



What is MonaVie?

Why drink MonaVie?

What is in MonaVie?

How many calories are in MonaVie?

MonaVie contains 20 calories per 1 ounce serving. Shake well before using. Drink 1 to 2 ounces twice daily. Refrigerate after opening. Do not use if safety seal is broken. Go ahead, drink to your health!

What does MonaVie taste like?

This is a difficult question to answer because everyone has different tastes. People usually describe it as a pleasant tasting "fruity" drink. Try some for yourself today!

How does Regular MonaVie differ from MonaVie Active?

MonaVie Active is the original MonaVie with two additional ingredients meant specifically to help relieve joint/muscle pain and inflammation, as well as regenerate the cartilage that is lost through the normal wear and tear of the body. Even with the full impact of all the nutrients available in fruits, your body needs extra care and attention as we age. MonaVie Active contains all-natural Esterified Fatty Acids and Glucosamine that reinforce the original fruit blend by controlling and repairing the damage our bodies experience. By helping to repair previous damage, the benefits of these powerful fruits can then be felt as they make a significant difference in the body. MonaVie is a unique proprietary blend, the only blend of this kind, where scientific techniques have allowed a water-based fruit mixture to be mixed, or emulsified, with a fat (Celadrin® is made up of fatty acids), and then made available as a stable and appetizing product.

What are Esterified Fatty Acids?

MonaVie Active contains necessary essential fatty acids that lubricate your body's cells and revitalize the membranes that cushion the bones and joints. The essential fatty acids have been shown to be useful in assisting in the regulation of your immune response. Research indicates that esterified fatty acids significantly contributes to improved joint function and pain reduction for anyone struggling with aches and discomforts resulting from arthritis.

What is Glucosamine?

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, protect, and rebuild joints.

Why are the phytonutrients found in MonaVie important to our health?

Phytonutrients are dietary components that are somewhat new to the field of nutrition. Phytonutrients are generally described as chemical components of plants that favorably alter the structure or function of the body. They have been shown to have beneficial effects on health and disease prevention. In an era of remarkable nutritional discoveries, it is appropriate to broaden our definition of a nutrient to include substances proven by rigorous scientific methods that are involved in disease prevention.

We include 19 deeply pigmented fruits from around the world, since this provides the widest spectrum of health-enhancing phytonutrients and antioxidants.

An antioxidant is a phytonutrient that prevents or delays oxidation. They are common components of foods

that prevent changes in color or flavor caused by oxygen in the air. They prevent rancid tastes and odors from developing in foods containing fat.

An antioxidant is most helpful when it spots a "free radical" (a molecule which has an unpaired electron) roaming in our bodies looking for ways to cause damage. An antioxidant neutralizes the free radical by supplying the missing electron and forming a complete pair.

Can children drink MonaVie?

Yes. It is recommended that children under 10 drink the Original MonaVie Blend. Only 17% of the population consumes the recommended 2 to 3 servings of a variety of fruits each day. By not getting our recommended intake of fruits, we are missing out on the health benefits of vitamins, antioxidants, phytonutrients and fiber. One serving of MonaVie each day contains a variety of the most nutritionally dense fruits available for families on the go and picky-eating children.

What is the shelf life of MonaVie?

If unopened, both the MonaVie juices and MonaVie Active Gel have a shelf life of one year. If the MonaVie juice has been opened, then the shelf life is approximately 30–60 days, as long as the opened bottle is refrigerated. The MonaVie Active Gel should be consumed in its entirety as soon as it is opened.

If someone is allergic to shellfish can they consume glucosamine hydrochloride?

Shellfish are a known allergen and glucosamine is derived from shrimp shells. However, people who are allergic to shellfish are actually allergic to the protein troponin, which is found in the muscle (protein) of shrimp. Analyses do not find any protein in the glucosamine hydrochloride used in MonaVie Active Gel. Glucosamine hydrochloride (GHC), the form of glucosamine used in MonaVie Active Gel, is more than 99% pure. Because shellfish is a known allergen, please consult with a physician before taking MonaVie Active Gel.

Is there any vitamin K in MonaVie?

For customers concerned about vitamin K levels because of blood thinning medication, please consult a physician before taking any MonaVie products. The vitamin K level in MonaVie Original and MonaVie Active is approximately 12.4 µg/oz.

Are MonaVie products Gluten free?

Yes.

Is MonaVie approved by the FDA?

MonaVie is labeled as a nutritional product or food, as opposed to a supplement. Because of this, there is nothing in the product that warrants FDA review or approval.

Is MonaVie Kosher or Halal Certified?

As an international company, we are looking into various cultural and religious certifications. However, at this time MonaVie is not Kosher or Halal certified.

Is MonaVie pasteurized?

Yes. With flash pasteurization, the product is heated for approximately 15–30 seconds and then immediately cooled. By only briefly subjecting the product to high temperatures, most—if not all—taste and color changes are avoided. Flash pasteurization is preferred to other methods because it kills microbes without destroying beneficial phytonutrients.

Can people with diabetes drink MonaVie?

Technically glucosamine is a carbohydrate. The body is not able to convert it into glucose so it does not provide additional sources of glucose. If you are a diabetic, check first with your doctor and always monitor your blood sugar. In diabetes, many factors can lead to changing blood sugar levels. Studies show glucosamine did not affect insulin sensitivity in humans. (Pouwels 2001).

Are preservatives added to MonaVie?

Sodium Benzoate is the preservative used in MonaVie. Once the bottle is opened, the fruit mixture would be an ideal medium for pathological organisms were it not for an insignificant and harmless addition of 0.1% sodium benzoate. Foods containing this preservative are much healthier than non-preservative foods since harmful microorganism growth are inhibited, food oxidation is prevented, and food nutrients are preserved. Sodium benzoate is completely out of the system within ten hours of consumption. The limit of sodium benzoate in foods is not because of its toxicity or potential ill effects; rather, it is a taste issue -- levels higher than 0.1% will leave an unacceptable aftertaste.

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