

GREENS+®

SUPERFOOD FOR GOOD HEALTH

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The information provided in this booklet, based on published and unpublished research, is offered for general interest and educational purposes only. This information has not been evaluated by the Food and Drug Administration and GREENS+® is not intended to diagnose, treat, cure, or prevent any disease.

The authors of this booklet make no medical claims or specific recommendations for the use of GREENS+®, either direct or implied, for any real or imagined ailment. Always consult your health professional before you begin any supplement program.

4 BILLION YEARS IN DEVELOPMENT

GREENS+®

SUPERFOOD FOR GOOD HEALTH

GREENS+® is a synergistic blend of 29 enzymatically-alive, nutrient rich superfoods, herbs, and high fiber ingredients that deliver optimum energy and superior well-being to every cell of the body.

GREENS+® is an affordable whole living food containing concentrated sources of organic vitamins, minerals, essential amino acids, phytonutrients, enzymes, co-enzymes, cell salts, chlorophyll, standardized herbal extracts, unique botanical extracts and soluble and insoluble plant fibers.

GREENS+® is the only formula of its kind to win the following awards: NNFA *People's Choice Award* (twice), International Hall of Fame *Product of the Year*, Canadian Food Distribution *Best Product* (four years running), and Vitamin Retailer's *Bronze Vity Award* (twice).

GREENS+® is a vibrant green powder with a pleasant taste and fresh sweet aroma that mixes instantly in cold water or your favorite juice.

GREENS+® is carefully blended and bottled by hand in the USA.

GREENS+® recyclable bottles are individually nitrogen packed to remove all oxygen, and each container carries both a moisture and an oxygen absorbent packet to ensure maximum freshness.

GREENS+® bottles are completely protected with a full length, biodegradable shrink-wrap film that is both a tamper-proof measure and an oxygen penetrating barrier.

GREENS+® is certified Pesticide and Herbicide Free.

**GREENS+® Is Fully Guaranteed
and Maintains Complete Label Disclosure**

THE GREENS+ STORY

GREENS+® was formulated in 1990 by Sam Graci, after five years of research into the health-giving benefits of the world's most nutritious superfoods. As an adolescent psychologist in the late seventies, Sam worked with Down Syndrome children, kids diagnosed with ADD, and problematic teenagers in Canada. Having a keen interest in nutrition, and knowing intuitively the importance of food upon the health of individuals, Sam observed the diets of children and began experimenting with vitamin/mineral and whole food supplementation. Immediate improvements were noted in the children's energy levels, attention spans, mental acuity and overall sense of well-being.

Realizing the full potential of whole food concentrates and their superiority over synthetic vitamins and minerals, Sam was inspired to formulate **GREENS+®** by his sister-in-law, Lani Deauville. Vice-President of Orange Peel Enterprises, Inc. Lani injured her 3rd, 4th and 5th cervical vertebrae in a diving accident in 1958. At the age of seventeen, she was diagnosed with quadraplegia and given five years to live. Determined to beat the odds, Lani went on to continue her education, teach psychology and help others with disabilities. Due to her severe injury however, she suffered many years with poor health, a weakened immune system and an uncertain life expectancy.

In 1985, Sam prepared a green drink for Lani. She gave him suggestions for making it tastier, but the response of her immune system became his primary focus. After five years of trial and error, Sam perfected the **GREENS+®** formula and Lani now enjoys a life full of energy and good health. After having witnessed first hand her incredible transformation, Lani's husband, Jude, began giving **GREENS+®** to family and friends and demonstrating its benefits to housewives, students, athletes, cancer survivors, hyperactive children, and anyone in need of optimum energy and superior well-being.

Since 1991, distribution has expanded to health food stores, health care professionals, national pharmacies and overseas to nineteen countries worldwide, with **GREENS+®** collecting nine (9) international awards for product quality, integrity and effectiveness.

GREENS+®

SUPERFOOD FOR GOOD HEALTH

INGREDIENTS PER 3 TEASPOON (8.9 g) SERVING

- ***Non-GMO Soy Lecithin*** (97% Phosphatides) 2,239 mg.
- ***Organic Hawaiian Spirulina Pacifica*** 1,356 mg.
- ***Organic High Pectin Apple Fiber*** 1,350 mg.
- ***Organic Barley Grass Powder*** 650 mg.
- ***Organic Wheat Grass Powder*** 350 mg.
- ***Japanese Chlorella*** 350 mg.
A special "cracked cell wall" freshwater green micro-algae, nearly 60% chlorophyll.
- ***Organic Soy Sprouts*** 350 mg.
A potent source of naturally occurring antioxidant enzymes and phytochemicals.
- ***Brown Rice Bran*** 350 mg.
A good source of fiber, the vitamin B complex, and natural vitamin E.
- ***Sprouted Barley Malt*** 350 mg.
- ***Alfalfa Grass powder*** 300 mg.
- ***Seven Dairy Free Probiotic Cultures containing*** 200 mg.
L. Acidophilus ATCC 4356, L. Rhamnosus Type A, L. Bifidus, L. Plantarum, S. Thermophilus, Bifidobacterium Bifidum and Longum, Fructo-Oligosaccharides. (2.5 billion per serving)
- ***Royal Jelly*** (5% 10-Hydroxy-2-Decenoic Acid) 150 mg.
Superfood of the Queen Bee
- ***Montana Bee Pollen*** 150 mg.
- ***Acerola Berry Juice Powder*** (*Malpighia glabra*) 115 mg.
15% naturally occurring vitamin C.

- **Natural Vitamin E** (*d-alpha-tocopherol succinate*) 118 iu
- **Licorice Root Powder** (*Glycyrrhiza glabra*) 60 mg.
- **Red Beet Juice Powder** 50 mg.
- **Dunaliella Salina** 40 mg.
Orange-red microalgae grown in the South Pacific,
7.5% beta-carotene by weight.
- **Organic Nova Scotia Dulse** (*Palmeria plamata*) 20 mg.
Purple-red sea vegetable with 28% mineral content.

