



MONAVIE RVL™ DIETARY SUPPLEMENT

PRODUCT INFORMATION PAGE

For use in the United States and Canada only.

Naturally boost your metabolism and accelerate your weight management goal with the MonaVie RVL Dietary Supplement. Boasting a powerful antioxidant blend of eight vegetables and AçáVie™—the purest, most potent form of açai available—this all natural formula aids in the reduction of body fat.* Start burning more calories today with the MonaVie RVL Dietary Supplement.

KEY BENEFITS

- Naturally accelerates your metabolism so you burn more calories
- Aids in the reduction of body fat*
- Provides powerful antioxidants for your overall health

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

HOW MUCH EXERCISE SHOULD I BE DOING IN ADDITION TO PARTICIPATING IN THE MONAVIE RVL WEIGHT MANAGEMENT PROGRAM?

It's recommended to 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 an exercise program.

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 and heart function, and an overall sense of well being so you not only look better, but feel better as well.

ARE THERE ANY NEGATIVE SIDE EFFECTS FROM TAKING THE MONAVIE RVL DIETARY SUPPLEMENT?

There are several clinical studies on the efficacy of the ingredients in the MonaVie RVL Dietary Supplement. There are no known reports of negative side effects.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

U.S. Label

ALL NATURAL

Supplement Facts

Serving Size: 1 capsule
Servings Per Container: 56

	Amount Per Capsule	% Daily Value
Chromium (as chromium polynicotinate)	120 mcg	100%
Proprietary Weight Loss Blend	375 mg	*
Green tea (<i>Camellia sinensis</i>) leaf extract with phosphatidylcholine from soy, bush mango (<i>Irvingia gabonensis</i>) seed extract, Oligonal® (lychee fruit extract, green tea leaf extract)		
Proprietary Fruit and Vegetable Powder Blend	120 mg	*
AçaVie® (açai and júcara freeze-dried powder, Enlivenox® açai concentrate) Vegetable blend (broccoli, broccoli sprouts, tomatoes, spinach, kale, carrots, Brussels sprouts, onion)		
Black Pepper Extract (standardized to 95% piperine)	2.5 mg	*

*Daily Value not established.

Other Ingredients: Gelatin, cellulose, magnesium stearate, silica.

Recommended Use: Take one capsule with your morning and afternoon snacks.

Warning: If you are pregnant, lactating, or taking a prescription medication, consult a physician before using this product.

Keep out of reach of children. Store in a cool, dry place. Do not use if the safety seal is broken or missing.

Distributed by MonaVie LLC, South Jordan, UT 84095 • 1.866.956.1822 • www.monavie.com

US120LBL1



MONA · VIE™

Product Information Page • www.monavie.com

©2010 MonaVie LLC 1110