

Dear Onyx and Rob,

Thank you for your email and your question concerning the nutritional breakdown of MonaVie. Please remember that it is the phytonutrients that are what makes the MonaVie juice so valuable. There are 25,000 known phytonutrients in MonaVie. Phytonutrients are nutrients concentrated in the skins of many vegetables and fruits, and are responsible for their color, hue, scent, and flavor. To a lesser extent, they are also found in grains and seeds.

People sometimes mistakenly believe they are vitamins and/or minerals. In fact, they are pigments, or more precisely, the biologically active constituents of pigments. How can they benefit you? In the last few years, phytonutrients have been getting greater attention, as more and more research uncovers just how powerful these nutrients are for our health. They are potent antioxidants that can neutralize free radical damage. Free radicals are highly reactive chemical substances that, if left unchecked, can lead to premature aging and poor health.

Clinical trials are now revealing that phytonutrients can enhance the strength of the immune system, and may play a role in promoting good health and longevity. Other studies have shown that the phytonutrients in blueberries and bilberries slow brain aging and maintain healthy vision in rats.

It has long been known that plant-based nutrients are among the most beneficial of foods to consume a great deal of and phytonutrients may hold the key to explaining why this is so.

MonaVie is a blend of fruits which have been chosen for their nutritional content. Açai, our star ingredient, is one of the world's most powerful antioxidants. The benefits of antioxidants have been documented thousands of times over, but these benefits cannot be added to a nutritional facts or supplemental facts panel.

Here are some of the vitamins and minerals that MonaVie contains.

There is 25% RDA for Vitamin C per one ounce serving.

There is 2% RDA for Iron

The potassium level in MonaVie Original and MonaVie Active is approximately 62–66 mg/oz.

The vitamin K level in MonaVie Original and MonaVie Active is approximately 12.4 µg/oz.

There is one gram of fiber per one ounce serving.

There is no RDA for phytonutrients and MonaVie is packed-full of phytonutrients.

Açai fruit was found to have the following nutrients in appreciable amounts per gram of weight:

|                                     |            |
|-------------------------------------|------------|
| Vitamin A (as beta carotene)        | Calcium    |
| Vitamin C (as ascorbate ion)        | Magnesium  |
| Vitamin E (as d-alpha tocopherol)   | Copper     |
| Vitamin D (as cholecalciferol)      | Chromium   |
| Vitamin B-1 (as thiamin)            | Zinc       |
| Vitamin B-2 (as riboflavin)         | Iron       |
| Vitamin B-3 (as niacin/niacinamide) | Sodium     |
| Vitamin B-6 (as pyridoxine)         | Manganese  |
| Vitamin B-12 (as cyanocobalamin)    | Selenium   |
| Pantothenic acid (as free anion)    | Boron      |
| Biotin                              | Potassium  |
| Folic Acid                          | Molybdenum |
| Inositol                            | Iodine     |

I hope this helps, please contact Distributor Support with further questions. Have a wonderful day!

Regards,

**Chantel**

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