



## MONAVIE RVL™ NUTRITION SNACK BAR

### PRODUCT INFORMATION PAGE

For use in the United States and Canada only.

Indulge your taste buds without compromising your goal weight. MonaVie RVL Nutrition Snack Bars are delicious and nutritious. Featuring 24 vitamins and minerals, these low glycemic, antioxidant packed bars promote overall health and well being. Plus, they taste so good, you won't believe they're part of your weight management plan. Satisfy your hunger between meals with a scrumptious MonaVie RVL Snack Bar today.

#### KEY BENEFITS

- Satisfies hunger and cravings
- Helps limit unhealthy snacking
- Delivers convenient nutrition
- Supports overall health and well being
- Provides an array of macro-, micro-, and phytonutrients

#### WEIGHT MANAGEMENT PROGRAM

- Step 1: Combine one scoop of MonaVie RVL Nutrition Shake Mix with 8 ounces of water or milk for your breakfast and/or lunch. If desired, you may also add two ounces of your favorite MonaVie® juice.
- Step 2: Enjoy one serving of MonaVie RVL Nutrition Snack Bar between meals to satisfy your hunger.
- Step 3: Take one MonaVie RVL Dietary Supplement with your morning and afternoon snacks.
- Step 4: Eat a healthy, balanced dinner consisting of 500–600 calories. This meal should include a variety of vegetables, fruits, lean proteins, healthy fats, and complex carbohydrates.
- Step 5: Participate in a minimum of 30 minutes of physical activity most—if not all—days of the week. If you have any health concerns, please contact your physician prior to starting a weight management or exercise program.

REVEAL YOUR BEST SELF™

## FREQUENTLY ASKED QUESTIONS

### WHAT IS NUTRITION DENSITY?

There are three levels of nutrients that you need from food: macronutrients (carbs, protein, fat); micronutrients (vitamins, minerals); and phytonutrients (antioxidant rich nutrients). The MonaVie RVL weight management program provides all three levels of these essential nutrients, making it a healthy, nutrient dense choice.

### HOW MUCH WEIGHT CAN I EXPECT TO LOSE ON THE MONAVIE RVL WEIGHT MANAGEMENT PROGRAM?

Healthy weight loss is 1–2 lbs. per week. Results vary by amount of weight you need to lose, diet, exercise, and adherence to the program.

### DO I NEED TO EXERCISE WHILE I AM ON THE MONAVIE RVL WEIGHT MANAGEMENT PROGRAM?

Exercise and physical activity are important for many reasons. Incorporating exercise into your daily activity helps you be successful at losing weight. It's recommended to participate in a minimum of 30 minutes of physical activity most—if not all—days of the week. If you are just beginning to exercise, we recommend consulting with your physician prior to starting a new exercise program.

### IS IT SAFE FOR CHILDREN TO USE THE MONAVIE RVL WEIGHT MANAGEMENT PROGRAM?

We do not recommend the MonaVie RVL Dietary Supplement for individuals under the age of 18. Children can consume the MonaVie RVL Nutrition Shake Mix and Snack Bar for their important nutritional benefits; however, if they are meant to be used for weight loss, we recommend consulting with a doctor prior to beginning any weight management regimen.

### WHAT ARE THE BENEFITS OF LOSING WEIGHT?

Some benefits of weight loss and regular exercise include reduced stress, better sleep, maintenance of healthy cholesterol and blood sugar levels, improved cardiovascular function, and an overall sense of well being so you not only look better, but feel better as well.

### US Label

Amount Per Serving		Calories from Fat	
<b>Calories</b>	100	30	
<b>% Daily Value*</b>			
<b>Total Fat</b>	3.5 g	<b>5%</b>	
Saturated Fat	1.5 g	<b>7%</b>	
Trans Fat	0 g		
<b>Cholesterol</b>	0 mg	<b>1%</b>	
<b>Sodium</b>	55 mg	<b>2%</b>	
<b>Potassium</b>	45 mg	<b>1%</b>	
<b>Total Carbohydrate</b>	12 g	<b>4%</b>	
Dietary Fiber	2 g	<b>6%</b>	
Sugars	9 g		
<b>Protein</b>	5 g	<b>10%</b>	
<b>% Daily Value*</b>		<b>% Daily Value*</b>	
Vitamin A	20%	Vitamin C	20%
Calcium	30%	Iron	4%
Vitamin D	20%	Vitamin E	20%
Vitamin K	20%	Thiamin	20%
Riboflavin	20%	Niacin	20%
Vitamin B <sub>6</sub>	20%	Folate	20%
Vitamin B <sub>12</sub>	20%	Biotin	20%
Pantothenic Acid	20%	Phosphorus	25%
Iodine	20%	Magnesium	20%
Zinc	20%	Selenium	20%
Copper	20%	Manganese	20%
Chromium	20%	Molybdenum	20%

