



MONAVIE RVL™ DIETARY SUPPLEMENT

PRODUCT INFORMATION PAGE

For use in the United States and Canada only.

Boost your metabolism and curb your appetite with the MonaVie RVL Dietary Supplement. Designed to help you burn more calories, this exclusive formula features proprietary ingredients protected by 10 U.S. patents. Boasting a unique blend of eight vegetables, these capsules support a low glycemic diet while aiding in the reduction of body fat.* Accelerate your weight management goals with the MonaVie RVL Dietary Supplement today.

KEY BENEFITS

- Accelerates your metabolism
- Aids in the reduction of body fat*
- Helps you burn more calories
- Features ingredients protected by 10 U.S. patents
- Boasts a unique blend of eight vegetables

* 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

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 Green tea (<i>Camellia sinensis</i>) leaf extract with phosphatidylcholine from soy, bush mango (<i>Irvingia gabonensis</i>) seed extract, Oligonol® (lychee fruit extract, green tea leaf extract)	375 mg	*
Proprietary Fruit and Vegetable Powder Blend AçaVie™ (açai and juçara freeze-dried powder, Enlivenox™ açai concentrate) Vegetable blend (broccoli, broccoli sprouts, tomatoes, spinach, kale, carrots, Brussels sprouts, onion)	120 mg	*
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

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Canada Label

Medicinal Ingredients/Ingrédients médicinaux	
Per / par 1 capsule	
Green tea leaf extract/extrait de feuille de thé vert (<i>Camellia sinensis</i>) (12:1)	150 mg
Bush mango seed extract/extrait de graine manguier buisson (<i>Irvingia gabonensis</i>) (5:1)	150 mg
Green tea leaf extract/extrait de feuille de thé vert (<i>Camellia sinensis</i>) - standardized to 50% caffeine/standardisé à 50% caféine	50 mg
Black pepper fruit extract/fruits extrait de poivre noir (<i>piper nigrum</i>) - standardized to 95% piperine/standardisé à 95% pipérine	2.5 mg
Chromium/Chrome (chromium polynicotinate/chrome polynicotinate)	120 mcg

Nonmedicinal Ingredients/Ingrédients non médicinaux: Gelatin/gélatine, AçaVie™ (açai and juçara - freeze-dried powder/poudre lyophilisée, Enlivenox™ açai concentrate/jus d'açai concentré), fruit and vegetable blend/mélange de poudre de fruits et de légumes, soy lecithin/lécithine de soja, Oligonol® (lychee fruit extract/extrait de fruit litchi), cellulose, magnesium stearate/stéarate de magnésium, silica/silice.

Recommended Purpose: Supports healthy weight management./**Fins recommandée:** Prend en charge la gestion du poids santé.

Directions for Use (adults): Take one capsule with food, twice daily, preferably with your morning and afternoon snacks.

Utilisation recommandée (adultes): Prendre une capsule avec de la nourriture, deux fois par jour. Prenez une collation le matin et après-midi.

Warning: Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or are taking other medicinal products. Not recommended for children./**Mise en garde:** Consulter un praticien de soins de santé avant d'utiliser si vous êtes enceinte ou allaitez, ou si vous prenez d'autres produits médicaux. Non recommandé pour les enfants.

Keep out of the reach of children. Store in a cool, dry place. Do not use if seal is broken./**Tenir hors de portée des enfants.** Gardez dans un endroit frais et sec. Ne pas utiliser si le sceau est brisé.

Imported by/importé par: MonaVie Enterprises Canada ULC, Vancouver, B.C. V5M 1W9 • www.monavie.com

Lot #/Exp. Date: See bottom of container. • No. Lot/date d'expiration: Voir en bas de l'emballage.

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