ASSURED POTENCY HERBAL EXTRACTS

- **Milk Thistle Seed** (*Silybum marianum*) 60 mg.
85.6% Silymarin, standardized extract ratio 30:1
- **Echinacea Root** (*Echinacea angustifolia*) 60 mg.
5% Echinacosides, standardized extract ratio 7:1
- **Siberian Eleuthero Root** (*Eleutherococcus senticosus*) 60 mg.
Eleutheroside E., standardized extract ratio 12:1
- **Astragalus Root** (*Astragalus membranaceus*) 60 mg.
.16% Isoflavones, standardized extract ratio 5:1
- **Licorice Root** (*Glycyrrhiza glabra*) 60 mg.
5% Glycyrrhizin, standardized extract ratio 15:1

PLUS UNIQUE BOTANICAL EXTRACTS

- **Organic Ginkgo Biloba Leaf** 20 mg.
24% Ginkgo Flavone Glycosides and 6% Terpene
Lactones, standardized extract ratio 50:1
- **Organic Japanese Green Tea Leaf** (*Camellia sinesis*) 20 mg.
60% Polyphenols and 65.4% Total Catechins,
standardized extract ratio 2000:1
- **Full Spectrum Grape Seed and Skin** (*Vitis vinifera*) 20 mg.
95% Procyanidolic Value with naturally occurring
Resveratrol and a PVU of 290, standardized extract
ratio 900:1
- **Organic Swedish Bilberry** (*Vaccinium myrtillus*) 10 mg.
25% Anthocyanidins, standardized extract ratio 100:1

THERE ARE 29 NUTRIENT-RICH SUPERFOODS, HERBS, AND HIGH FIBER INGREDIENTS IN GREENS+®

Non-GMO SOY LECITHIN

(99% Oil free, 97% Phosphatides, 23% Choline)

Lecithin is found in every living cell. Its highest concentration is in the vital organs: the brain, heart, liver, and kidneys. Our brain shows a dry composition of 30% lecithin. Lecithin performs an astonishing range of vital functions, directly affecting our health and well-being. It takes four hundred pounds of Identity Preserved, Certified Non-GMO soybeans to produce each pound of the premium quality lecithin contained in GREENS+®.

By helping to dissolve fats and cholesterol, lecithin acts as the body's emulsifier to prevent cholesterol and other fats from accumulating on artery walls, and helps dissolve the deposits that may already be there. Normally oil and water do not mix, but a lecithin molecule can hold them together because of its di-polar structure. The one end contains fatty acids and is attracted to oil, and the other end contains phosphorus and nitrogen and is attracted to water. Lecithin helps metabolize clogging fat in the liver, lessening the chance of liver degeneration. In the intestinal tract, lecithin helps absorb vitamins A and D, and enhances the utilization of other fat-soluble nutrients such as vitamin E and K.

In the brain, lecithin choline is transformed into acetylcholine, the most abundant neurotransmitter in the body responsible for the transmission of messages from one nerve ending to another. Choline, from lecithin, crosses the blood-brain barrier and has a positive effect on memory, thinking ability and muscle control. In April 1998, the National Academy of Sciences established an RDA for Choline: 550 mg/day for men, and 425mg/day for women. GREENS+® contains 125 mg (25% of the RDA) per serving of phosphatidylcholine, the most bio-available form.

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ORGANIC HAWAIIAN SPIRULINA PACIFICA

(Organically-grown, premium quality blue-green microalgae)

Spirulina, one of the Earth's first photosynthetic life forms, is the basis of the food chain. Spirulina is one of the cleanest, most naturally sterile foods in nature and a potent source of chlorophyll, iron, vitamin B12, beta-carotene, nucleic acids (*RNA/DNA*), and is 65% easily digested biologically complete protein (beef is 22% by comparison).

GREENS+[®] Spirulina is grown on the environmentally pristine Kona coast of Hawaii. Spirulina absorbs and naturally chelates many minerals and trace elements such as calcium, zinc, phosphorus, magnesium, copper, iodine, sodium, potassium, chromium and selenium. It is a superior source of highly absorbable organic iron and the richest food source of vitamin B12, containing over twice the amount in the equivalent amount of liver.

Research indicates that we should consume a wide range of color pigmented foods, and there are a number of enzymatic pigments in Spirulina. There is the green pigment *Chlorophyll*, the red pigment *Porphyrin*, the yellow pigment *Xanthophyll*, the orange pigment *Carotene*, and the blue pigment *Phycocyanin*.

Phycocyanin is constructed on the porphyrin-pyrrole protein molecule, the basic molecular structure of both chlorophyll and hemoglobin. As it has both magnesium and iron in its molecular ring formation, it may be the origin of life common to both plants and animals.

Spirulina also contains beta-carotene, with ten times the concentration found in carrots. Numerous studies indicate that beta-carotene may have the ability to reduce the risk of several types of cancer.

Spirulina is high in gamma-linolenic acid (GLA), an essential fatty acid, and the Omega 3 and Omega 6 groups, plus other glycolipids and sulfolipids. Spirulina contains 17% carbohydrates, all as easily assimilated glycosides. It is important to note that 60% of these glycosides are in the form of Rhamnose, a polysaccharide that is easily absorbed and rapidly converted to glycogen. It offers quick energy without raising insulin levels or precipitating hypoglycemia.

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- Schwartz J., et. al.: Prevention of experimental oral cancer by extracts of spirulina-dunaliella algae. *Nutrition and Cancer* 1995

ORGANIC HIGH PECTIN APPLE FIBER

(From organically grown red delicious apples)

Apple fiber helps to maintain intestinal balance. It cleanses the intestinal tract with its soluble and insoluble fibers. High pectin apple fiber is thought to benefit human health by binding excess artery-clogging cholesterol and removing it from the bowel. It slows down the rate of passage of **GREENS+**[®] in the intestines, allowing for better absorption.

Apple pectin helps to raise the acidity in the large intestine, which prevents the "recycling" of potentially harmful bile acids. It also helps to block the absorption of toxic heavy metals and dietary carcinogens that enter the food chain and eventually our systems. Research indicates that *polygalaturonic acids* found in pectin, have been effective in those at risk of coronary heart disease.

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- Inglett G.E., Falkehag S.I.: Dietary Fibers, Chemistry and Nutrition. *Academic Press* 1979
- Bland J.: Intestinal Toxicity and Internal Cleansing. *Keats* 1987
- Anderson J.: Fiber and health: an overview. *Am J Gastr* 1986

ALFALFA, BARLEY and WHEAT GRASS

There are three organically grown grasses in **GREENS+**[®]. These young tender sprouts are grown in the USA on chemical free farmland and are carefully harvested, ozone washed, dehumidified, and micropulverized, all at temperatures less than 86° F to preserve enzymatic activity. These premium quality whole leaf (*juice and fiber*) concentrates are gluten free and an abundant source of chlorophyll, vitamins, minerals, enzymes, dietary fiber and essential amino acids.

