



M O N A • V I E

MonaVie's Top 15 Frequently Asked Product Questions

1. How much açai is in the MonaVie Juice blend?

MonaVie has chosen not to disclose the exact amount of each ingredient in its formula. The product's formula is proprietary and is considered one of the company's greatest intellectual assets. The ingredients appear on the label in order by amount from most to least. This means that because açai is the first ingredient listed on the label, it is the most abundant.

2. What are the benefits of using the MonaVie products?

People who regularly consume MonaVie have reported an increase in energy, better health, an overall sense of well being, and a decrease in minor aches and pains associated with exercise, overexertion, and everyday living.

Some benefits will be noticed over an extended length of time as is often the case with glucosamine and joint health. The MonaVie products are known to have a cumulative effect. The MonaVie products are not formulated to cure or treat any diseases, disease symptoms, medical conditions or ailments.

3. What are the green clumps sometimes seen floating in my MonaVie Juice?

The green film and clump sometimes seen floating in the MonaVie juices are heart friendly fatty acids known as mono- and poly-unsaturated fatty acids, which come from the açai berry. Depending on the area of the Amazon and the time of year the açai berry is harvested, the fat content may vary slightly from bottle to bottle.

These fats tend to coagulate or clump when flash pasteurized. Although unsightly, there is absolutely nothing to be concerned about. These fats are not harmful; in fact, the opposite is true. They are very healthy. Please shake the bottle before pouring.

4. Why does my product sometimes taste or look different?

As with any natural product, there will always be some variation from batch to batch. For example, depending on the area of the Amazon and the time of year the açai berry is harvested, the fat content may vary slightly from bottle to bottle. As with any natural fruit or vegetable, it is not produced with the exact same nutritional composition every time it grows. Every effort is made through the manufacturing process to ensure the MonaVie products are consistently safe and nutritious.

5. What diseases or health conditions can MonaVie help?

MonaVie does not provide medical advice. If you are under the supervision of a physician for any reason, please consult with your physician before taking MonaVie. MonaVie products are foods and are not intended to prevent, treat, or cure any disease or medical condition. Foods are intended to provide your body with the nutrition necessary to maintain and promote good health.



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6. Does MonaVie interact with any prescription medicines?

MonaVie does not provide medical advice. 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.

MonaVie Original and Active are very safe to consume. Some prescription medicines, however, are known to interact with foods. Some food/nutrient interactions you should be aware of when taking MonaVie include vitamin K with blood thinners or anti-coagulants (e.g., Coumadin®), and potassium with blood pressure (e.g., metoprolol and propranolol) and ACE inhibitor medications (e.g., captopril).

The amount of vitamin K in the MonaVie juices is 12.4 mcg (12% Daily Value) per 1 ounce serving. The amount of potassium per 1 ounce serving is 55 mg (2% Daily Value).

7. Can people with diabetes consume the MonaVie products?

We advise those with any medical condition to consult with their physician before consuming the MonaVie products. Please understand that due to the fact that each diabetic is different, as some are insulin dependent and others are not, MonaVie will affect each individual differently. The natural sugar (carbohydrate) content of MonaVie is 4 grams per ounce of juice and 5 grams per packet of gel. MonaVie does not add any additional sugars to its products.

8. What is the nutritional content in 4 oz. of Original and Active juice?

Calories:	120
Calories from Fat:	20
Total Fat:	2 g, 3%*
Cholesterol:	0 mg, 0%*
Potassium:	220 mg, 6%*
Sodium:	20 mg, 1%
Total Carbohydrate:	24 g, 8%*
Dietary Fiber:	3 g, 12%*
Sugars:	12 g
Protein:	1 g, 2%*
Calcium:	25 mg, 3%*
Vitamin A (beta-carotene):	125 IU, 3%*
Vitamin C:	60 mg, 100%*
Iron:	1.5 mg, 8%*
Vitamin K:	43 mcg, 48%*

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

Not a significant source of saturated fat or trans fat.



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9. Why has the information on the label changed for the MonaVie Active and Original Juices?

MonaVie is the premier açai juice blend. With its superior antioxidant properties, the açai berry is the crown jewel of MonaVie. Because of açai's significance, MonaVie has increased the amount of açai in the juice blend. The increased level of açai means more nutritional and antioxidant benefits to your health.

