



## MontaVida Product Guide

### MontaVida Coffee

Delicious coffee with a healthy kick—that’s MontaVida in a nutshell. Our premium blend of Colombian and Costa Rican beans are infused with nutrient-rich ramón seeds and MCT oil for the upgraded coffee experience that you’ve been waiting for.

MontaVida Coffee comes in 5 delicious flavors:

- MontaVida Colombia Supremo
- MontaVida French Vanilla
- MontaVida Hazelnut Crème
- MontaVida European Dark Roast
- MontaVida Decaffeinated

All flavors are available in 12 oz bags or 30ct brew cup boxes.

### MontaVida Tea

MontaVida Tea is tranquility in a cup. From your very first sip, you will experience the MontaVida difference. Our certified-organic healthy black tea is infused with antioxidant-delivering ramon seeds, and metabolism-boosting MCT oil. The result is an elegantly delicious tea that relaxes your senses, rejuvenates your mind, restores your energy... and renews your soul.

### MCT Oil

MCT stands for Medium Chain Triglycerides. MCTs are a special class of healthy fats that act like a carbohydrate, so it’s processed by the body immediately instead of storing it. Studies show that MCT oil can assist with suppressing appetite, which may aid in weight loss.

### Ramon Seeds

Ramon seeds (also known as Maya Nuts) come from the fruit of the Brosimim Alicastrum tree grown in Central America. It is considered a super food and contains important nutrients such as protein, fiber, and minerals, as



well as powerful antioxidants. Ramon seeds also contain Vitamins A, B, C and E. Ramon seeds do not contain toxic alkaloids or allergens.

## Availability

MontaVida Coffee is available in a 12oz bag of ground coffee, and a 30 count box of brew cups.



MontaVida Tea is available in a box of 30 individually wrapped tea bags.





For pricing and compensation information, please see Document 715

## MontaVida FAQs

**Q: How many ounces are in a single bag of MontaVida?**

A: Each bag of MontaVida contains 12 ounces of ground coffee.

**Q: How many servings are in a single bag of MontaVida?**

A: There are a total of 57 servings per bag. 1 tablespoon makes a 6 fl. oz. (weaker) cup of coffee.

**Q: What is a brew cup?**

A: Brew cups are pre-packaged ground coffee beans in their own filter, similar to a K-cup.

**Q: How many brew cups are included in one order of MontaVida?**

A: One unit of brew cups contains 30 individual cups of MontaVida.

**Q: How should I store my MontaVida?**

A: After opening, MontaVida Coffee should be stored in an airtight container at room temperature and out of direct sunlight.

**Q: How many bags are in a bulk order of MontaVida?**

A: There are ten 12 oz. bags of coffee in a bulk order of ground coffee.

**Q: How many brew cups are in a bulk order of MontaVida?**

A: There are 300 individual cups in a bulk order of brew cups.



**Q: What are Ramon seeds?**

A: Ramon seeds come from the fruit of the Brosimum alicastrum tree, which grows in Central America. They are nutrient-rich and also have zero-fat. Ramon seeds contain protein, fiber, minerals (calcium, potassium, magnesium, phosphorus, zinc, copper, iron, selenium), vitamins (A, B, C and E). In addition, they contain a series of powerful antioxidants.

**Q: Can I drink MontaVida if I have a peanut allergy?**

A: Ramon seeds do not contain tree allergens like almonds, walnuts and pecans because they are the seed of a fruit, not a tree nut. However, you should always consult your doctor if you have concerns regarding foods that may cause a potential allergic reaction.

**Q: What is MCT oil?**

A: MCT 's (Medium chain triglycerides) help improve the absorption and use of Vitamin E, calcium, and magnesium and also assist with suppressing appetite, aiding in potential weight loss.