ALFALFA GRASS POWDER

Centuries ago, Arabs began feeding their horses alfalfa grass, believing it made the animals swift and strong. They became so convinced of its benefits, they named the grass "*Al-Fal-Fa*" – *The Father of All Foods*. Alfalfa is high in chlorophyll and is a well-documented colon cleanser, deodorizer and detoxifier. It is actually a lentil and is very alkaline forming. The roots of alfalfa descend 100 feet, absorbing rare minerals that most plants cannot reach. Alfalfa contains octacosonal, a potent energizing *adaptogen*. Both alfalfa and the pectin in apples have been found to be very beneficial in cholesterol reduction, apparently binding cholesterol and carrying it through the system, unabsorbed.

ORGANIC BARLEY GRASS POWDER

Organically grown barley is highly alkaline and is rich in enzymes, especially *superoxide dismutase* (SOD). It is seven times richer in Vitamin C than the equivalent weight of oranges and five times richer in iron than spinach, and a good source of potassium, calcium, magnesium and beta-carotene. Barley grass provides nearly twice the amount of chlorophyll as wheat grass and, like wheat grass, has been documented to speed healing of wounds, counteract body toxins and environmental pollution, increase stamina, rejuvenate cells, and purify the blood, liver, lungs and digestive system.

ORGANIC WHEAT GRASS POWDER

GREENS+[®] contains only organic, field grown wheat grass that is *free of gluten, gliadin and allergens found only in mature wheat*. It is a treasury of Vitamins A, C, E and K, with a greater percentage of protein than eggs. Wheat grass contains some 90 minerals, including phosphorus, magnesium, calcium, potassium, chromium, selenium, iron and zinc. It is considered by many nutritionists to be the “perfect food” and is used to help eliminate waste, support the immune system, neutralize free radicals, increase lean muscle mass, and reverse aging.

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- Fleuret A.: The role of wild foliage plants in the diet. *Ecology of Food and Nutrition 1979*
- Meyerowitz S. The Sproutman: Wheat Grass, Nature's finest medicine. *Sproutman Publ.1998*

JAPANESE CHLORELLA

(An organically grown, green freshwater microalgae)

Chlorella is a single-celled microalgae that is specially grown for **GREENS+** on Ishigaki-shima, just south of Okinawa, Japan. Scientists say that chlorella has survived for nearly 2.5 billion years in lakes and ponds (closed water systems) due to its inherent ability to repair its own DNA, and has been intensely studied for its cancer preventative properties. The chlorophyll content of chlorella is over 20 times that of alfalfa, nearly 8 times that of Spirulina, and 4 times that of barley grass. In ideal environments it multiplies quickly, consists of 60% easily digested protein, and is extremely rich in “CGF” or *chlorella growth factor*. CGF is a combination of nucleic acids (RNA/DNA), nucleopeptides, glycoprotein, polysaccharides and sulfur that has been studied for its ability to enhance immunity, build healthy tissue, cleanse the blood, and purify the body by removing heavy metals and pesticides.

GREENS+[®] contains a special "cracked cell wall" chlorella. Through a patented dynamo process, chlorella's indigestible cell wall is pierced to assure maximum absorption of nutrients in this amazing food.

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- Dupont R., Duhamel G.: Chlorophyll and cancer. *Bull*
- Gakushu K.S.: Chlorella - it's basis and application. *Tokyo* 1971
- Patek A.: Chlorophyll and regeneration of the blood. *Archives of Internal Medicine* 1936

ORGANIC SOY SPROUTS

The soy sprouts used in **GREENS+**[®] are germinated in unique greenhouses from specially bred, organically grown soy seeds. They are carefully harvested after 1-2 day growth, and contain an abundant array of anti-estrogenic compounds called isoflavones. One of these isoflavone components, *genestein* is presently being researched to determine its ability to cause cancer cells to convert to normal cells by helping them to dedifferentiate and turn less deadly.

Soy sprouts are a source of many antioxidants such as superoxide dismutase (SOD), catalase, methionine reductase and glutathione peroxidase. The primary defense against free radicals is the body's own on-going antioxidant enzyme production. This is important since research indicates antioxidant enzymes remove free radicals 7 to 10 times faster than antioxidant vitamins and minerals. Supersprouts have the remarkable ability to enhance the body's own production of antioxidant enzymes. According to the National Institute of Aging, the life span of man and many mammals is directly proportional to the SOD content in the heart, brain and liver. **GREENS+**[®] contains over one pint of these solar dried "supersprouts" in each 3-teaspoon serving.

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- Fotsis T.: Genistein, a dietary ingested Isoflavonoid, inhibits cell proliferation. *J Nutr* 1995
- Wei H.: Antioxidant effects of the soybean isoflavone genistein. *Proc Soc Exp Bio Med* 1995
- Axelson M, et. Al.: Soya- a dietary source of non-steroidal estrogen. *J Endocrinology*
- Peterson G., Barnes S.: Genistein inhibition of the growth of human breast cancer cells. *Proc Annu Meet Am Assoc Cancer Res* 1991

BROWN RICE BRAN

Organically grown brown rice provides soluble and insoluble fibers, naturally occurring vitamin E, and is a good source of silica. It contains the full vitamin B complex and balanced amino acids. The complete anti-toxic fibers from brown rice, alfalfa grass, barley grass, soy sprouts, wheat grass and apple fiber combine to cleanse and gently sweep the lining of the intestinal tract. These fibers not only help to detoxify,

deodorize and cleanse the intestines, but may also normalize bowel transit time for regularity, and help eliminate carcinogens.

SPROUTED BARLEY MALT

Research suggests that malt aids in the production of acid-fast aerobic bacteria in the lower portion of the colon. Barley malt appears to help normalize proper bacterial colonization of the colon, thereby reducing the risk of infection by toxic bacteria and fungi. Research indicates that a diet containing malt seems to produce a more acidic stool, thereby increasing its water-holding capacity, and reducing bowel transit time. **GREENS+**® barley is sprouted 1-2 days before the malting process, which stimulates phytochemicals necessary for growth and changes gluten into hypoallergenic byproducts.

