

What's in a Serving?

The U.S.D.A RDA* for adults is 9-13 servings of fruits and vegetables per day.

We decided to look at exactly what that means...for your diet and for your wallet.

*The USDA suggests a diet of 9-13 servings of fresh fruit and vegetables daily, yet also claims that less than 10% of the US population actually meets that daily requirement.

If you go to your local supermarket to buy it, this is what 9-13 servings of fruit looks like:



And this is what it would cost you...every day:

A grand total of \$20.79 PER DAY

Publix		
PUBLIX		
Crossroads Shopping Center Willie McLaughlin Store Manager 352-2200		
PREMIUM RED PLUMS		
0.52 lb @	1.69/ lb	0.88 F
PEAR RED BARTLETT		
0.54 lb @	2.59/ lb	1.40 F
FRUIT SALAD SMALL		4.15 F
ORGANIC NECTARINES		
0.36 lb @	3.69/ lb	1.33 F
APPLES ROME LG		
0.44 lb @	2.09/ lb	0.92 F
POMEGRANATES		
1 @ 2 FOR	5.00	2.50 F
KIWI FRUIT		
1 @ 3 FOR	1.29	0.43 F
BANANAS		
0.31 lb @	0.69/ lb	0.21 F
RASPBERRIES RED		2.49 F
BLACKBERRIES		3.09 F
BLUEBERRIES		3.39 F
Order Total		20.79
Sales Tax		0.00
Grand Total		20.79

(actual receipt)

If you drink Mona•Vie, this is what 9-13 servings of fruit looks like:



How does the cost of Mona•Vie compare?

4 oz. per day of MonaVie Active or Pulse

Based on a 1 case purchase = \$4.65/DAY

Based on a 12 case purchase = \$2.85/DAY



MonaVie is part of a healthy lifestyle and in no way do we suggest this product as a replacement of a diet consisting whole fresh fruits and vegetables. However realizing how difficult it is to consume 9-13 servings of fruit and vegetables daily, MonaVie provides a cost effective and healthy solution to increasing your daily intake in order to meet the requirement of fresh fruit and vegetables.

For more information about MonaVie products or business opportunity, please visit: www.UpYourAntioxidants.com or call 239-595-5950