

THE IMPORTANCE OF MONAVIE RVL



RVL products are designed to stabilize your blood sugar. The RVL shake and bar have an excellent balance of protein, fats, and carbohydrates combined with an optimal amount of fiber to assist with slowing down the rate of digestion, keeping you satisfied longer. In addition, the shake and bar provide the right amount of calories that your body needs from each meal. Utilizing the RVL meal replacements along with the RVL dietary supplement provides your body with the ingredients that will ignite your metabolism.

RVL GOES BEYOND STABILIZING YOUR BLOOD SUGAR

The RVL line has a perfect blend of macro-, micro-, and phytonutrients to optimize your cellular health. Our bodies consist of numerous types of over 100 trillion cells. Each individual's health, or lack thereof, is completely determined at a cellular level. Healthy cell life and cellular communication is crucial for us to experience superior health. When a cell loses its capacity to produce energy for our body due to poor nutrition, oxidative stress, or chronic inflammation, disease and degenerative conditions begin to form.

FUEL YOUR CELLS WITH RVL

All cells require the same essential nutrients: amino acids (from proteins), essential fatty acids (from fats), glucose (from carbohydrates), minerals, vitamins, trace elements, and antioxidants (to protect the cells). With the RVL products, you receive all these classifications of nutrients! Macronutrients are carbohydrates, proteins, and fats and assist with cell structure and function. Micronutrients are vitamins and minerals and are necessary for cells to function properly. Phytonutrients—nutrients from plant sources—are antioxidants and act as protectors for your body. Let me explain what I mean by body protectors. Each day, stressors (good and bad stress) produce free radicals. Free radicals are unstable molecules (they lack an electron) that damage your cells. In moderation, free radicals are a natural part of our metabolism; however, they multiply rapidly if left unchecked, causing serious cell damage. Antioxidants neutralize free radicals by giving them an electron. This action stabilizes the free radical, stopping it from damaging your cells. This protection is why it is crucial that you get enough phytonutrients each day—the lives of your cells depend on it!

RVL PROTECTS YOUR CELLS

When consuming one RVL shake, you are receiving the antioxidant equivalent of 10 servings of fruits and vegetables! The açai, which is the highest ORAC (Oxygen Radical Absorbance Capacity) tested source of antioxidants in the world, along with cupuacu, maqui, and jucara, has been shown to have amazing antioxidant benefits. In a perfect world, most of us would love to get our necessary antioxidants through our fruits and vegetables. The reality is that this is almost impossible when taking into account our busy lives and the low quality of our existing produce supply. The solution is simple: take RVL and those free radicals won't know what hit them! Getting enough antioxidants will keep your cells healthy, which in turn keeps your body healthy, resulting in an ignited metabolism that will unlock your body's full potential.

RVL INCREASES THE BURN

Nutrition and exercise are the keys to losing weight. As you eat correctly and optimize your exercise, you can also help your body more efficiently burn calories with the RVL products—specifically with the dietary supplement. The dietary supplement naturally boosts your metabolism, accelerating your progress toward achieving your weight loss and weight management goals. Based on a potent blend of eight vegetables, this formula—when combined with proper diet and exercise—aids in the reduction of body fat. And losing body fat, not lean muscle, is the name of the game!