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- Dubois D.K.: Enzymes in Baking. *Am Inst Baking* 1980, 2(10)

DAIRY-FREE PROBIOTIC CULTURES with FOS

GREENS+® provides 7 select and viable dairy-free probiotic (meaning "in favor of life") cultures. These symbiotic microorganisms, specially formulated by world renowned microbiologist Edouard Brochu, Ph.D., are grown on brown rice, freeze dried and stabilized with vitamin C. **GREENS+**® contains 2.5 billion lactobacilli, bifido bacteria, and streptococci per serving. *These probiotic cultures are not centrifuged.* The specific strains in **GREENS+**® may produce a natural antibiotic effect with a wide range of activity against common food-borne pathogens. These microorganisms adhere to the duodenal epithelium, helping to prevent infections by pathogens such as e. coli, salmonella, clostridia, staphylococci and candida albicans. They also help digest sugars, properly assimilate vitamins, make minerals more bioavailable, contribute to the manufacture of B vitamins such as B12, reduce some proteins to free-form amino acids, enhance nitrogen retention, ferment over forty carbohydrate groups, release good fatty acids from fat, and reduce the number of harmful bacteria. To keep these viable cultures fresh, **GREENS+**® is best stored in the refrigerator.

The ATCC 4356 strain of *L. acidophilus* produces lactase enzymes in the intestines which help digest lactose. It also produces lactic acid (L+), a phytochemical, which may help eliminate putrefactive, infectious parasites and bloating.

Fructo-Oligosaccharides (FOS) are dietary fibers made up of short-chain polysaccharides. They have unique chemical structures and meet two specific requirements: (1) they are indigestible by humans; and (2) they are consumed by beneficial intestinal bacteria (probiotic cultures) in the colon, for the maintenance of a healthy intestinal lining. FOS is an all-natural food source and is in no way similar to the synthetic sweetener saccharine.

- Bagchi D.: Lactobacillus Acidophilus- natural antibiotics and beyond. *Townsend Letter for Doctors and Patients* 2&3, 1996, 78-82
- Ballongue: Bifidobacteria and probiotic action. *Lactic Acid Bacteria*, pp. 357-383, 1993
- Hidaki H., et. al.: Effects of Fructo-oligosaccharides on intestinal microflora and human health. *Bifidobacteria Microflora* 1986, 5(1):37-50
- Yamashita K., et. al.: Effects of Fructoligosaccharides on blood glucose and serum lipids in diabetic subjects. *Nutr Research* 1984, 4:961-966
- Tomomatsu H.: Health Effects of Oligosaccharides. *Food Technology* October 1994, pp. 61-64

ROYAL JELLY

(5% 10-Hydroxy-2-Decenoic Acid)

Royal jelly is bee's milk, the concentrated superfood responsible for turning an ordinary worker bee into a long-lived reproductive dynamo, *the queen bee*. It is her only food. The queen bee grows 50% larger than the worker bee and lives 4 to 5 years compared to her genetically identical sister whose life span is only 40 days. It is a super nutrient containing vitamins A, C, D and E, as well as nine B complex vitamins: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), biotin, folic acid, and B12 (cyanocobalamin). Royal jelly contains 22 amino acids and the minerals calcium, copper, iron, phosphorus, potassium, silicon and sulfur. Royal jelly is well known to support immune functions and is another excellent source of SOD.

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- Willson R.B.: Royal Jelly: A Review- Part 1. *American Bee Journal* 1955, 96 (1-2):15-21

MONTANA BEE POLLEN

The potent and cold processed pollen in **GREENS+®** is a brilliant orange-yellow multifloral pollen, collected in unpolluted, pristine Montana and surrounding states from over 1000 different species of plants. It contains high amounts of antioxidant enzymes (SOD), 16 vitamins and 18 rare trace minerals, such as boron, molybdenum, vanadium, and titanium. This premium quality bee pollen may help some individuals desensitize adverse reactions to pollen related allergies.

- Vivino E.; Palmer, L.S.: The Chemical Composition and Nutritional Value of Pollens Collected by Bees. *University of Minnesota (Division of Agricultural Biochemistry)*

ACEROLA BERRY JUICE POWDER

Acerola is a bright red berry grown only in Brazil, which contains a potent source of 15% highly bioavailable natural vitamin C and a unique dark red pigment. Acerola berries are juiced, then spray dried to obtain a powder. This natural vitamin C favors the absorption of Quercetin, a bioflavonoid. Vitamin C has been shown to be both antiviral and antibacterial, as well as enhancing many immune functions. The body does not store vitamin C and it must be replenished on a daily basis. Recent research indicates vitamin C may elevate the beneficial HDL cholesterol and prevents glycosylation of protein molecules.

NATURAL VITAMIN E

(d-alpha-tocopherol-succinate)

GREENS+[®] contains a very stable, dry powder form of 100% natural Vitamin E, with no potentially rancid oils. There are 118 IU's per serving. Vitamin E is a powerful lipid-soluble antioxidant. It prevents the oxidation of cholesterol, protects cell membranes and slows fatty buildups on artery walls thereby reducing the likelihood of coronary heart disease. It increases the effectiveness of oxygen utilization within the body and does not interfere with the organic iron in **GREENS+**[®]. The National Research Council of Canada recently presented the results of a study evaluating the body's response to natural vitamin E compared to synthetic vitamin E. Up to 5.3 times more natural vitamin E was found in the brain than synthetic vitamin E, 3.6 times more in red blood cells, 2.6 times more in the lungs and 2.4 times more in the plasma.

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- Bendich A., Lawrence J.: Safety of oral intake of Vitamin E. *Amer J Clin Nutr* 1988, 48:612-619
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- Whitaker J.: Reversing Heart Disease. *Warner Books* 1985, pp. 251, 281

RED BEET JUICE POWDER

Organically grown red beet juice has been used to facilitate digestion as well as stimulate the kidneys and lymphatic system. As a nutritional supplement, red beets have gained a favorable reputation in recent years, believed to both stimulate and strengthen the peristaltic activity of the bowels as well as the neighboring organs and glands: the liver, gall bladder, spleen and kidneys. Red beets contain large amounts of

alkaline lime, potassium, and phosphorus.

- Bobek P, Galbavy S, Mariassyova M.: The effect of red beet (*Beta vulgaris* var. *rubra*) fiber on alimentary hypercholesterolemia and chemically induced colon carcinogenesis in rats. *Nahrung* 2000 Jun;44(3):184-7.

