



M O N A • V I E

## MONAVIE E<sup>MOV</sup>™ FAQs

### 1. What is MonaVie E<sup>MOV</sup>?

MonaVie E<sup>MOV</sup> is a healthy, natural energy beverage made of antioxidant-rich superfruits and energizing botanicals. This delicious drink delivers a unique blend of nutrients formulated to give you quick and lasting energy. Unlike most energy drinks that are loaded with ingredients that pump you up and then let you down, MonaVie E<sup>MOV</sup> is a healthier energy alternative that enhances performance, boosts endurance, increases alertness, and reduces fatigue

### 2. How does MonaVie E<sup>MOV</sup> differ from other energy drinks?

MonaVie E<sup>MOV</sup> is a healthy alternative to traditional energy drinks. It provides natural energy from 80% juice, guarana, green tea, yerba mate (for a quick boost), and Palatinose™ for longer lasting energy. MonaVie E<sup>MOV</sup> is free of sugar additives such as high fructose corn syrup, glucose, and sucrose. It does not contain artificial colors, flavors, or sweeteners and, best of all, it is preservative-free.

In a review of over 30 energy drinks currently available, including the top selling energy drinks, 97% contained at least one of the above additives. Many of the products reviewed contained several of these ingredients. MonaVie E<sup>MOV</sup> is purely a healthier, more natural energy beverage.

### 3. What claims can I make about MonaVie E<sup>MOV</sup>?

- 100% natural energy source
- Enhances performance
- Supports endurance
- Increases energy
- Promotes alertness, mental clarity, and focus
- Provides sustained and longer lasting energy levels

### 4. Does MonaVie E<sup>MOV</sup> contain caffeine?

Yes, one serving of MonaVie E<sup>MOV</sup> contains 80 mg of all-natural caffeine from guarana, green tea, and yerba mate.

### 5. Why does MonaVie E<sup>MOV</sup> appear to be so high in carbohydrates and calories?

Real energy (as opposed to perceived energy) comes from calories. Caffeine alone revs the body and mind but lacks the fuel to give them power. The body is highly active and requires a steady flow of fuel from carbohydrates, which provide calories. MonaVie E<sup>MOV</sup> provides a responsible level of caffeine for clarity and focus with a proper blend of carbohydrates to give your body the fuel it needs for immediate and longer lasting energy levels.

### 6. Where do the carbohydrates in MonaVie E<sup>MOV</sup> come from?

MonaVie E<sup>MOV</sup> carbohydrates come from 80% fruit juice content

and Palatinose™. Carbohydrates are essential to fuel your body and mind. MonaVie E<sup>MOV</sup> does not contain added refined sugars such as high-fructose corn syrup or artificial sweeteners.

### 7. What fruits are used in MonaVie E<sup>MOV</sup>?

There are eight fruits in MonaVie E<sup>MOV</sup>: açai, maqui, apple, grape, pear, acerola, cupuaçu, and camu camu.

### 8. What fruit was added to MonaVie E<sup>MOV</sup>?

Maqui is a plant that grows in Chile and Western Argentina. The deep-purple maqui berry has been used traditionally for a variety of benefits, including overall good health. The maqui berry contains powerful antioxidants including polyphenols, which help protect against the damaging effects free radicals can have on our cells. Free radicals have been implicated in accelerating the visible signs of aging.

### 9. What is Palatinose™?

Palatinose (also called isomaltulose) is a novel and natural carbohydrate energy source. It is found naturally in honey, sugar cane, and sugar beet. This exclusive, healthier carbohydrate breaks down more slowly in the body when compared to sucrose (table sugar) and other simple sugars. Because it is not broken down as quickly, energy from Palatinose is longer lasting and more sustained. Palatinose is also kinder to teeth and the stomach when compared to other sugars.

### 10. Where does Palatinose™ come from?

Palatinose is a natural ingredient derived from sugar beet.

### 11. Is Palatinose™ natural?

Yes, Palatinose found in MonaVie E<sup>MOV</sup> is natural. It is found naturally in honey, sugar cane, and sugar beet. This natural sweetener is neither synthetic nor artificial. It is produced using an enzymatic process of natural extracts derived from sugar beets.

### 12. What makes MonaVie E<sup>MOV</sup> taste sweet?

MonaVie E<sup>MOV</sup> is naturally sweetened by its blend of fruit juices. Palatinose™ also adds to the sweet taste of MonaVie E<sup>MOV</sup>. MonaVie E<sup>MOV</sup> does not contain high-fructose corn syrup, sucrose, glucose, or artificial sweeteners.

### 13. Does MonaVie E<sup>MOV</sup> contain artificial sweeteners?

MonaVie E<sup>MOV</sup> does not contain artificial sweeteners.

