

Below you can review all the different fruits in MonaVie:



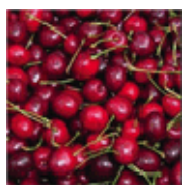
ACAI BERRY

The crown jewel in the **Mona Vie** formula is the **acai berry**, found only high atop towering palm trees in the lush Amazon Rain Forest of South America. For centuries, the indigenous people of Brazil's Northern Amazon region have revered this legendary berry as an antidote for numerous ailments. Mona Vie's Acai is harvested in a **responsible manner from Brazilian Amazon Rainforest**.

Modern science has now validated the remarkable wellness benefits of the acai fruit. As a whole food by itself, the berry would provide a remarkable source of complete protein, healthy fats, and essential vitamins and minerals. Particularly valuable are the class of polyphenols of which the acai contains over a dozen. High on the list are anthocyanins, which contribute the deep red, blue and purple of the plant's appearance. Anthocyanins have a host of health benefits that have been identified in several studies.

AÇAI Crown Jewel of the Mona Vie Blend

Among the reported benefits/features of this deep purple berry are: • Prevents arteriosclerosis • Provides anti-allergenic support • Helps prevent blood clots • High levels of dietary fiber • High levels of essential amino acids and trace minerals • High levels of plant sterols, which have been shown to help control cholesterol • Essential fatty acids ratio that resembles olive oil, which has been shown to help combat heart disease • Protein profile similar to eggs • Very low sugar content • Greater energy/stamina • Improved mental focus • Prevention and treatment of Alzheimer's • Better sleep • Improved digestion • Improved sexual function • Immune system support • High levels of antioxidants • Anti-aging support • Promotes better circulation



ACEROLA CHERRIES

Acerola thrives in the sandy soils antioxidant, rich in vitamins and constituents have been identified strong anti-fungal and cholesterol shown to fight cellular aging, to promote healthy capillary function. for/as: Treating fever, dysentery • Astringent • Liver problems • Healthy heart function • Nutritive Rheumatism • Tuberculosis.



APRICOTS

Apricots provide a rich assortment of antioxidants and are abundant with soluble fiber, beta-carotene, magnesium, iron, phosphorous, potassium and Vitamin C. They also include a natural salicylate - the major ingredient in aspirin. The nutrients in apricots are linked to a lower risk of heart disease, stroke, cataracts and some forms of cancer. Soluble fiber is known to steady blood sugar levels and promote regularity. Apricots have been traditionally used for: Macular degeneration • Cataracts • Fighting cancer • Heart/vascular health • Blood pressure stability • Prostate health •

Preventing strokes.



ARONIA (Black Chokeberry)

Aronia juice contains very high levels of anthocyanins and flavonoids-five to ten times higher than cranberry juice. Its beneficial nutrients such as antioxidants, polyphenols, minerals and vitamins are believed to include compounds that specifically fight cancer and cardiac disease. Aronia contains important trace minerals, and it has been used as an anti-diabetic food. Nutritional Highlights: Polyphenols • Anthocyanidans • Quinic acid • Vitamins • Minerals • Flavinols.



BANANA

Bananas are a common supermarket fruit and are often take for granted (few realize the health benefits bananas bring to them). Bananas are the **ONLY** fruit that comes not from trees or bushes but from large plants that are giant herbs and are related to the lily and orchid family. Bananas have been linked to: Antioxidant protection • Controlling blood pressure • Better carbohydrate metabolism • Better muscle contraction • Keeping blood from over-acidity • Better protein metabolism • Helping concentration and memory • Providing instant energy • Satisfying sugar cravings • Promoting better moods • Protecting against heart disease • Protecting against cancer • Promoting better sleep • Relieving both diarrhea and constipation • Helping produce collagen • Steadying nerves • Calming peptic ulcers.

