



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?

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.

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

People who regularly consume MonaVie have reported an increase in energy, better health, an overall sense of well being, and an improvement in joint health.

Some benefits will be noticed over an extended period of time, as is often the case with glucosamine and joint health. MonaVie products are known to have a cumulative effect.

MonaVie products are not formulated to cure or treat any diseases, disease symptoms, medical conditions, or ailments.

### 3. What are the green clumps in MonaVie juice?

The green film and clumps seen in the MonaVie juices are heart-friendly substances 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 together when flash pasteurized. These fats are not harmful; in fact, they are very healthy. Please shake the bottle well before pouring.

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

As with any natural product, there can be 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 healthy 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 during the manufacturing process to ensure that MonaVie products are consistently safe and nutritious.

### 5. What diseases or health conditions can MonaVie help with?

MonaVie does not provide medical advice. If you are under the supervision of a physician for any reason, please consult with him or her 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.

### 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 MonaVie juices is 8 mcg (10% 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 MonaVie products?

We advise those with any medical condition to consult with their physician before consuming MonaVie products. Please understand that because each dia-

betic 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 3 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:	20 g, 8%*
Dietary Fiber:	1 g, 4%*
Sugars:	12 g
Protein:	1 g, 2%*
Calcium:	25 mg, 3%*
Vitamin A:	125 IU, 3%*
Vitamin C:	60 mg, 100%*
Iron:	1.5 mg, 8%*
Vitamin K:	32 mcg, 40%*

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

Not a significant source of saturated fat or trans fat.

#### 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 that 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 the 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 8 mcg (10% 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 are more similar to an egg's protein profile and 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 contains all the essential amino acids. Therefore, 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) juice and MonaVie Active juice?

Four ounces of MonaVie has an approximate ORAC value of 4,000 to 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 understand the desire to do direct product comparisons with MonaVie; however, due to current company policy, we cannot provide side-by-side product comparisons. Direct product comparisons come with significant legal liability. It is simply best to not do them. We are, however, happy to provide you with some information describing the benefits of MonaVie's fruit juice blend and the reasons that make MonaVie the amazing product it is.

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 that 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, which could indicate that the product only 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 consumers 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 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 MonaVie Active Gel is produced from a vegetarian source, and is the only non-animal, non-shellfish form of glucosamine available. It can be consumed by people with shellfish allergies.

### 15. Are 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 proper 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.