The açai berry is rich in beneficial nutrients which contribute to the calorie content of the juice blend. The newest label now lists: 30 calories, 5 calories from fat, 0.5 g of fat, and less than 1 gram of dietary fiber per serving.

Other changes have been made to label to illuminate the juice's contents. For example, the bottles now display 100% juice. The labels now also provide the amount of vitamin K and potassium. The amount of vitamin K in the MonaVie juices is 12.4 mcg (12% Daily Value) per 1 ounce serving. The amount of potassium per 1 ounce serving is 55 mg (2% Daily Value).

10. If açai has the protein profile of an egg, why does the label state 0 grams of protein?

Protein quality is usually ranked by comparing it to the amino acid profile of an egg, which is regarded as ideal. Protein is found in animal and plant sources. Animal proteins, such as meat, milk and cheese, which are closer to an egg's profile, are ranked higher in quality than protein from plant sources. This ranking is based upon the profile of the essential amino acids it possesses.

The açai berry is unique, because it has all essential amino acids. Essential amino acids must be obtained from the foods we eat. The protein found in açai is considered a high-quality protein, even though it is from a plant.

Protein quality, however, does not directly refer to the amount of protein. While açai is a complete protein—meaning it has all essential amino acids—the actual amount of protein per serving is less than one gram per ounce; therefore, it states “0 grams” of protein on the product's nutritional facts panel. Four ounces of MonaVie juice, however, provide 1 gram of protein.

11. What is the ORAC value of MonaVie Original and Active juice?

Four ounces of MonaVie has an approximate ORAC value of 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.

12. Can you compare MonaVie and “X” product?

We empathize with the desire to do direct product comparisons with MonaVie; however, due to current company policy, the company cannot provide side by side product comparisons. Doing direct product comparisons comes with significant legal liability. It is simply best to not do them.

We are, however, happy to provide you with some information to describe the benefits of MonaVie's fruit juice blend and the reasons that make MonaVie the amazing product it is.



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The açai berry naturally contains a good amount of heart healthy fats—monounsaturated and polyunsaturated. Many companies choose to clarify or remove these fats from their açai products; however, MonaVie is committed to only providing açai that has not been clarified and has higher nutritional quality.

The number one ingredient in the MonaVie juice blend is açai. By looking at the ingredient list you can see what ingredient is the most abundant. Most of the time, in other products, açai is not the first ingredient and their product merely contains a small amount.

MonaVie uses freeze-dried and frozen puree of açai. By freeze-drying the açai, up to 100% of the phytonutrient composition is maintained. Freezing the açai puree also helps guarantee a significant amount of the berry's nutritional content is maintained.

13. Why does MonaVie use preservatives in its products?

Please understand that it is with the safety of our customers and distributors in mind that we use preservatives. MonaVie has no control over how the product is used and stored once it arrives at its destination. Because of this, and although we may advise against it, we understand that the product may not be kept or stored in optimal conditions. It is in these less-than-satisfactory conditions that potentially harmful bacteria can grow. This is why the preservatives are used, to prevent such microbial growth from taking place.

Sodium benzoate and potassium sorbate are approved preservatives by the U.S. Food and Drug Administration (FDA). They are very safe and have been used in food products for over a century. These preservatives help maintain the product's freshness and nutritional content.

14. Tell me about MonaVie's glucosamine source.

The glucosamine hydrochloride in MonaVie Active Juice and Gel is a new plant-derived source made through a unique fermentation process. It is produced from a vegetarian source, and is the only non-animal, non-shellfish form of glucosamine available. It can be safely consumed by those with shellfish allergies.

15. Are the MonaVie products FDA approved?

There is no official approval process or certificate issued by the FDA to approve the sale of any food or juice product in the United States. The Food and Drug Administration has established stringent regulations, called Good Manufacturing Practices (GMPs) to ensure the safety and manufacturing of foods sold in the United States.

MonaVie is manufactured in a GMP-compliant facility. The ingredients contained in MonaVie products are generally recognized as safe (GRAS), and obtaining prior approval from the FDA is not required.