**BILBERRIES**

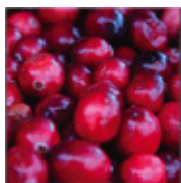
The Bilberry is a close relative of the blueberry and is noted for strengthening of the capillaries of the eye. Bilberry is already widely noted for slowing of age-related macular degeneration, night blindness, and diabetes-related eye disorders. Bilberries have historically been shown to have a broad range of healing and restorative effects for: Amenorrhoea • Angina • Bladder stones • Blood disorders • Bruising • Capillary strength • Chronic fatigue • Collagen formation • Coughs • Diabetes • Diarrhea • Digestive discomfort • Fighting inflammation • Glaucoma • Gout • Hemorrhoids • High blood pressure • Restoring/promoting collagen • Preventing heart attacks and strokes • Preventing/treating rheumatoid arthritis • Treating ulcers.

**BLUEBERRIES**

Blueberries are an antioxidant powerhouse, responsible in part for keeping us young, healthy and smart. Medicinal folklore tells us blueberries have a long history of use for: Anti-aging • Appetite enhancement • Blood vessel support • Fighting cancer (especially cervical/breast) • Treating coughs • Cardiovascular protection • Lowering bad cholesterol • Diabetes • Eyestrain • Indigestion • Macular degeneration • Memory enhancement • Urinary tract infections.

**CAMU CAMU BERRY (Rumberry)**

The Camu Camu berry is the planet's richest source of natural Vitamin C. Its content has been measured as 30-60 times higher than an equal amount of citrus fruit. The Camu Camu berry is legendary for its powers to strengthen the immune system and repair connective tissue. It has documented powers as an astringent, antioxidant and emollient. Camu Camu has been shown to be highly effective against: Viral infections • Common colds • Macular degeneration and gum problems.

**CRANBERRIES**

Cranberries are rich in many phytonutrients and proanthocyanidins (PAC's) - found to prevent the adhesion of certain bacteria associated with urinary tract infections to the urinary tract wall. These anti-adhesion properties are also thought to inhibit the bacteria associated with gum disease and stomach ulcers. Historically, cranberries have been used for: Anorexia • Antibiotic (E Coli, H Pylori) • Blood disorders • Gall bladder and liver disorders • Indigestion • Promoting regularity • Prostatitis • Protecting against prostate and urinary tract cancers • Reducing risk of gum disease, ulcers, heart disease • Supporting gum health • Urinary tract health.

**GRAPES (purple/white)**

The varying colors of grapes bring a spectrum of antioxidant protective power to this versatile fruit. The components in grape juice are reported to reduce the risk of cancer, stroke, heart disease and memory loss. Purple grapes contain resveratrol, the potent cancer-fighting antioxidant found in red wine and other grape products that have been making headlines around the world. Grape juice has also been shown to provide benefits in areas of: Anti-aging • Anti-bacterial/viral • Anti-inflammatory • Antioxidant • Arterial flexibility • Brain, skin, eye health • Cardiovascular health • Gastric health • Inhibiting prostate cancer.

**KIWI**

Kiwi fruit contains abundant phytonutrients and has gained fame as a delicious blood-thinning alternative to aspirin for protecting cardiovascular health. Kiwi fruit has the ability to literally protect DNA in the nucleus of human cells from oxygen-related damage. This fruit also provides ample amounts of vitamin E, vitamin A, vitamin C, trace minerals and dietary fiber. Nutritional Highlights: Vitamins, Minerals and Fiber. Kiwi is known to treat DNA damage, Cancer, Eye problems and Cardiovascular conditions. Native to China, Kiwi is also commonly used for: Controlling Cholesterol • Reducing triglycerides in the blood • Treating and preventing age-related macular degeneration • Binding/removing colon toxins • Preventing colon/prostate cancer • Blood sugar control • Protecting DNA from free radicals • Inhibiting skin cancer.

