



MONA • VIE™

## MONAVIE KOSHER™ FAQs

### 1. What is MonaVie Kosher?

MonaVie Kosher is a mouthwatering fusion of the Brazilian açai berry—one of nature’s top superfoods—and 18 other beneficial fruits. Incorporating a Balance-Variety-Moderation approach to nutrition, this free radical fighting, kosher—certified formula nutritionally supports your body’s overall health.

### 2. What are the key benefits of MonaVie Kosher?

- Offers potent antioxidant protection against free radicals
- Certified by both the Orthodox Union (OU) of North America and the Chief Rabbinate of Israel
- Adheres to all kosher dietary laws
- Features a wide variety of nutrients for optimal health
- Delivers the antioxidant capacity of approximately 13 servings of fruits and vegetables in just four ounces
- Provides nutritional benefits for people of all ages

### 3. What fruits are found in MonaVie Kosher?

Açai, acerola, apple, banana, bilberry, blackberry, blueberry, cherry, cranberry, elderberry, grape, kiwi, lychee, passion fruit, pear, pineapple, plum, pomegranate, and wolfberry.

### 4. How much fiber is in MonaVie Kosher?

MonaVie Kosher contains 2 grams of fiber per 1 ounce serving.

### 5. Can children consume MonaVie Kosher?

Yes. A child who can consume all other 100% fruit juices can also consume MonaVie Kosher. For children under 12, we suggest one ounce twice a day.

### 6. Can pregnant or nursing women consume MonaVie Kosher?

Yes. However, if you have any health concerns, you should consult a physician before consuming MonaVie Kosher.

### 7. Can diabetics consume MonaVie Kosher?

Each diabetic is different, as some are insulin dependent and others are not, so MonaVie will affect each individual differently. MonaVie Kosher contains 8 grams of natural sugar from fruit and 12 grams of total carbohydrate per 2 ounces. We advise those with any medical condition to consult with their physician before consuming MonaVie products.

### 8. Does MonaVie Kosher interact with any prescription medicines?

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.

### 9. What nutrition information is available for MonaVie Kosher?

Nutrition Facts	Amount, %DV*
Serving Size	1 fl. oz. (30 ml)
Calories	30
Calories from Fat	5
Total Fat	0.5 g, 1%
Cholesterol	0 mg, 0%
Sodium	5 mg, 0%
Potassium	55 mg, 2%
Total Carbohydrate	6 g, 2%
Dietary Fiber	2 g, 8%
Sugars	4 g
Protein	0 g, 0%
Vitamin C	15 mg, 25%
Iron	<1 mg, 2%

Not a significant source of saturated fat, trans fat, vitamin A, or calcium.

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

### 10. What ingredients are in MonaVie Kosher?

Proprietary açai blend (freeze-dried powder, puree), reconstituted fruit juice blend (apple, pear, acerola, grape, plum, pineapple, kiwi, passion fruit, elderberry, blueberry, wolfberry, cherry, pomegranate, lychee, blackberry), fruit puree blend (pear, cranberry, banana, bilberry), natural flavors, citric acid, sodium benzoate (preservative).

### 11. What is the recommended use for MonaVie Kosher?

Drink 1 to 2 ounces twice daily. Shake well before using, and refrigerate after opening.

### 12. What does kosher-certified mean?

The word kosher means proper or acceptable. A kosher-certified food meets Jewish dietary laws and traditions. According to the Orthodox Union website, most Americans eat some kosher food every day, but chances are they’re not aware of it. Kosher certification appears on more than 60% of products—from Oreo to Coca-Cola—available in grocery stores today.

### 13. Will MonaVie release additional kosher-certified products?

At this time we do not plan on releasing additional kosher products. However, there is a possibility we may expand the kosher line in the future.

### 14. What is the OU?

Founded in 1898, OU (Orthodox Union) Kosher is the world’s largest and most widely recognized kosher certification

agency, certifying more than 500,000 products produced in over 6,000 plants located in 80 countries around the world. OU Kosher is unique among all the major kosher certification agencies as it is part of a non-profit communal organization.

The OU, termed a "coveted seal of approval" by The New York Times, is one of the world's best known trademarks. Forbes magazine wrote, "If you want to know your food is kosher, you can look for the Orthodox Union's OU symbol."

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

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