrition Snack Bar contains Milk. The MonaVie RVL Dietary Supplement contains gelatin from a bovine source.

6. Can diabetics consume MonaVie RVL products?

Each diabetic is different, as some are insulin dependent and others are not; so, MonaVie will affect each individual differently. We advise those with any medical condition to consult with their physicians before consuming MonaVie products.

One serving of the MonaVie RVL Nutrition Shake Mix (chocolate berry) contains 29 grams of total carbohydrate, which includes 7 grams of sugar, 5 grams of Palatinose, and 12 grams of fiber. One serving of the MonaVie RVL Nutrition Shake Mix (vanilla cream) contains 27 grams of total carbohydrate, which includes 7 grams of sugar, 5 grams of Palatinose, and 12 grams of fiber. One MonaVie RVL Nutrition Snack Bar (berry) contains 12 grams of total carbohydrate, which includes 9 grams of sugar and 2 grams of fiber. The MonaVie RVL Dietary Supplement does not contain any sugar or carbohydrate.

7. Are MonaVie RVL products kosher or Halal certified?

No.

8. If I drink the MonaVie RVL Nutrition Shake Mix, does it replace my daily MonaVie juice consumption?

No. MonaVie RVL Nutrition Shake Mix does not replace your daily MonaVie juice consumption. MonaVie's delicious nutritional shake provides a nutrient-dense, balanced meal in a convenient format. Our body beneficial juice blends provide a wide array of antioxidants, vitamins, and phytonutrients, as well as other beneficial ingredients like Wellmune®, glucosamine, and plant sterols.

9. Can I use MonaVie RVL products independently of each other?

Yes.

10. What is the shelf life of MonaVie RVL?

MonaVie RVL Nutrition Shake Mix: 2 years
MonaVie RVL Nutrition Snack Bar: 1 year
MonaVie RVL Dietary Supplement: 2 years

11. Can I consume MonaVie RVL products 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 any MonaVie RVL product.

12. Do I need to exercise while I am on the MonaVie RVL weight management program?

Yes. Exercise and physical activity is important for many reasons. Incorporating exercise into your daily activity helps you be successful at losing weight. It's recommended to participate in a minimum of 30 minutes of aerobic activity most—if not all—days of the week. If you are just beginning to exercise, we recommend consulting with your physician prior to starting a new exercise program.

13. How much weight can I expect to lose on the MonaVie RVL weight management program?

Healthy weight loss is 1–2 lbs. per week. Results vary by amount of weight you need to lose, diet, exercise, and adherence to the program.

14. What are the benefits of losing weight?

Some benefits of weight loss and regular exercise include reduced stress, better sleep, maintenance of healthy cholesterol and blood sugar levels, improved cardiovascular function, and an overall sense of well being so you not only look better, but feel better as well.

15. What is nutrition density?

There are three levels of nutrients that you need from food: macronutrients (carbs, protein, fat); micronutrients (vitamins, minerals); and phytonutrients (antioxidant-rich foods). The MonaVie RVL weight management program provides all three levels of these essential nutrients, making it a healthy, nutrient-dense choice.

16. Are there any negative side effects to taking the MonaVie RVL Dietary Supplement?

There are several clinical studies on the efficacy of the ingredients in the MonaVie RVL Dietary Supplement. There are no known reports of negative side effects.

17. What allergens are contained in MonaVie RVL products?

MonaVie RVL Nutrition Shake Mix: milk, egg, soy
MonaVie RVL Snack Bar (berry): milk and soy
There are no allergens associated with the MonaVie RVL Dietary Supplement.