



## MONAVIE RVL™ NUTRITION SHAKE MIX

### PRODUCT INFORMATION PAGE

For use in the United States and Canada only.

Go beyond meal replacement to nutrition enhancement with MonaVie RVL Nutrition Shake Mix. Taking a balanced approach to your health, this wonderfully delicious, nutrient dense shake mix delivers a wider array of nutrients than a typical meal—in half the calories. Made with AçaVie™, the purest, most potent form of açai available, each serving provides the antioxidant equivalent of more than 10 servings of fruits and vegetables with an unparalleled fusion of macro-, micro-, and phytonutrients. Designed to help naturally curb your appetite, MonaVie RVL Nutrition Shake Mix helps you manage your weight in a healthy way.\*

#### KEY BENEFITS

- Supports your goal to achieve a healthy weight\*
- Helps curb hunger so you consume fewer calories
- Promotes overall health and well being

\* When combined with a sensible diet and regular exercise.

#### 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 system provides all three levels of these essential nutrients, making it a healthy, nutrient dense choice.

### IF I DRINK THE MONAVIE RVL NUTRITION SHAKE MIX, DOES IT REPLACE MY DAILY MONAVIE JUICE?

No, MonaVie RVL Nutrition Shake Mix does not replace your daily MonaVie juice consumption. MonaVie's delicious shake mix provides a nutrient dense, balanced meal in a convenient format. Our body beneficial juice blends provide a wide array of antioxidants, vitamins, and phytonutrients, as well as other healthful ingredients like Wellmune,<sup>®</sup> glucosamine, and plant sterols.

### 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. If you are just beginning to exercise, we recommend consulting with your physician prior to starting a new exercise program.

## US LABEL

<b>Nutrition Facts</b>					
Serving Size: 1 scoop (54.6 g)					
Servings Per Container: 28					
Amount Per Serving	Powder		with 8 fl. oz. nonfat milk		
<b>Calories</b>	190		280		
Calories from Fat	35		40		
		<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	4 g	6%		6%	
Saturated Fat	1.5 g	6%		6%	
Trans Fat	0 g				
Monounsaturated Fat	2.5 g				
<b>Cholesterol</b>	40 mg	13%		14%	
<b>Sodium</b>	180 mg	8%		13%	
<b>Potassium</b>	300 mg	8%		20%	
<b>Total Carbohydrate</b>	29 g	10%		14%	
Dietary Fiber	12 g	49%		49%	
Sugars	7 g				
Palatinose™	5 g				
<b>Protein</b>	18 g	36%		42%	
	<b>Powder</b>	<b>with 8 fl. oz. nonfat milk</b>		<b>Powder</b>	<b>with 8 fl. oz. nonfat milk</b>
Vitamin A	70%	80%	• Vitamin C	50%	50%
Calcium	30%	60%	• Iron	25%	25%
Vitamin D	45%	70%	• Vitamin E	50%	50%
Thiamin	45%	50%	• Riboflavin	50%	75%
Niacin	50%	50%	• Vitamin B <sub>6</sub>	35%	40%
Folate	45%	50%	• Vitamin B <sub>12</sub>	45%	65%
Biotin	45%	45%	• Pantothenic Acid	45%	55%
Phosphorus	30%	50%	• Iodine	20%	55%
Magnesium	25%	45%	• Zinc	20%	35%
Selenium	20%	30%	• Copper	6%	6%
Manganese	20%	20%	• Chromium	100%	100%
Molybdenum	20%	20%	• Chloride	8%	12%

\*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:** Proprietary protein blend (whey protein concentrate, whey protein isolate, egg albumin, whey protein hydrolysate, calcium caseinate, milk protein isolate), polydextrose (dietary fiber), Palatinose™ (isomaltulose), sunflower oil creamer (high oleic sunflower oil, maltodextrin, sodium caseinate, mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, sodium silicoaluminate, tocopherols), organic cane sugar, alkalized cocoa powder, natural flavor, dicalcium phosphate, proprietary phytonutrient blend [AçaVie™ (açai and juçara freeze-dried powder, Enlivenox™ açai juice concentrate), beta-carotene with mixed carotenoids, cocoa powder with polyphenols, freeze-dried acerola, freeze-dried maqui, freeze-dried cupuaçu, camu camu powder, freeze-dried jaboticaba), cellulose gum, xanthan gum, magnesium oxide, salt, stevia (Reb-A), ascorbic acid, dl-alpha tocopheryl acetate, biotin, niacinamide, vitamin A palmitate, calcium pantothenate, zinc oxide, iron, cholecalciferol, manganese citrate, chromium polynicotinate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, cyanocobalamin, folic acid, sodium molybdate, potassium iodide, sodium selenite.