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

**Ingredients:** Protein blend (whey protein isolate, soy protein isolate, soy crisps [soy protein isolate, rice flour, malt extract, salt], whey protein concentrate), yogurt flavored coating (sugar, palm kernel oil, nonfat dry milk solids, yogurt powder [cultured whey protein concentrate, cultured skim milk, yogurt culture], soy lecithin, salt, natural flavor), fructose, soynut butter (roasted soybeans, naturally pressed soybean oil, maltodextrin, granulated cane sugar, mono-glycerides, salt), brown rice syrup, fruit blend (prune paste, date paste, white grape juice concentrate, corn syrup, red beet juice, freeze dried açai powder), vitamin and mineral blend (dicalcium phosphate, magnesium oxide, ascorbic acid, vitamin E [acetate], niacinamide, zinc oxide, copper gluconate, d-calcium pantothenate, manganese sulfate, vitamin B<sub>6</sub>, riboflavin, vitamin B<sub>1</sub>, vitamin A [palmitate], chromium chloride, folic acid, d-biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K<sub>1</sub>, vitamin D<sub>3</sub>, vitamin B<sub>12</sub>), inulin (fiber), soy nuts, natural flavor, cranberry fruit pieces (cranberries, apple juice concentrate, sunflower oil), sunflower oil.

**Contains:** Soy and milk.



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## Canada Label

Médicinal Ingredients / Ingrédients médicinaux	
Per ½ bar (25 g) / par ½ barre (25 g)	
Calcium (dicalcium phosphate/phosphate de dicalcium)	300 mg
Phosphorus/Phosphore (dicalcium phosphate/phosphate de dicalcium)	250 mg
Magnesium (magnesium oxide/hydroxyde de magnésium)	100 mg
Vitamin/Vitamine C (ascorbic acid/acide ascorbique)	12 mg
Niacinamide	4 mg
Vitamin/Vitamine E (dl-alpha tocopheryl acetate/dl-alpha tocophérol acétate)	3 mg (6 IU)
Zinc (zinc oxide/oxyde de zinc)	3 mg
Pantothenic acid/Acide pantothénique (d-calcium pantothenate/d-pantothénate de calcium)	2 mg
Vitamin/Vitamine B <sub>6</sub> (pyridoxine hydrochloride/chlorhydrate de pyridoxine)	0.4 mg
Copper/Cuivre (copper gluconate/gluconate de cuivre)	0.4 mg
Manganese/Manganèse (manganese sulfate/sulfate de manganèse)	0.4 mg
Vitamin/Vitamine B <sub>2</sub> (riboflavin/riboflavine)	0.34 mg
Vitamin/Vitamine B <sub>1</sub> (thiamine mononitrate/thiamine mononitrate)	0.3 mg
Vitamin/Vitamine A (palmitate)	270 mcg RAE (1,000 IU)
Folate (folic acid/l'acide folique)	80 mcg
Biotin/Biotine (d-biotin/d-biotine)	60 mcg
Iodine/L'iode (potassium iodide/iodure de potassium)	30 mcg
Chromium/Chrome (chromium chloride/chlorure de chrome)	24 mcg
Vitamin/Vitamine K (phytonadione)	15 mcg
Molybdenum/Molybdène (sodium molybdate/molybdate de sodium)	14 mcg
Selenium/Sélénium (sodium selenite/sélénite de sodium)	15 mcg
Vitamin/Vitamine D (cholecalciferol/cholécalciférol)	2 mcg (80 IU)
Vitamin/Vitamine B <sub>12</sub> (cyanocobalamin/cyanocobalamine)	1.2 mcg

**Nutrition Facts/Valeur nutritive:** Calories 100, Fat/Lipides 3.5 g (4%), Carbohydrates/Glucides 12 g (4%), Fiber/Fibres 2 g (8%), Sugar/Sucre 9 g, Protein/Protéines 5 g. % = % Daily value/valeur quotidienne

**Non-medicinal Ingredients / Ingrédients non médicinaux:** Protein blend/Mélange de protéines (whey protein isolate/isolate de protéine de lactosérum, soy protein isolate/isolat de protéine de soja, soy crisps/craquant de soja [soy protein isolate/isolat de protéine de soja, rice flour/farina de riz, malt extract/extrait de malt, salt/sel], whey protein concentrate/concentré de protéine de lactosérum), yogurt flavored coating/enrobage de yogourt (sugar/sucre, palm kernel oil/huile de palmiste, nonfat dry milk solids/solide sèche de lait non gras, yogurt powder/poudre de yogourt [cultured whey protein concentrate/culture de concentré de protéine de lactosérum, cultured skim milk/culture de lait écrémé, yogurt culture/culture de yogourt], soy lecithin/lécithine de soja, salt/sel, natural flavor/saveur naturelle), fructose, soynut butter/beurre de noix de soja (roasted soybeans/soja grillé, naturally pressed soybean oil/huile de soja naturellement pressée, maltodextrin/maltodextrine, granulated cane sugar/canne à sucre granule, monoglycerides/monoglycérides, salt/sel), brown rice syrup/sirop de riz brun, fruit blend/mélange de fruits (prune paste/pâte de prune, date paste/pâte de datte, white grape juice concentrate/jus de raisin blanc concentré, corn syrup/sirop de maïs, red beet juice/jus de betterave rouge, freeze-dried açai powder/poudre lyophilisée de açai), inulin (fiber)/inuline (fibre), soy nuts/noix de soja, natural flavor/saveur naturelle, dried cranberry pieces/pièces canneberges séchées (cranberries/canneberge, apple juice concentrate/jus de pomme concentré, sunflower oil/huile de tournesol), sunflower oil/huile de tournesol.

This product contains the following allergens: soy and milk/Ce produit contient les allergènes suivants: soja et lait



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