

MONAVIE PULSE

PRODUCT INFORMATION PAGE

Watching your cholesterol? MonaVie Pulse was created with your heart in mind. Formulated with 19 fruits, including the superfruit açai, this delicious, heart healthy blend delivers powerful antioxidants to nutritionally support your cardiovascular system. Additionally, MonaVie Pulse Gel allows you to enjoy all the benefits of MonaVie Pulse juice in a convenient gel pack. Whichever MonaVie product you treat your taste buds to, you'll feel great knowing that you are taking charge of your health.

BENEFITS

- Boasts heart healthy levels of plant sterols* to help maintain existing healthy cholesterol levels.
- Features resveratrol, which supports your cardiovascular system by helping protect healthy blood vessels.
- Delivers powerful antioxidant polyphenols to promote a healthy cardiovascular system.
- Features a wide array of essential nutrients for optimal health.
- Offers potent antioxidant protection against free radicals.
- Delivers the antioxidant capacity of approximately 13 servings of fruits and vegetables in just four ounces.

KEY INGREDIENT

The açai berry is the crown jewel of the MonaVie blend. When properly freeze-dried, açai boasts an ORAC score higher than that of any other fruit or vegetable tested to date, based on available USDA data. It's no wonder that for ages the indigenous cultures of the Amazon have revered açai as a source of health and vitality. Recently, modern science has validated the remarkable health benefits of this fruit, and studies have shown açai to contain the following beneficial nutrients:

- Antioxidants
- Phytonutrients
- Essential fatty acids (Omega 3)
- Amino acids
- Vitamins and minerals
- Complex carbohydrates
- Dietary fiber
- Trace minerals

Studies have also shown that freeze-dried açai powder boasts antioxidant capacity more than 15 times higher than blueberries and more than 20 times higher than raspberries. The final MonaVie blend incorporates the flavors and benefits of the açai berry and other healthful and delicious fruits

WHAT MAKES MONAVIE UNIQUE?

- **THE KEY INGREDIENT.** MonaVie Pulse's açai leverages an exclusive method of preserving the benefits of the açai berry into a freeze-dried powder. Rich in polyphenols (a powerful form of

antioxidants), açai is able to neutralize free radicals, thereby lowering oxidative stress. What's important to note is that the açai berry's nutritional properties are volatile and can easily be compromised if not properly harvested and processed. The process used to make MonaVie's açai freeze-dried powder is the most effective method of ensuring the nutrient content and antioxidant activity of the açai berry.

- **THE BLEND.** The açai berry is arguably the most important fruit in existence for your health. Experts have referred to açai as the world's No. 1 superfood. But nature has given us literally thousands of different phytonutrients and antioxidants that are important for our bodies to function optimally. While it may be difficult to get too much of a good thing, it would be unwise to ignore the variety of health benefits that nature's other fruits have to offer. That is why MonaVie Pulse features a heart healthy blend of fruits specifically chosen for their ability to nutritionally support cardiovascular health—açai, concord grape, pineapple, apple, prickly pear, pomegranate, elderberry, yumberry, bilberry, blackberry, blueberry, cherry, cranberry, raspberry, aronia, acerola, strawberry, cupuaçu, and camu camu.

- **THE PROCESS.** MonaVie takes great care at each step in production to ensure the highest quality standards are met.

(Harvesting) The process begins with the harvesting of the açai berry deep within the Amazon River basin. Unlike poachers, who illegally chop down an entire tree just to harvest a 12-inch section of the tree known as the palmito (or "heart of the palm"), our conservative harvesting method removes only the açai berries, thereby preserving the life of the tree and promoting the preservation of the rainforest.

(Processing) Açai is a powerful yet delicate fruit and much of its vitamin and nutrient content can be lost within 24 hours after harvesting, if not properly cared for. To preserve its full complement of nutrients, our açai is frozen soon after harvesting. This frozen açai is then processed into our exclusive, freeze-dried formula, the most effective and nutrient-dense form of açai available.

(Formulation and bottling) Most companies use a process known as kettle pasteurization. This process involves heating



the formula for several hours and can inadvertently “cook out” many of the nutritional properties. However, MonaVie uses flash pasteurization in which the formula is rapidly heated, bottled, and cooled, thereby capturing the fresh flavors, vibrant colors, and dense nutrient content of the blend.

- THE SCIENCE. Each step of this advanced and unique process takes place under the watchful eyes of our industry leading product development team and scientific advisors.

WHO SHOULD USE THIS PRODUCT?

- MonaVie Pulse—Health conscious men and women ages 30+ who are concerned with cholesterol levels, heart health, and overall nutrition and well being.
- MonaVie Pulse Gel—Health conscious men and women ages 30+ who are on-the-go and want all the benefits of MonaVie Pulse juice in a convenient gel pack.