Contains milk, egg, and soy.



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## CANADA LABEL

Medicinal Ingredients/Ingrédients médicinaux	
Per 1 scoop (54.6 g)/par 1 mesure (54.6 g)	
Proprietary protein blend/Mélange exclusif de protéines: Whey protein concentrate/concentré de lactosérum, whey protein isolate/isolat de lactosérum	18 g
Calcium (dicalcium phosphate/phosphate dicalcique)	300 mg
Phosphorus/Phosphore (dicalcium phosphate/phosphate dicalcique)	300 mg
Magnesium/Magnésium (magnesium oxide/oxyde de magnésium)	100 mg
Vitamin/Vitamine C (ascorbic acid/acide ascorbique)	30 mg
Niacinamide	10 mg
Vitamin/Vitamine E (all-alpha tocopheryl acetate/dl-alpha tocophérol acétate)	10 mg AI (15 IU)
Beta-carotene, and beta-carotene from ( <i>Dunaliella salina</i> )/Bêta-carotène, et bêta-carotène avec ( <i>Dunaliella salina</i> )	5 mg
Iron/Fer (electrolytic/électrolytique)	4.5 mg
Pantothenic acid/Acide pantothénique (calcium d-pantothenate/d-pantothénate de calcium)	4.5 mg
Zinc (zinc oxide/oxyde de zinc)	3 mg
Riboflavin/Riboflavine	0.85 mg
Thiamine (thiamine mononitrate/mononitrate de thiamine)	0.7 mg
Vitamin/Vitamine B <sub>6</sub> (pyridoxine hydrochloride/chlorhydrate de pyridoxine)	0.7 mg
Manganese/Manganèse (manganese citrate/citrate de manganèse)	0.4 mg
Folate	180 mcg
Biotin/Biotine	135 mcg
Chromium/Chrome (chromium polynicotinate/chrome polynicotinate)	120 mcg
Vitamin/Vitamine A (from retinyl acetate/avec acetate de rétinyle)	100 mcg RAE (324 IU)
Iodine/Iode (potassium iodide/iodure de potassium)	30 mcg
Molybdenum/Molybdène (sodium molybdate/molybdate de sodium)	15 mcg
Selenium/Sélénium (sodium selenite/sélénite de sodium)	15 mcg
Vitamin/Vitamine D (cholecalciferol/cholécalciférol)	4.5 mcg (180 IU)
Vitamin/Vitamine B <sub>12</sub> (cyanocobalamin/cyanocobalamine)	2.7 mcg

**Nutrition Facts/Valeur nutritive:** Calories 190, Fat/Lipides 4 g (5%), Carbohydrates/Glucides 29 g (10%), Fiber/Fibre 12 g (48%), Sugars/Sucre 12 g, Protein/Protéines 18 g. % = % Daily Value/Valeur quotidienne.

### Nonmedicinal Ingredients/Ingrédients non médicinaux:

Polydextrose (fiber/fibre), Palatinose™ (isomaltulose), sunflower oil creamer/colorant huile de tournesol (high oleic sunflower oil/huile de tournesol à haute teneur en acide oléique, maltodextrin/maltodextrine, sodium caseinate/caséinate de sodium, mono- and diglycerides/mono et diglycérides, dipotassium phosphate/phosphate dipotassique, tricalcium phosphate/phosphate tricalcique, soy lecithin/lécithine de soja, sodium silicoaluminate/silicoaluminate de sodium, tocopherols/tocophérol), organic sugarcane/sucre de canne organique, alkalized cocoa powder/poudre de cacao alcalinisée, natural flavour/saveur naturelle, proprietary phytonutrient blend/phytonutriments mélange exclusive: (AçaVie™ [açai and juçara—freeze-dried powder/poudre lyophilisée, Enlivenox™ açai concentrate/jus d'açai concentré], cocoa powder/poudre de cacao, freeze-dried acerola/acérola lyophilisée, freeze-dried maqui/maqui lyophilisée, freeze-dried cupuaçu/cupuaçu lyophilisée, camu camu powder/poudre de camu camu, freeze-dried jabuticaba/jabuticaba lyophilisée), cellulose gum/gomme de cellulose, xanthan gum/gomme xanthan, salt/sel, stevia (Reb-A), egg albumin/albumine d'œuf, whey protein hydrolysate/hydrolysate de protéine du lactosérum, calcium caseinate/caséinate de calcium, milk protein isolate/isolat de protéine de lait.



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