



## 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. This wonderfully delicious, nutrient dense powder delivers a wider array of nutrients than a typical meal—in half the calories. Featuring AçaVie™, the purest, most potent form of açai available, each serving helps you manage your weight in a healthy way.\* With MonaVie RVL Shake Mix, nutrition never tasted so good.

### KEY BENEFITS

- Promotes weight management success
- Provides the antioxidant power of more than 10 servings of fruits and vegetables
- Helps you consume fewer calories

\* 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®, 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)<br>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.



MONA • VIE™

Product Information Page • [www.monavie.com](http://www.monavie.com)

©2010 MonaVie LLC 1110