

# Nutrition News And Notes



## Customizing Nutrition Could Help Keep You Healthier

(NAPSA)—Today's consumers have a healthy abundance of options for personalizing everything they buy—from jeans to lattes to products that help keep them healthy.

Although it's fun to pick the right app for your phone, design aerodynamic running shoes online or make a mix of music for your iPod, it may be more important to customize a supplement that provides individual nutritional needs.

So how do you know which products you need? You can discover which nutrients can benefit you most at a site created by MonaVie ([www.monavie.com](http://www.monavie.com)), a company known for its healthy energy drinks and weight-loss management products.

To identify your specific nutritional needs, visit [www.monavie.com/products/nutritional-chemistry](http://www.monavie.com/products/nutritional-chemistry) and enter your personal profile information into an online nutritional assessment tool known as Health Match™. In just minutes, you'll receive customized product recommendations. Once you receive your recommendations, you can place your personalized order and the right mix of products is delivered to your door.

The supplements, called MonaVie Elements™, are a part of MonaVie's Nutritional Chemistry™ product line. They are delivered via convenient, easy-to-use packets that contain a premixed powder, which can be added to 8 oz. of water, to one of MonaVie's health juices or to a serving of its RVL



**It's easier than ever to personalize nutritional supplements to meet your family's unique needs.**

weight-loss shake. Each one of these new Elements supports age/gender-specific nutritional needs or a particular system of the body.

While there will continue to be additional Elements added to the MonaVie product line, the following are now available:

### **Men's Vitamin and Mineral Supplement**

Designed to provide far-reaching nutritional insurance, this delicious, power-packed formula features 24 essential vitamins and minerals to increase men's performance and vitality.

### **Women's Vitamin and Mineral Supplement**

Designed especially for women, this delicious nutritional formula features 25 essential vitamins and minerals. This health-promoting

Element protects and nourishes cells.

### **Children's Vitamin and Mineral Supplement**

With 18 essential vitamins and minerals designed especially to meet the growing needs of kids, this deliciously fun formula provides the essential nutrients needed to strengthen the immune system, develop healthy bones and teeth, and correct nutritional deficiencies.

### **Brain Health**

This delicious nutritional Element supports your gray matter by promoting focus and alertness, and tastes so good you'll remember to take it every day. Featuring L-theanine and natural caffeine to support cognitive performance and B vitamins to maintain healthy brain function, it makes it easier to keep your inner genius operating in peak condition—whether you're an Einstein or not.

### **Glucose Support**

This unique nutritional element promotes glucose metabolism to help your body maintain healthy blood sugar levels. This delicious supplement features banaba leaf and green coffee bean extracts, as well as chromium. Known for their ability to promote healthy glucose levels, these powerful ingredients help your body naturally accept and convert glucose more efficiently.

### **Learn More**

For additional information on MonaVie products, visit their website at [www.monavie.com](http://www.monavie.com), join them on Facebook at [facebook.com/monavie](https://www.facebook.com/monavie) or call (866) 217-8455.