



M O N A • V I E

MONAVIE (M)mūn™ FAQs

1. What is MonaVie (M)mūn?

Optimize your body's natural defenses. MonaVie (M)mūn is a beneficial blend of 19 fruits and Wellmune®—clinically shown to promote proper immune function. Formulated with antioxidant rich MVāo2™, a proprietary complex featuring the superfruits açai and maqui, this delicious juice helps protect your body year-round. It's your daily defense for a healthier life.

2. What differences might I notice after drinking MonaVie (M)mūn?

Drinking MonaVie (M)mūn 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. MonaVie (M)mūn contains 250 mg of Wellmune, an amount clinically shown to be effective.

3. 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.

4. What can I say about MonaVie (M)mūn?

Safeguard. Optimize. Shield. The SOS approach of MonaVie (M)mūn arms your body against everyday challenges.

1. Safeguards your health. Just like the daily practices of wearing a seatbelt or brushing your teeth help protect your body, drinking four ounces of MonaVie (M)mūn every day helps support your overall health.

2. Optimizes your natural defenses. MonaVie (M)mūn supports your immune system with a unique complex carbohydrate that's supported by seven clinical studies and more than \$250 million in research and development.

3. Shields your body. Everyday challenges such as poor eating habits, heavy work loads, and lack of sleep and exercise can 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.

5. 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.

6. What ingredients are in MonaVie (M)mūn?

Proprietary MVāo2 Complex [açai blend (açai, juçara—freeze-dried powder and puree), maqui—reconstituted fruit juice], reconstituted fruit juice blend (grape, apple, acerola, aronia, black currant, elderberry, cranberry, blood orange, sea buckthorn, pear, blueberry, cupuaçu, strawberry, baobab, lingonberry), fruit puree blend (pear, bilberry, cranberry, camu camu), maltodextrin (soluble dietary fiber), Wellmune® (baker's yeast beta-glucan), citric acid, natural flavor, sodium benzoate, strawberry (freeze-dried powder), ascorbic acid, dl-alpha-tocopherol acetate, vitamin A palmitate, calcium d-pantothenate, pyridoxine hydrochloride, zinc oxide, niacinamide, cyanocobalamin.

7. What is Juçara?

Juçara (pronounced: joo-sära) is a type of açai palm tree, which is native to South America. A drink made with this form of açai is widely consumed by the inhabitants of the northern region of Brazil. The juçara açai palm produces dark purple fruit that

looks similar to a grape or blueberry. This fruit is rich in polyphenol antioxidants. According to laboratory testing, the açai fruit has a strong ORAC value when compared to other fruits and vegetables.

8. 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.

9. 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.

10. Why do I need to consume MonaVie (M)mün 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)mün 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.

11. 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)

12. 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.

13. 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.

14. Is MonaVie (M)mün safe for children?

Yes, MonaVie (M)mün is safe for people ages four and up. For ages 4–8, drink one ounce once daily. For ages 9–13, drink one ounce twice daily. For ages 14 and up, drink 2 ounces twice daily.

15. Is MonaVie (M)mün safe for pregnant or nursing women?

As a food, the ingredients in MonaVie (M)mün are safe. We advise careful consideration when using this product when pregnant as the daily recommended serving (four ounces) contains 5,000 IU of vitamin A. When pregnant, the daily consumption of vitamin A should not exceed 10,000 IU. Using this product when combined with a prenatal supplement may exceed the upper tolerable amount of vitamin A. Pregnant and nursing women should consult with their physician prior to drinking MonaVie (M)mün.

16. Can I take (M)mün, 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.

17. What is the nutritional content of MonaVie (M)mūn?
100% Juice

Nutrition Facts	
Serving Size: 2 fl. oz. (60 ml)	
Servings per Container: about 13	
Amount Per Serving	
Calories 40	Calories from fat 5
% Daily Value	
Total Fat 0.5 g	1%
Sodium 10 mg	0%
Potassium 80 mg	2%
Total Carbohydrate 9 g	3%
Dietary Fiber 2 g	8%
Sugars 6 g	
Protein <1 g	
Vitamin A 50%	• Vitamin C 50%
Vitamin E 50%	• Niacin 25%
Vitamin B6 25%	• Vitamin B12 25%
Pantothenic acid 25%	• Zinc 10%

18. What fruits are in MonaVie (M)mūn?

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

19. How many fruits are in (M)mūn?

Consistent with other MonaVie products, MonaVie (M)mūn also contains 19 fruits.

20. What new fruits have been added to MonaVie (M)mūn?

Eight new fruits have been added to MonaVie (M)mūn, including, maqui berry, baobab, blackcurrant, blood orange, elderberry, strawberry, lingonberry, and sea buckthorn.

21. Why did MonaVie choose to add these fruits to MonaVie (M)mūn?

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.

22. What is MVāo2?

MonaVie (M)mūn contains a powerful new açai with maqui antioxidant complex MVāo2, which contains an açai freeze-dried and puree blend of açai and juçara. MVāo2 is rich in antioxidant polyphenols, which have been shown to promote good health, protect against the damaging effects of free radicals and support healthy aging.

23. 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 EMV can be consumed in any combination. Drink MonaVie (M)mūn for immune health, MonaVie Active® for joint health, MonaVie Pulse™ for cardiovascular health, and MonaVie EMV for sustained energy.

24. Can diabetics consume MonaVie (M)mūn?

MonaVie (M)mūn contains nine grams of carbohydrates and six grams of naturally occurring sugar per two ounce serving. Due to the fact that each diabetic is different, as some are insulin dependent and others are not, MonaVie products will affect each diabetic differently. We advise individuals with diabetes to consult with their physician before consuming the juice.

25. What vitamins does MonaVie (M)mūn contain?

In addition to the superfruits in the juice, MonaVie (M)mūn contains vitamin A, vitamin C, vitamin E, vitamin B6, vitamin B12, niacin (B3), zinc, and pantothenic acid (B5).

26. How much açai does MonaVie (M)mūn contain?

The amount of açai in MonaVie (M)mūn is comparable to the amount found in the MonaVie juices and gel products. Açai is the first and primary ingredient.

27. What preservatives are in MonaVie (M)mūn?

It is with the safety of our customers and distributors in mind that we use the preservatives. MonaVie (M)mūn contains the preservative sodium benzoate.

28. What is the shelf life of MonaVie (M)mūn when opened?

Once opened, drink MonaVie (M)mūn within two to three weeks. Keep refrigerated after opening.

29. Is MonaVie (M)mūn kosher certified?

MonaVie (M)mūn is not kosher certified. At this time, there is no plan to release additional kosher products. As the demand for kosher certified products is reviewed, we may decide to expand our kosher line in the future.