DUNALIELLA SALINA

Dunaliella salina is a sea algae that grows wild in the crystal clear, tropical waters of the South Pacific. This sea vegetable is extremely rich in the entire *carotenoid* complex, especially natural beta-carotene (7.5% alpha-carotene by weight), zeaxanthin, cryptoxanthin and lutein. These remarkable carotenoids protect the body and its cells from free radical damage, cardiovascular disease and some forms of cancer. Beta-carotene is only converted to Vitamin A as it is needed, so there is never a risk of overdose.

- Murakoshi M., et. al.: Potent preventive action of alpha-carotene against carcinogenesis. *Cancer Research, December 1992, 52:6583-6587*
- Bendich A.: Carotenoids and the immune response. *J Nutr* 1989, 119:112-115
- Passwater R.: Beta-Carotene and other Carotenoids. *Keats Publishing 1996, pp.13,45-46*

ORGANIC NOVA SCOTIA DULSE

(A purple-red sea vegetable)

This unique sea vegetable is harvested off the coast of Nova Scotia and is a treasure of the sea. Research indicates that it is high in iron and a rich source of rare minerals such as: boron, titanium, lithium, cesium, ubium, and iodine.

Sea vegetables contain many more minerals than do land plants. It is important to note that 42 different nutritious elements have been found in sea vegetation, including micro-nutrients whose presence in tiny amounts are vital to our well being. The special dulse in **GREENS+**[®] is hand harvested, washed with spring water, and solar dried. It has a nice, sweet taste, rather than the gritty sea flavor that many people associate with most dulse.

Nutritional assays conducted at Silliker Laboratories of New Jersey, and the Plant and Soil Analytical Lab, University of Maine, demonstrate that per every 100 grams, dulse supplies 5.2 mg. of iodine and kelp, 144 mg. of iodine. *Many nutritionists believe that kelp is too iodine rich and should only be used under the direction of a health professional.* Dulse on the other hand, contains a well-balanced array of sea-source micronutrients, and can be consumed on a daily basis. **GREENS+**[®] contains only 31 mcg of iodine per 3 teaspoon serving.

Please note: Each sea vegetable is cut and trimmed off of a mother plant, which allows the mother to continue to grow.

STANDARDIZED HERBAL EXTRACTS

GREENS+[®] *quality standards are unmatched.* Each herb is identified, screened and scientifically validated by a professional herbalist. These herbs are then extracted in glass or stainless steel containers using only an ethanol-water extraction process, in which the ethanol completely evaporates. This process ensures standardized active ingredients free of biotoxic solvent residues, while retaining a complete composition of the original plant including the essential oils, polyphenols, flavonoids, triterpenes, alkaloids, glucosides, saponins and organic minerals.

MILK THISTLE SEED (*Silybum Marianum*)

Milk thistle, organically grown and wildcrafted in Europe and South America, is a safe, natural liver detoxifier and antioxidant, protecting the liver from poisons and pollutants. Milk thistle contains bioflavonoids that encourage liver cells to regenerate (or self repair) in order to efficiently cleanse the blood of toxins and metabolic waste.

The milk thistle extract in **GREENS+**[®] is 85.6% *Silymarin*, a mixture of bioflavonoids that help enhance liver function, stimulate liver protein synthesis and inhibit free radicals that cause hepatic damage.

- Hikino H., Kiso Y.: Natural products for liver diseases. *Econ. and Medic. Plant Res.*, Vol. 2. 1988
- Vogel G.: Natural substances with effects on the liver. *Plant Drugs with Pharm., Bio. or Thera. Activity.* Springer-Valer 1977

ECHINACEA ROOT (*Echinacea angustifolia*)

Echinacea is renowned as a natural antibiotic and immune-modulator. It supports the proper immune function and helps detoxify the lymph glands, thereby strengthening the lymphatic system.

Echinacea is the most popular medicinal herb used by Native Americans as a blood purifier, antiseptic, analgesic and snake bite remedy. A major component of Echinacea is insulin, which is responsible for increasing host defense mechanisms like neutralization of viruses, destruction of bacteria and the migration of white blood cells to areas of infection. *Of the seven species of Echinacea, Angustifolia is considered to be immune-supportive, unlike Echinacea Purpurea, which is immune stimulating. Angustifolia can be used daily in small amounts of 60-180 mgs.*

Most of the research on echinacea has been conducted in Germany. A 1984 University of Munich research team showed that polysaccharides of echinacea strongly activate macrophages, a cell important to the destruction of aberrant tumor cells. A 1988 study demonstrated that echinacea extracts taken orally significantly enhance phagocytosis. And reported that echinacea enhances the motility of immune system cells and their ability to destroy bacteria and produce tumor necrosis factor.

- Bauer R.: Echinacea species as potential immunostimulatory drugs. *Econ Med Plant Res, Vol. 5, 1991*
- Bauer R., Remiger P.: TLC and HPLC analysis of Echinacea ang. *Plant Medica 1988, 54:426-430*
- Mose J.: Effects of echinacea on phagocytosis and natural killer cells. *Med Welt 1983, 34:1463-1467*
- Melchart D.: Immunomodulation with echinacea- a systemic review. *Phytomedicine 1994, 1:245-254*

ASTRAGALUS ROOT (Astragalus membranaceus)

Astragalus is an important immune supportive botanical. It is found in virtually every Chinese tonic formula, where it is usually combined with ginseng. It contains high molecular weight polysaccharide fractions, demonstrated by researchers to increase phagocytosis, interferon production, and T-cell transformation. Research in China and the U.S. has demonstrated the effectiveness of astragalus in a wide range of immune threatening conditions, including allergies.

Astragalus is an adaptagenic herb. An adaptagen is a substance that indirectly helps to normalize body functions and withstand the diverse stresses of our time. *Adaptagens promote rapid mobilization of energy and swift recovery following physical, emotional or bio-chemical stress.*

GREENS+[®] contains three classic adaptagenic herbs: Licorice Root, Astragalus Root and Siberian Ginseng Root - a combination used extensively by Chinese herbalists and Russian athletes.

SIBERIAN ELEUTHERO ROOT (Eleutherococcus Senticosus)

This unique form of ginseng is immune supportive and helps to detoxify the body of poisons and waste materials. It contains .5% Eleutheroside E. and valuable saponins while retaining the synergistic benefits of the whole root, so important to the full effectiveness of natural herbs.