**LYCHEE**

The Lychee is native to the warmer forests of Southern China and probably Vietnam. It has been cultivated in China for well over a thousand years, and would no doubt have been a keenly sought after forest fruit in subtropical Sino-Vietnamese Asia. At 72mg of vitamin C per 100 grams of flesh, lychees are a very good source for this essential vitamin, as well as potassium and other nutrients. Many studies have shown that consuming Lychee each day may help reduce the chances of cancer and many other diseases.



NASHI PEARS

Once reserved as a food to be served only to the wealthy and to Chinese nobles, Nashi pears have been grown, cultivated and eaten for centuries. Little is known about their origin...its estimated that they began appearing at least 3,000 years ago in China. Nashi pears are a great source of dietary fiber, and they're also very high in potassium and other essential minerals. They contain nearly 10% of the USRDA for Vitamin C, and a high concentration of folates, which make up the Vitamin B complex group. These vitamins are essential for metabolic activity and red blood cell production.



PASSION FRUIT

Passion fruit is rich in vitamins, minerals and fiber, including: calcium, magnesium, phosphorus, potassium, sodium and sulphur and B Vitamins. The legend of passion fruit dates back to Biblical time, and its modern day uses include: promoting sleep, calming anxiety and addressing hyperactivity in children. Rainforest natives have for generations used Passion fruit juice for: Asthma, respiratory health • Urinary tract infections • Mild diuretic • Promoting heart health.



PEARS

Pears have been revered throughout time. Their cultivation has been traced back 3,000 years in western Asia, and some speculate pears might have been discovered by people in the Stone Age. They were an exotic food item in the court of Louis XIV and were called the "gift of the gods" by Homer in his epic, The Odyssey. Pears have been linked to: Antioxidant protection • Anti-inflammatory functions • Maintaining heart health • Supporting nerve transmission • Fighting infections • Aiding metabolism • Increasing capillary strength • Tissue repair • Healing wounds and bruises • Protecting cell membranes • Bowel regularity • Lowering cholesterol • Cleansing the colon of harmful chemicals • Protecting vision • Healthy blood sugar levels.



POMEGRANATE

Pomegranate juice contains more antioxidants than even red wine, green tea, blueberry juice, cranberry juice or orange juice. It has been shown to be highly effective in clearing plaque from inner arterial walls. Studies show that pomegranate juice is one of nature's most powerful antioxidants, containing more polyphenol antioxidant than any other drink. Period! And pomegranate polyphenols is now being shown by science to be useful for: Preventing heart attack, strokes • Preventing and treating cancer • Combating diabetes • Blood pressure disorders • Preventing blood clotting • Intestinal problems of all types • Eliminating parasites • Fighting bacterial and fungal infections • Cholesterol problems.



PRUNES

Prunes are dried plums, rich in minerals and phenols, plus they have an extremely high ORAC value. The drying process actually increases antioxidant powers by more than six times! USDA researchers believe that people of all ages can prevent and treat diseases of aging by simply adding prunes to their diets. Prunes are especially appropriate for: Boosting bone density • Bowel cleaning, regularity • Cardiovascular disease • Liver cleansing • Preventing memory loss and Alzheimer's • Fighting infections • Diabetes • Diverticular disease • Reducing cholesterol • Reducing risk of estrogen-dependent cancers.



WOLFBERRY

For thousands of years in China, the Wolfberry has been known as "the herb of longevity." It provides a powerful combination of antioxidants and polysaccharides, shown to enhance the activity of the immune system. Wolfberry also provides eighteen amino acids and twenty-one trace minerals. Wolfberry, like açai, is known for aiding sexual health. In fact numerous Internet links for Wolfberry garner the website of a well known pharmaceutical that promotes similar benefits. Among the many health conditions that history and science have found Wolfberries to help are: Chronic fatigue • Headaches • High blood pressure • Damaged DNA • Arthritis • Cancer • Diabetes • Vision problems • Circulatory problems • Insomnia • Arthritis • Sexual dysfunction • Skin/complexion issues • Dehydration.