DID YOU KNOW?

- Every batch of each fruit in the MonaVie blend is tested before shipping to and after arriving in the United States to guarantee quality and freshness.

FREQUENTLY ASKED QUESTIONS

CAN I TAKE PULSE WITH MONAVIE ACTIVE AND/OR MONAVIE ORIGINAL? IF I TAKE BOTH, HOW SHOULD I TAKE THEM?

Yes, you can drink MonaVie Pulse with MonaVie Active or MonaVie Original. To get the full joint health benefits from MonaVie Active, you will need to drink 4 ounces of MonaVie Active as directed; to get the full benefits from the plant sterols, you will need to drink 4 ounces of MonaVie Pulse as directed.

WHAT ARE PLANT STEROLS?

Many plants include some substances known as plant sterols, phytochemical compounds found in the fatty tissues of plants. Wheat germ, sesame oil, wheat bran, and Brussels sprouts are rich in plant sterols. When plant sterols are consumed, they compete with cholesterol for absorption in the body. However, it is difficult to consume enough of these foods on a daily basis to derive enough plant sterols to maintain healthy cholesterol levels.

CAN I TAKE MONAVIE PULSE WITH MY CHOLESTEROL- LOWERING MEDICATION?

MonaVie is unaware of interactions between the ingredients found in MonaVie Pulse and statin medications. However, prescription medications can often lead to adverse effects on the body regardless of your diet. Therefore, as with any prescription medication use or concern, it is wise to discuss your diet with your physician prior to use.

WHAT IS THE SHELF LIFE OF MONAVIE PULSE JUICE AND MONAVIE PULSE GEL?

If unopened, MonaVie Pulse juice and gel have a shelf life of one year. If MonaVie Pulse juice has been opened, then the shelf life is approximately 15–30 days, as long as the opened bottle is refrigerated. MonaVie Pulse Gel should be consumed in its entirety as soon as it is opened.

WHAT ARE POLYPHENOLS?

Polyphenols are a class of powerful antioxidants that are thought to be responsible for the French Paradox: the French have a diet relatively high in fat, yet have a decreased incidence of heart disease; this is attributed to the amount of polyphenols present in the grapes used to make French wines. MonaVie products contain a powerful variety of polyphenols, including anthocyanins.

MONAVIE PULSE

Nutrition Facts	
Serving Size: 2 fl. oz. (60 ml) Servings Per Container: 12	
Amount Per Serving	
Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 1 g	2%
Sodium 30 mg	1%
Total Carbohydrate 8 g	3%
Dietary Fiber <1 g	1%
Sugars 7 g	
Protein <1 g	
Vitamin A 4%	Vitamin C 70%
Iron 2%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Not a significant source of saturated fat, trans fat, cholesterol, or calcium.

MONAVIE PULSE GEL

Nutrition Facts	
Serving Size: 1 packet, 1 fl. oz. (30 ml) Servings Per Box: 28	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0.5 g	1%
Sodium 20 mg	0%
Total Carbohydrate 7 g	2%
Dietary Fiber <1 g	2%
Sugars 4 g	
Protein 0 g	0%
Vitamin A 2%	Vitamin C 30%

Not a significant source of saturated fat, trans fat, cholesterol, calcium, or iron.
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

Other Ingredients: Exclusive blend of açai (freeze-dried powder, puree), reconstituted fruit juice blend (concord grape blend, pineapple, apple, prickly pear, pomegranate, elderberry, yumberry, bilberry, blackberry, blueberry, cherry, cranberry, raspberry, aronia), puree fruit blend (acerola, strawberry, cupuaçu, camu camu), plant sterols (emulsified with corn syrup solids, polyglycerol esters of fatty acids, gum acacia), Apple Phyto-Phenolics® (polyphenol blend), omega-3 (cranberry seed oil), resveratrol, natural flavors, potassium sorbate (preservative), sodium benzoate (preservative), citric acid.

MonaVie Pulse Gel also contains: Maltodextrin, Xanthan Gum, Malic Acid.

RECOMMENDED USE

MonaVie Pulse: Shake well before using. Drink 2 ounces twice daily. Refrigerate before and after opening. Do not use if safety seal is broken.

MonaVie Pulse Gel: Refrigerate before opening. Take 2 packets daily. Consume entire contents of packet upon opening. Do not use if safety seal is broken.

Go ahead, drink to your health!

* Foods containing at least 0.4 g per serving of plant sterol esters, eaten twice a day with meals for a daily total intake of at least 0.8 g, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Two servings of MonaVie Pulse juice (4 oz.) supply 0.8 g of plant sterols.