Siberian ginseng is known as an anti-fatigue, anti-stress, adaptagenic herb, with microphage enhancing effects that build both stamina and endurance. This special form of ginseng helps the body ward off stress and balances the body's energy. Soviet research concluded that when stress occurs, Siberian ginseng encourages faster corticosteroid release and a more rapid return to normalization.

- Kupin V.I., et. al.: Stimulation of the immunological reactivity of cancer patients by Eleutherococcus extract. *Voprosy Onkologii* 32, #7, 1986
- Kovelov G.V., et. al.: The effect of Eleutherococcus extract on the mechanisms of immediate and prolonged adaptation of the organism. *Proceedings of the 2nd Intl Symp on Eleutherococcus 1986*
- Brekhman I.I.: Eleutherococcus. *Nauk, Leningrad 1968*

LICORICE ROOT (*Glycyrrhiza glabra*)

Licorice root (liquorice) has been used for several thousand years as an herbal transporter and is the foundation of Chinese herbal medicine. Its major component, 5% Glycyrrhizic Acid, have been shown to induce interferon production and help sustain proper liver function. This leads to significant antiviral activities, as interferon binds to all surfaces and stimulates the synthesis of proteins that prevent viral infection. Licorice root prevents the suppression of immunity by stress, and displays antibiotic activity. **GREENS+**[®] is both magnesium and potassium rich, to assist with licorice root metabolism and has a low sodium to high potassium ratio, which helps lower high blood pressure levels. Licorice root as well as vitamin C nourish and sustain proper adrenal function.

- Reid D.P.: Chinese Herbal Medicine. *Shambhala 1992*
- Armanini D., et. al.: Affinity of licorice derivatives for mineralocorticoid and glucocorticoid receptors. *Clinical Endocrin.* 19:609-612, 1983
- Pompei R., et. al.: Anti-viral activity of Glycyrrhizic acid. *Experientia* 36:304-305, 1980

UNIQUE BOTANICAL EXTRACTS

GINKGO BILOBA LEAF

(24% Ginkgo Flavone Glycosides, 6% Terpene Lactones)

Ginkgo comes from an ancient family of Japanese trees that live on average over 2,500 years due to their ability to repair their own DNA. Over 250 clinical trails have been performed on ginkgo extracts, with a focus on cardiovascular and cerebrovascular conditions. Ginkgo extract is a very powerful antioxidant and inhibitor of lipid peroxidation in the brain, central nervous system, adrenal and thyroid glands. As an antioxidant, Ginkgo may be able to protect the brain from progressive aging and decreased mental functioning. Brain cells are particularly vulnerable to attack by free radicals, because of their high concentration of unsaturated fats. Ginkgo improves delivery of oxygen and glucose to brain tissue, and research indicates it increases nerve impulses linked to memory. Ten percent of the active ingredient is the bioflavonoid *quercetin*, believed to have a positive effect on both cerebral and peripheral circulation. This special ginkgo extract is certified organically-grown from 100% pure Japanese Ginkgo leaves.

- Braquet P.: Ginkgolides- Chemistry, biology, pharma. and clinical persp. *JR Prou Science Publ.*
- Kleijin J., Knipschild P.: Ginkgo Biloba. *Lancet* 340, #8828:1136-1139, 1992
- Foster S.: Ginkgo. *Botanical Series* 304, 1991

ORGANIC JAPANESE GREEN TEA LEAF

(Camellia sinensis)

Organically grown in Japan within sight of Mount Fuji, our green tea is 60% polyphenols with a total of 64.5% catechins. A primary benefit of consuming Green Tea is to neutralize dietary carcinogens. Polyphenols balance blood sugars and are strong antiviral, antibacterials. Polyphenols assist digestion and the proliferation of "friendly bacteria" in the intestines. They are also exceptionally strong antioxidants. They help reduce and control plaque causing bacteria in the mouth. The preferred way to consume **GREENS+**[®] is to sip it slowly, to enable some of the polyphenols from the Japanese Green Tea to coat the teeth, and help eliminate plaque causing bacteria.

- Komori A.: Anticarcinogenic activity of green tea polyphenols. *Jpn J Clin Oncol* 1993, 23:186-190
- Kono S., et. al.: Green tea consumption and serum lipid profiles: a cross sectional study in N. Kyosho, Japan. *Prev Med* 1992, 21:526-531
- Sadakata S., et. al.: Mortality among female practitioners of Chanyou (Japanese tea ceremony). *Tohoku J Exp Med* 1992, 166:475-477

FULL SPECTRUM GRAPE EXTRACT *(Vitis vinifera)*

Full spectrum grape extract is a powerful free radical scavenger, antioxidant and anti-inflammatory. It is a concentrate of a special class of water-soluble bioflavonoids with a 95% Procyanidolic Value. These flavonoids are a unique blend of Polyphenols, Proanthocyanidins, and naturally occurring *Resveratrol*, with antioxidant capabilities 50 times greater than vitamin E, and 20 times greater than vitamin C alone. Grape extract helps to increase the effectiveness of vitamin C and reportedly crosses the blood-brain barrier to provide antioxidant protection to central nervous system tissues. Grape extract also binds to collagen fibers, restoring elasticity and flexible strength to connective tissue.

For decades, scientists have studied the lifestyles of people living in the wine producing regions of France. The French have a remarkably low risk of both heart disease and cancer, in spite of excessive smoking, drinking and high fat dietary habits. In 1992, researchers isolated a unique bioflavonoid called *Resveratrol*, the secret agent responsible for the French Paradox and many of the health enhancing benefits of red wine. Recent studies conducted at the University of Illinois and elsewhere demonstrate the superior antioxidant, anti-inflammatory

effects of resveratrol and its ability to inhibit all three phases of the cancer process: initiation, promotion and progression.

In 1966, Dr. Jacques Masquelier and his associates at the University of Bordeaux, France discovered that the bark of the pine tree and the seeds of grapes contain these very special, water soluble proanthocyanidins. Further studies have shown that pine bark extract contains 85% polyphenols/proanthocyanidins, whereas grape seed extract contains 95%. Furthermore, a full spectrum extract from both the seeds and skin of grapes exhibits 25% more proanthocyanidin activity than grape seed alone. (Based on Porter Value testing or PVU.)

