

What is MonaVie Active?

Enhances your body's joint health. MonaVie Active features the additional benefits of plant-derived glucosamine, which has been scientifically shown to promote healthy joint function by targeting mobility and flexibility. Designed to support joint performance and recovery, this vital formula delivers the resources your body needs to get moving.

- Individuals who regularly consume *MonaVie Active* have reported an increase in vitality, better health, an overall sense of well being, and an improvement in joint health.
- Initial research* suggests that drinking four ounces of *MonaVie Active* on a daily basis can enhance your body's antioxidant activity.
- Gives your body the resources it needs to help fight free radicals that target joints.
- Helps you maintain a healthy and active lifestyle.

* For more information about this study, please visit www.monavie.com/science.

Is MonaVie Active juice safe for children and pregnant or nursing women?

MonaVie Active contains glucosamine hydrochloride, which has been extensively tested and found to be safe and effective; however, tests involving pregnant and nursing women have been limited. Thus, MonaVie recommends that pregnant and nursing women consult their health care practitioners prior to use.

What is glucosamine hydrochloride?

Glucosamine hydrochloride is a natural compound found in the body that is used to help make and form cartilage. Glucosamine has also been shown to help lubricate, cushion, and protect healthy joints.

Is one form of glucosamine more effective than another?

There are three types of glucosamine: glucosamine hydrochloride (HCl), N-acetyl glucosamine, and glucosamine sulfate. Both glucosamine HCl and glucosamine sulfate are rapidly converted into "free" glucosamine in the stomach. So, from a medicinal standpoint, they are equally effective. However, glucosamine HCl is 79 percent glucosamine, while glucosamine sulfate is only between 47 and 52 percent glucosamine. We formulated MonaVie Active juice with glucosamine HCl because this form of glucosamine contains the highest level of free glucosamine.

What are esterified fatty acids?

Esterified fatty acids promote joint health, improving flexibility and mobility. Esterification is the general name for a chemical reaction in which two chemicals (typically an alcohol and an acid) form an ester as the reaction product.

Why does the MonaVie Active label list "tree nuts (palm nut)"?

MonaVie Active's esterified fatty acids are derived from a 100 percent vegetable source (palm nut oil). The (US) FDA has made it mandatory to list all sources of potential allergens found in a product on its label. Eight major foods or food groups have been identified as common allergy causing foods in some individuals. Of these foods tree nuts are included. Since palm nuts are a tree nut and the esterified fatty acids come from palm nut oil, it is necessary to list it on the product label.

How might esterified fatty acids cause an allergic reaction?

Allergic reactions are caused by proteins. The esterified fatty acids in MonaVie Active may contain an extremely low level—an almost undetectable level—of protein from palm nuts. Because the amount of protein is so minute, it is unlikely that people with tree nut allergies will have an allergic reaction; however, in extremely sensitive persons it is best to avoid it all together. If you have an allergy to palm nuts, it is best to consult with your physician prior to drinking MonaVie Active.

If I have an allergy to peanuts, will I also be allergic to tree nuts?

No, not necessarily. Individuals with peanut allergies only should not have an allergic reaction to *MonaVie Active* because the product is not produced in a facility that manufactures peanuts or peanut oil.

What is the nutritional content in 4 oz. of Active juice?

Calories: 120

Calories from Fat: 20

Total Fat: 2 g, 3%*

Cholesterol: 0 mg, 0%*

Potassium: 220 mg, 6%*

Sodium: 20 mg, 1%

Total Carbohydrate: 20 g, 8%*

Dietary Fiber: 1 g, 4%*

Sugars: 12 g

Protein: 1 g, 2%*

Calcium: 25 mg, 3%*

Vitamin A: 125 IU, 3%*

Vitamin C: 60 mg, 100%*

Iron: 1.5 mg, 8%*

Vitamin K: 32 mcg, 40%*

*Percent Daily Value based on a 2,000 calorie diet.

Not a significant source of saturated fat or trans fat.