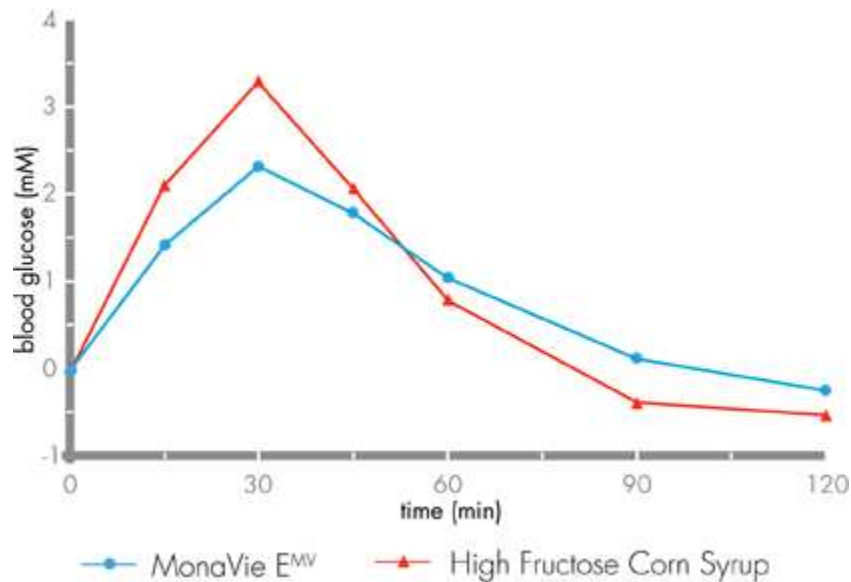




M O N A · V I E

Glycemic Index Study Shows that MonaVie E^{MV} is a Sustained Source of Energy



A study completed in July 2009 by Glycemic Index Laboratories indicates that MonaVie E^{MV} has a low glycemic index (GI) and a prolonged energy effect, further validating the benefits of E^{MV} as a quick and sustained source of energy.

The GI, which ranks foods on how they affect our blood glucose levels, is most useful when deciding which carbohydrate foods to eat because not all carbohydrates act the same. Carbohydrates that have a high GI are quickly broken down, causing blood glucose levels to rise rapidly. Consuming foods with a high GI causes a large and rapid glycemic response. You may feel an initial elevation in energy and mood as your blood sugar rises, but this is generally followed by a cycle of increased lethargy and hunger.

Carbohydrates that have a low GI (like those found in MonaVie E^{MV}) break down more slowly, releasing glucose gradually into the blood stream. Compared to a high fructose corn syrup solution, MonaVie E^{MV} caused a smaller and slower rise in blood glucose levels and then maintained increased levels of blood glucose for a longer period of time. The absence of a sharp rise and fall in blood glucose and the maintenance of higher levels for longer periods of time led to longer lasting energy.