This incredible ingredient can also be found in our new and improved **PRO-RELIEF+**™ formula, combining 50mg of full spectrum grape extract and 250mg of buffered vitamin C (calcium ascorbate) per capsule, with the same heart and cancer protection benefits as one glass of red wine, without the alcohol.

- Laub R.: OPC Polyphenols. *Laub Corp. 1996*
- Uchida S., et. al.: Plant flavonoids in biology and medicine. *Natl Univ Singapore 1988, pp.135-138*
- Pezzuto J., Creasy L.: Resveratrol, from the skin of grapes. *Calif. Table Grape Comm., April 1996*
- Jang M., Pezzuto J.M.: Cancer chemopreventive activity of resveratrol, a natural product derived from grapes. *Science 1997, 275:218-22*

EUROPEAN BILBERRY (*Vaccinium myrtillus*)

The European Bilberry in **GREENS+**® is 25% anthocyanidin pigment, a powerful phytochemical. These pigments have been found to have impressive effects on capillary micro-circulation. They alter the ability of fluids to pass through capillaries and improve their strength by reducing capillary fragility. This was dramatically demonstrated in an experiment in which bilberry flavonoids prevented changes in the permeability of capillaries in the brain caused by hypertension.

Bilberry is an inhibitor of platelet aggregation and helps to strengthen blood vessel walls, thereby reducing the risk of hemorrhage. Recent research also shows interesting effects on visual function, for which bilberry became very popular during World War II. During that time, British pilots reported a dramatic increase in night vision after consuming bilberry jam. French researchers in the late 1960s followed up on these reports, demonstrating an effective increase in activity of enzymes in the eye once bilberry was consumed. Additional research showed that bilberry extracts significantly improved dark adaptation: the time it takes our eyes to adapt to darkness after being exposed to light.

- Morazzoni P, Bombardelli E.: *Vaccinium Myrtillus*. *Indena*, December 11, 1995
- Bravetti G.O., et. al.: *Bilberry*. *Ann Ottalmol Clin Ocul* 1989, 115:109

| <u>Botanical</u> | <u>Harvested</u> | <u>Activity Level</u> | <u>Extract Ratio</u> |
|-------------------------|-------------------------------|---|----------------------|
| Milk Thistle | Spring - Argentina | 85.6% <i>Silymarin</i> | 30:1 |
| Echinacea | Spring - US/Canada | 5% <i>Echinacosides</i> | 7:1 |
| Siberian Ginseng | When mature - Siberia | 5% <i>Eleutheroside E.</i> | 12:1 |
| Ginkgo Biloba | Autumn - Japan | 24% <i>Ginkgo Flavone Glycosides</i> , 6% <i>Terpene Lactones A, B, & C</i> | 50:1 |
| Green Tea | Summer - Japan | 69.4% <i>Polyphenols</i> | 2000:1 |
| Grape | Summer - France | 98% <i>Procyanidolic Value with 460 ppm Resveratrol</i> | 900:1 |
| Bilberry | Summer - Scandinavia | 25% <i>Anthocyanidins</i> | 100:1 |
| Astragalus Membranaceus | Spring - Northern China | 0.16% <i>Isoflavones</i> | 5:1 |
| Licorice Root | Summer/Winter Spain/Turkey | 5% <i>Glycyrrhizinic Acid</i> | 15:1 |

ORGANIC AND WILDCRAFTED INGREDIENTS

GREENS+[®] uses only premium quality ingredients, organically grown or wildcrafted whenever possible, with two exceptions. Due to the tremendous volume of soybeans and grapes required for the production of lecithin (400 lbs of soybeans to produce one pound of lecithin) and grape extract (900 lbs to produce one pound), organic growers find it hard to meet demand. For this reason, we use only Identity-preserved, certified Non-GMO Soy Lecithin and certified pesticide and herbicide-free full spectrum grape extract. Furthermore, the entire **GREENS+**[®] formula is *frequently certified pesticide and herbicide-free by independent laboratory analysis.*

ORGANICALLY-GROWN

- ☉ Hawaiian Spirulina
- ☉ Apple Fiber
- ☉ Barley & Wheat Grass
- ☉ Japanese Chlorella
- ☉ Soy Sprouts
- ☉ Brown Rice Bran
- ☉ Sprouted Barley Malt
- ☉ Alfalfa Grass
- ☉ Probiotic Cultures
- ☉ Red Beets
- ☉ Dunaliella Salina
- ☉ Nova Scotia Dulse
- ☉ Milk Thistle
- ☉ Echinacea Root
- ☉ Japanese Green Tea
- ☉ Swedish Bilberry

WILDCRAFTED

- ☉ Montana Bee Pollen
- ☉ Royal Jelly
- ☉ Acerola Berries
- ☉ Astragalus Root
- ☉ Siberian Ginseng
- ☉ Licorice Root

CONVENTIONAL

Pesticide / Herbicide Free

- ☉ Soy Lecithin
- ☉ Grape Extract

PROPRIETARY HANDLING PROCEDURES

GREENS+[®] is conscientiously blended and bottled by hand following extraordinarily strict Good Manufacturing Practices. **GREENS+**[®] is made fresh every few days and consumers generally receive a bottle made within the last two weeks. Bottles are shelf-stable with an expiration date two years from the date of manufacture.

GREENS+[®] has deliberately chosen a more expensive, personalized handling process to protect the potency, integrity and nutrient value of each ingredient. Full line automation would save money, but would compromise quality. To maintain affordability to consumers, we have opted for a modest profit margin.

GREENS+[®] is blended and bottled in our exclusive 20,000 square foot manufacturing facility with state-of-the-art environmental controls to reduce heat, artificial light and moisture. Specially trained staff wear gloves, hair nets, boot protectors and full length white cotton smocks.

GREENS+[®] employs a proprietary procedure in which each premium quality ingredient is identified, screened, weighed and “layered” by hand into a stainless steel V-shaped blender. This layering process quickly covers and protects light and oxygen sensitive ingredients.

Inside, air is vacuumed and quickly replaced with nitrogen, an inert odorless gas that prevents oxidation (a process of decay that robs food of vital nutrients). Once **GREENS+**[®] is thoroughly blended, it is transported into an automatic bottle filler, and continuously flushed with nitrogen as empty bottles are filled. This is the only time automation is used in the handling process.

