

Functional Beverage Comparative Sheet

	Mona Vie	Mangosteen (Xango)	Noni	Goji	NingXia	Acai Extreme (Costco)	Vibe	ACAI* (Liquimins)	Zola**	Juice Plus	Thai-Go (Nature's Sunshine)^
Variety of Fruits	19	10	1	5	9	6	12	6	1	17 (fruits & veg)	7
Juiced	No				Yes	Yes				Capsules	Yes
Juice from Concentrate	No	Yes	No	Yes		Yes		Yes	No		
Artificial Colors	No	No	No	No				No	No		No
Artificial Sweeteners	No	No	No	No				No	No		No
Artificial Flavors	No	No	No	No				No	No		No
Water	No	No	No	No		Yes	Yes	Yes	No		
Calories	20/oz	10/oz				25/oz		12/oz	170 / 11 fl oz		
Sugar	4g	2g				5g		3g	29 g		
Taste	Very Good		bitter			Chunky		see below	watery / tart	capsules	
Whole Fruit***	19/19	1 out of 10			2 out of 10			0	acai pulp	capsules	
Science	Yes			Yes	Yes					yes	some
Serving Size	2-4 oz/day	1-2 oz/day	1-3 oz/day	1-3 oz/day	1 oz/day	1 oz/day	1 oz/day	4-6 tlbs/day	no recom.		2 oz/day
Organic	Yes****		Varies	No		Yes		No	No		
Cost	\$40 - \$45	\$40	Varies	\$50		\$18	\$60	\$23	\$2.10 /11 ozs	\$40	\$36
Ways to earn	8	4	depends			none		none	0	0	4
Stimulant	No	No		No	No	Yes	Yes	No	Yes	No	Yes
Citrus	No	No			Yes	No	Yes	No	No	Yes	No
Strawberries	No	No				No		No	No	No	No

* The whole fruit is pureed (skin, pulp, seed), nutritional value of whole fruit is kept without having whole fruit pieces.

****Wild or organic. Wild is superior even to organic

Mona Vie: Acai, Nashi Pears, acerola cherries, aronia, camu camu berry, bilberries, blueberries, prunes, kiwi, wolfberry, lychee, pomegranate, banana, apricots, passion fruit, pears, purple grapes, white grapes.

ACAI*: Acai, blueberry, pomegranate, red sour cherry, red grape and mixed fruit all from concentrate. Recommended mixing with food or beverage - not consumed alone. Blend contains "Concentrace" - in excess of 70 trace minerals and elements. Taste is watery with a hint of sour and strong mineral taste. Sold in 32 oz. Bottle. Different blends for different conditions.

Zola** Zola has organic cane juice and 24mg of guarana powder per 11 oz.