### 14. Why introduce a new energy product if the MonaVie juices already provide me with energy?

Traditionally, the açai berry has been used for health and vitality. As such, it makes a perfect complement to a healthy energy beverage. The energy drink market is a multi-billion-

dollar product category that is expected to almost double in the next five years. The intent of MonaVie E<sup>MV</sup> is to provide a healthier alternative targeted specifically to energy consumers and to provide a lower cost product to persons who might not otherwise purchase MonaVie products.

#### 15. How many cans of MonaVie E<sup>MV</sup> can I safely drink in one day?

MonaVie E<sup>MV</sup> is very safe, and we suggest that it be consumed responsibly. The number of servings you drink will depend upon your daily energy needs. For most individuals, 1–2 servings a day should be adequate. More MonaVie E<sup>MV</sup> can be consumed if desired, or as needed.

#### 16. Can I get too much caffeine by drinking MonaVie E<sup>MV</sup>?

Too much caffeine (more than 500 mg daily) can cause restlessness, anxiousness, irritability, and headaches. Since MonaVie E<sup>MV</sup> contains 80 mg of caffeine per serving (this amount is comparable to many popular energy drinks), a person would have to consume an unusually high number of servings to have these side effects.

#### 17. Why is MonaVie E<sup>MV</sup> lightly carbonated?

We lightly carbonate MonaVie E<sup>MV</sup> to enhance the taste, flavor, and experience of drinking it. Sound research on the effects of carbonation shows it is very safe for consumption and that there are no negative effects on the body.

#### 18. I am diabetic. Can I drink MonaVie E<sup>MV</sup>?

MonaVie E<sup>MV</sup> contains 40 grams of carbohydrates, which includes 22 grams of sugar from fruit, and 15 grams of Palatinose™. As with any medical condition, please consult your doctor before consuming MonaVie E<sup>MV</sup>.

#### 19. How much açai is in MonaVie E<sup>MV</sup>?

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.

#### 20. What is the shelf life of MonaVie E<sup>MV</sup>?

Unopened, MonaVie E<sup>MV</sup> will last up to 12 months from the date of production. Once opened, we recommend consuming it in one sitting.

#### 21. How do I use MonaVie E<sup>MV</sup> and MonaVie juices together?

Consume your MonaVie juices as usual. For added energy and increased focus and alertness—or for those times you need to kick it up a notch—add MonaVie E<sup>MV</sup> to your routine.

#### 22. Who should drink MonaVie E<sup>MV</sup>?

MonaVie E<sup>MV</sup> is for anyone who wants added energy and increased focus and alertness. We do not recommend MonaVie E<sup>MV</sup> for children (under age 16), pregnant or nursing women, or those sensitive to caffeine. If you are taking prescription medications, please consult with your physician before consuming MonaVie E<sup>MV</sup>.

#### 23. What is reverse osmosis water?

MonaVie E<sup>MV</sup> is made with culinary drinking water that goes

through a process called reverse osmosis. Reverse osmosis (RO) is simply a way to purify water.

#### 24. What nutrition information is available for MonaVie E<sup>MV</sup>?

Supplement Facts	Amount, %DV*
Serving Size	1 Can, 8.4 fl. oz.
Calories	160
Total Carbohydrate	40 g, 13%
Sugars (from fruit)	22 g
Palatinose™	15 g
Vitamin C	60 mg, 100%
Niacin	40 mg, 200%
Vitamin B <sub>6</sub>	4 mg, 200%
Vitamin B <sub>12</sub>	12 mcg, 200%
Pantothenic Acid	20 mg, 200%
Sodium	20 mg, <1%
Proprietary Energy Blend	16,025 mg†
	Palatinose, D-ribose, guarana extract (seed), green tea extract (leaf), cha de burge extract (leaf), maca extract (root), yerba mate extract (leaf), panax ginseng extract (root), L-tyrosine.

\* % Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other Ingredients: Reverse osmosis carbonated water, Proprietary blend (açai, maqui), reconstituted fruit juice blend (apple, grape, pear), fruit puree blend (acerola, cupuaçu, camu camu), acerola extract (fruit), natural flavor, citric acid, xanthan gum, pectin, niacinamide, calcium pantothenate, pyridoxine hydrochloride, cyanocobalamin.

#### 25. What is the ORAC (antioxidant capacity) value of MonaVie E<sup>MV</sup>?

MonaVie E<sup>MV</sup> has an ORAC value that is approximately half the level in the MonaVie juices (Essential, Active, and Pulse). MonaVie E<sup>MV</sup> is not meant to replace the MonaVie juice blends, but rather to complement your current daily consumption.

#### 26. Who do I contact if I have more product questions?

For more product information, please contact [productquestions@monavie.com](mailto:productquestions@monavie.com).