

Scientific Comparison of XanGo and MonaVie

* Note: Quotes taken directly from either company's website are in italics

XanGo	MonaVie
<p>XanGo is made from the whole-fruit puree of the mangosteen fruit and contains <u>both anti-oxidative and anti-inflammatory properties</u>. The juice contains no artificial flavors or colors. It contains the preservative sodium benzoate. Its formulation is a proprietary blend and includes other flavor enhancing juices such as apple, pear, grape, blueberry, strawberry, raspberry, cranberry and cherry.</p> <p>The other juices are added simply as flavor enhancers - they are not added to increase the anti-oxidative and anti-inflammatory properties that are inherently found in the mangosteen juice.</p>	<p>MonaVie is made up of a blend of 19 fruits including the acai berry and contains <u>anti-oxidative properties only</u>. The juice contains the preservatives sodium benzoate and potassium sorbate. Each fruit in this blend was selected "<i>for its unique beneficial properties and ability to contribute a variety of phytonutrients and antioxidants to Mona Vie</i>".</p> <p>* Please note that Mona Vie specifically states that these fruits were added to the freeze-dried acai berry powder in their product to create a "synergistic effect".</p>
<p>XanGo is one product that contains one major active ingredient - whole fruit mangosteen juice.</p>	<p>MonaVie has two products (MonaVie and MonaVie Gel).</p> <p>MonaVie has also added to their juice:</p> <ul style="list-style-type: none"> • Glucosamine hydrochloride (for joint health) • Celadrin® (an <u>artificially manufactured laboratory</u> compound of cetylated, esterified fatty acid esters & other active synergists. <p>* Celadrin® is an artificially produced compound made by Imagenetix, Inc. (a bioceutical company based in San Diego, CA)</p>
<p>XanGo has been "<i>tested and is safe for all ages</i>" (including <i>children</i> and <i>pregnant or nursing women</i>).</p> <p>The only drug that has shown some contraindication with mangosteen juice is Coumadin. It is recommended that the product be taken for 3-5 days, followed up by a blood test and a doctor's analysis of the results.</p>	<p>MonaVie lists <u>several warnings</u> regarding the usage of their products:</p> <ul style="list-style-type: none"> • Due to the presence of glucosamine, "<i>It is MonaVie's recommendation that children under the age of 12, pregnant women, and women who are nursing should not consume MonaVie.</i>" • Due to the presence of the esterified fatty acids in palm nut oil, people who are extremely sensitive to allergic reactions from tree nuts should (<i>cont.</i>)

	<p>"avoid it [MonaVie] altogether".</p> <ul style="list-style-type: none"> • <i>"For customers concerned about potassium levels for reasons related to dialysis or contraindications with prescription medicines, please consult a physician before taking MonaVie products."</i> • <i>"For customers concerned about vitamin K levels because of blood thinning medication, please consult a physician before taking any MonaVie products"</i>
<p>Scientific research of the mangosteen fruit in XanGo has shown it contains the following phytonutrients (both anti-oxidative and anti-inflammatory properties):</p> <ul style="list-style-type: none"> • Xanthones: 40+ have been identified in the mangosteen fruit; known for their powerful anti-oxidant, anti-inflammatory properties, anti-cancer, anti-bacterial, anti-fungal, anti-histamine, anti-viral and anti-mycobacterial properties; COX-1 and COX-2 inhibitor, and strong immune system booster. • Catechins: Most powerful anti-oxidants known; mangosteen juice has 9x the amount found in green tea • Sterols: Protect cardiac system; lowers LDL cholesterol • Pycnogenol: Strong anti-oxidant that is 20x more powerful than Vitamin C and 50x more powerful than Vitamin E • Polysaccharides: Main ingredient in aloe vera; mangosteen juice has more than aloe vera; maintains health digestive system and boosts immune system • Polyphenols: Anti-oxidant that combats oxidative stress that causes both neurodegenerative and cardiovascular diseases • Proanthocyanidins: Strong anti-oxidant; reduces risk of cardiovascular disease; stabilizes collagen and elastin (2 critical proteins in connective tissue that support organs, joints, blood vessels, muscle) • Epigallocatechin: Anti-tumor effects 	<p>Scientific research of the acai berry in MonaVie has shown it contains the following phytonutrients (anti-oxidative properties only):</p> <ul style="list-style-type: none"> • Anti-oxidant capacity: Against superoxides, peroxy radicals, peroxy nitrate and hydroxyl radicals • Anthocyanins: Anti-oxidant; helps nervous and cardiovascular system • Proanthocyanidins: Strong anti-oxidant that reduces risk of cardiovascular disease; stabilizes collagen and elastin (2 critical proteins in connective tissue that support organs, joints, blood vessels, muscle) <p>The MonaVie website also states that the acai berry is rich in the following nutrients:</p> <ul style="list-style-type: none"> • <i>Essential fatty acids (Omega 3, 6 & 9)</i> • <i>Vitamins and minerals</i> • <i>Dietary fiber</i> • <i>Phytonutrients</i> • <i>Amino acids</i> • <i>Complex carbohydrates</i> • <i>Trace minerals</i>

