

# Questions about Verve!

## What is Verve?

Verve is a radically different energy drink that finally has everything you're looking for in your energy boost. Packed full of insanely healthy good stuff like all your vitamins and low in natural sugar, like what you find in oranges. Verve is a tropical fruit flavor explosion that keeps you going so you can conquer whatever life smacks in front of you.

## Who should drink Verve?

Anyone interested in vitality and building a strong nutritional foundation for health and overall well-being.\* We do not, however, recommend Verve if you are pregnant, have a medical condition or have an allergic reaction.

## How much Verve can I drink each day?

We recommend consuming no more than 3 cans per day.

## Is it necessary to take a multivitamin if I am also drinking Verve?

If you are drinking Verve there is no need to take a multivitamin supplement. We suggest consulting with your doctor or an educated health care professional such as a nutritionist or dietician if you have additional questions.

## What is the caffeine content in an 8.3 ounce can of Verve?

Each can of Verve yields 80 milligrams of caffeine.

## Is caffeine bad for me?

Some people are sensitive to caffeine, but in moderate doses it may benefit people interested in enhanced vitality, performance, and alertness.\*

## How much sugar is in Verve and where does the sugar come from?

There are 18 grams of sugar in Verve, a little more than what is found in one large apple, and the primary source is fructose. We use fructose, not to be confused with high fructose corn syrup, because it is an all-natural sweetener known to have the lowest Glycemic Index of any of the simple sugars. The Glycemic Index is a dietary index that's used to rank carbohydrate-based foods. It predicts the rate at which the ingested food will increase blood sugar levels.

## Where do the "phytonutrient-rich" antioxidants in Verve come from?

They come from the xanthone-rich mangosteen fruit, glyconutrient-rich aloe vera and green tea.

## What are antioxidants?

Antioxidants are substances found in nature that may protect cells from the damage caused by unstable molecules known as free radicals. Free radicals are a by-product of over-exercise, stress, being exposed to dirty air and other environmental pollutants.

## What are xanthones?

Xanthones are natural phytochemicals found in mangosteen fruit that work to protect your body at the cellular level.\*

## How is Verve processed?

Verve is manufactured using a special proprietary process and special can lining to protect the delicate balance of vitamins, minerals and phytonutrients right up to the moment of consumption.

## Supplement Facts

Serving Size: one can

	Amt Per Svc	% DV*
Calories	72	
Total Carbohydrate	18 g	6%*
Sugars	18 g	**
Vitamin A (as beta carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D <sub>3</sub> (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	60 IU	200%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	5 mg	250%
Folate (as folic acid)	800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin)	15 mcg	250%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Taurine	1000 mg	**
Guarana Seed Extract (standardized extract yielding 80 mg of caffeine)	200 mg	**
D-Ribose	50 mg	**
Inositol	50 mg	**
Choline Chloride	10 mg	**
Proprietary Wildcrafted Mangosteen, Organic Glyconutrient Rich Aloe Vera and Organic Green Tea Blend	25.2 g	**
Reconstituted Mangosteen Juice (Garcinia mangostana L.) (fruit), Aloe Vera Gel (leaf), Green Tea (leaf) (decaffeinated), Mangosteen Extract (pericarp) (standardized 10% xanthones).		
Proprietary Plant-Sourced Mineral Blend	956 mg	**
Carbon (Organic), Calcium, Sodium, Sulfur, Magnesium, Chloride, Bromide, Fluoride, Iodine, Potassium, Niobium, Aluminum, Iron, Phosphorus, Silica, Manganese, Boron, Strontium, Titanium, Tungsten, Copper, Zinc, Tin, Zirconium, Molybdenum, Vanadium, Chromium, Selenium, Nickel, Cobalt, Lithium, Gallium, Barium, Yttrium, Neodymium, Hafnium, Cadmium, Thorium, Antimony, Cerium, Tellurium, Beryllium, Samarium, Dysprosium, Erbium, Bismuth, Gadolinium, Cesium, Lanthanum, Praseodymium, Europium, Lutetium, Terbium, Ytterbium, Holmium, Thallium, Thulium, Tantalum, Germanium, Gold, Platinum, Rhodium, Rubidium, Ruthenium, Scandium, Silver, Indium.		

Other ingredients: ultra-purified reverse osmosis carbonated water, natural fructose, natural flavors, plant mineral extract, citric acid, potassium sorbate (flavor protection), xanthan gum and malic acid.

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\* Daily Value (DV) not established.

# Questions about Sugar Free Verve!

## What is the difference between Verve and sugar free Verve?

Sugar free Verve has the same unique formula, providing all the energy, vitamins, minerals and nutrients as the original Verve. Sugar free Verve has only 4 calories, 1 carbohydrate and no sugar.

## What sugar substitute is used in sugar free Verve?

Sucralose.

## Why did you choose to use sucralose in sugar free Verve?

After sampling Verve containing numerous non-sugar sweeteners and a lot of research and consideration, sucralose was chosen as the best alternative non-sugar sweetener for Verve. We had to select something compatible with the taste of Verve, compatible with the other ingredients in the product and complimentary to the manufacturing process itself. Many of the other non-sugar sweeteners did not meet our criteria. Because sugar-free Verve is physician formulated and the research supports it we stand behind our product. If you prefer not to take sucralose, our fructose sweetened Verve may be an option for you.

\* These statements have not been evaluated by the Food and Drug Administration. These statements are not intended to diagnose, treat or cure or prevent any disease.

<b>S u p p l e m e n t F a c t s</b>		
Serving Size: one can		
	Amt Per Svg	% DV*
Calories	4	
Total Carbohydrate	1 g	0.3%*
Sugars	0 g	**
Vitamin A (as beta carotene)	2500 IU	50%
Vitamin C (as ascorbic acid)	300 mg	500%
Vitamin D <sub>3</sub> (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl acetate)	60 IU	200%
Thiamin (as thiamine hydrochloride)	1.5 mg	100%
Riboflavin (as riboflavin U.S.P.)	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	5 mg	250%
Folate (as folic acid)	800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin)	15 mcg	250%
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Pantothenic Acid (as calcium d-pantothenate)	10 mg	100%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Taurine	1000 mg	**
Guarana Seed Extract (standardized extract yielding 80 mg of caffeine)	200 mg	**
D-Ribose	50 mg	**
Inositol	50 mg	**
Choline Chloride	10 mg	**
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Other ingredients: ultra-purified reverse osmosis carbonated water, natural flavors, plant mineral extract, citric acid, potassium sorbate (flavor protection), xanthan gum, sucralose and malic acid.