<p>**All objective, independent laboratories around the world write their peer-reviewed data up in the form of scientific papers that are then published in scientific journals. These papers can be accessed by at the website www.pubmed.com.</p> <p>If either of these products truly contains health-benefiting anti-oxidant and/or anti-inflammatory properties, there should be a significant amount of science behind it that proves these claims.</p> <hr/> <p>XanGo is made from the mangosteen fruit (scientific name: <i>Garcinia mangostana</i>).</p> <p>There are 65 scientific papers to date written about the <u>mangosteen fruit</u> that cover a wide range of areas including anti-cancer, anti-bacterial, anti-inflammatory, anti-fungal, anti-viral, anti-histamine, Cox2-inhibitor.</p> <p>Including the papers on mangosteen, there are 266 scientific papers on xanthones, catechins and other phytonutrients contained in the mangosteen fruit (82 cancer; 49 heart & circulation; 66 antioxidant & inflammation; 25 bacterial infections; 6 viral infections/illnesses; 8 weight loss; 4 allergy; 5 immune system; 3 anti-parasitic; 3 anti-fungal; 7 diabetes and 6 miscellaneous)</p> <p>* Independent laboratories <u>not</u> directly affiliated with XanGo published these papers, many before XanGo became a company.</p>	<p>MonaVie is made from the acai berry (scientific name: <i>Euterpe oleraceae</i>).</p> <p>There are 9 scientific papers to date written about the acai berry. Most of these papers focused their research on the anti-oxidative properties of the acai berry, while others classified and determined the chemical composition of <i>Euterpe oleraceae</i>. One paper showed that the acai berry had a vasodilator effect in rats.</p> <p>* The MonaVie website lists a 2-page clinical study using 12 patients, performed by AIMBR Life Sciences - a <u>paid consulting company</u> in the field of nutraceutical ingredients and products.</p>
<p>The mangosteen juice found in XanGo has been recognized for it's health benefits and anti-cancer properties by the following institutions:</p> <ul style="list-style-type: none"> • American Cancer Society • Memorial Sloan-Kettering Cancer Center 	<p>The acai berry in MonaVie was specifically <u>NOT</u> recommended as a health supplement by Memorial Sloan-Kettering Cancer Center due to the following reasons:</p> <ul style="list-style-type: none"> • “Acai has not been proven to be effective for cancer in humans. Due to its antioxidant effects, acai may interfere with the actions of certain chemotherapy drugs.”

Both XanGo and Mona Vie state that they have an **ORAC (Oxygen Radical Absorbance Capacity) score. This score is a test tube analysis that measures the antioxidant levels of food and other chemical substances. If a food has a high ORAC score, then it means the food is high in antioxidants, which then helps to eliminate oxygen free radicals. **The higher score means the food is better at helping us fight diseases** such as heart disease and cancer.

The **XanGo** website does not report an ORAC score for mangosteen juice.

However, studies have indicated that the mangosteen juice has a reported ORAC score of **17,000**.

Mona Vie claims that the "*acai used in Mona Vie boasts the highest ORAC score against the hydroxyl free radical of any fruit or vegetable tested to date*".

The corporate website does **NOT** list what that ORAC value is. Many personal websites list different values for **Mona Vie**, but the majority claim that the acai berry has an ORAC value of **1,026**.

Although **Mona Vie** claims to have "*the highest ORAC score against the hydroxyl free radical of any fruit or vegetable tested to date*", the ORAC value of **Mona Vie** is actually **fairly low** in comparison to other fruits. For example, fruits with higher ORAC values include: pomegranates: **3,037**; prunes: **5,770**; and black raspberries: **7,700**.

* **Note:** Due to a wide range of conflicting scores for this type of measurement, the data suggest that the ORAC score is **not** a valid way to determine the overall anti-oxidative properties of either **XanGo** or **Mona Vie**.