To insure maximum freshness, an oxygen and moisture absorbent packet is placed in each bottle, then capped with a non-porous inner freshness seal. Each bottle is labeled, wrapped with a biodegradable tamper-proof film, then packed into 100% recycled cardboard boxes (6 bottles per case) for immediate shipment.

GREENS+[®] HIGHLIGHTS

GREENS+[®] contains concentrated sources of organic vitamins, minerals, essential amino acids, phytonutrients, enzymes, co-enzymes, cell-salts, chlorophyll, standardized herbal extracts, unique botanical extracts and soluble and insoluble plant fibers.

ORGANIC VITAMIN AND MINERAL CONTENT

The results of multiple independent laboratory assays (page 22) demonstrate the wide range of bioavailable food-source vitamins, minerals and trace minerals (sea source micro-nutrients) contained in **GREENS+**[®]. Please keep in mind that while **GREENS+**[®] does not contain 100% of the RDA of every nutrient, it does contain food source vitamins and minerals in their biologically complex form, with a near 100% absorption rate (versus 30% absorption for most synthetic and isolated multivitamins). If you are going to take extra vitamins, take them along with your daily serving of enzymatically-alive **GREENS+**[®] for maximum absorption.

Each daily serving of **GREENS+**[®] contains 45mg of naturally occurring *organic sodium* (2% of the Daily Value). Most diets include excessive amounts of inorganic table salt, composed of synthesized sodium and chloride. Only organic sodium, absorbed from mineral rich soil and made bioavailable by plant life, helps maintain healthy blood pressure, osmotic pressure, tissue elasticity, and the body's alkaline pH balance.

Everyone is a biochemical individual and therefor requires different and various amounts of nutrients. Always have a doctor, chiropractor, naturopathic doctor or certified clinical nutritionist assist you in determining what additional vitamins and minerals are best for you.

TYPICAL NUTRITIONAL ANALYSIS

Per 3 tsp. Serving (8.9g)

| | | | |
|-------------------------------------|--------|-------------------------------------|-------|
| Calories | 35 | Calories from Fat | 10 |
| Total Fat | 1g | Saturated Fat | 0g |
| Cholesterol | 0mg | Sodium (organic) | 45mg |
| Carbohydrate | 4g | Dietary Fiber | 2g |
| Sugars | <1g | Protein | 2g |
| Vitamin A | 8900iu | Vit.A as Beta Carotene | 100% |
| Vitamin B ¹ (thiamin) | .60mg | Vitamin B ² (riboflavin) | .20mg |
| Vitamin B ⁶ (pyridoxine) | .30mg | Vitamin B ¹² (cobalamin) | 14mcg |
| Biotin | .003mg | Choline | 125mg |
| Folic Acid | .03mg | Niacin | .70mg |
| PABA | .70mg | Pantothenic Acid | 1mg |
| Vitamin C (organic) | 55mg | Vitamin D | 150iu |
| Vitamin E | 118iu | Vitamin K | 29mcg |
| Boron | .5mg | Calcium | 60mg |
| Copper | .05mg | Chlorophyll | 12mg |
| Iodine | 31mcg | Iron | 4mg |
| Magnesium | 40mg | Manganese | .2mg |
| Phosphorus | 95mg | Potassium | 140mg |
| Selenium | 15mcg | Zinc | .2mg |

GREENS+® IS AN ENZYMATICALLY-ALIVE SUPERFOOD

Enzymes, positively charged protein molecules found only in living foods, are involved in every metabolic process and life could not exist without them. The immune and nervous system, blood, brain, kidneys, spleen and pancreas, as well as our ability to see, think, move and breathe depend on enzymes. An enzyme deficient diet (common in developed nations) puts enormous stress on internal organs, which rapidly depletes the body's own stores of endogenous enzymes - a predisposing cause of disease. Vitamins and minerals are not assimilated unless bound to enzymes. GREENS+® is meticulously blended, bottled and processed without heat (below 86° F) to preserve enzymatic activity.

The foods in GREENS+® contain hundreds of naturally occurring enzymes such as *cytochrome oxidase*, *catalase*, *fatty acid oxidase*, *nitrogen oxyreductase*, *aspartate aminotransferase*, *superoxide dismutase*, *methionine reductase*, *gluthathione peroxidase* and many others including *amylase*, *protease*, *lipase* and *cellulase*.

ANTIOXIDANT ENZYMES

GREENS+[®] supplies large amounts of antioxidant enzymes (free radical scavengers). This is significant since research indicates that antioxidant enzymes remove free radicals 7 to 10 times faster than antioxidant vitamins and minerals.

*Antioxidant enzymes work synergistically with other enzymes and co-factors. Isolated enzymes cannot duplicate this complex interaction. For this reason, **GREENS+**[®] was formulated to provide the complete organic complex as it exists naturally, only in living foods.*

Antioxidants are divided into 2 classes, “preventive” and “chain-breakers”. Preventive antioxidants reduce or decompose peroxides to a non-destructive form. Catalase, glutathione peroxidase and bioflavonoids belong to this class. Chain-breaking antioxidants trap peroxy radicals and non-reactive phenoxyl radicals, thus breaking the chain. Alpha and beta-carotene, bioflavonoids, superoxide dismutase (SOD), vitamin C, grape seed extract, and vitamin E are the most common chain-breaking antioxidants. Vitamin E is a major lipid-soluble chain breaking antioxidant that prevents cholesterol's oxidation and allows cholesterol to remain in a reduced form associated with High Density Lipoproteins (HDL, the good fat).

Alpha and beta-carotene's chain-breaking action is effective at low oxygen concentrations, whereas vitamin E is more effective at higher oxygen concentrations. *Therefore, all three of these antioxidants are available together in **GREENS+**[®].*

VARIETY OF COLOR PIGMENTS

21st Century nutritional research is discovering that human physiology functions better when we consume foods of a large variety of color pigments. Each of the 18 different color pigments in **GREENS+**[®] has a unique and biologically complex array of organic vitamins, minerals, enzymes, phytochemicals, antioxidants and amino acids affiliated with it.

CAROTENE COMPLEX

GREENS+[®] contains a 100% natural carotenoid complex from Dunaliella Salina, Hawaiian Spirulina, Red Beets, Alfalfa, Barley and Wheat Grass. *Each serving contains nearly 9000 iu of pure beta-carotene, supplying nearly 200% of the daily value for vitamin A.*

This special carotene complex includes beta-carotene, alpha-carotene, canthaxanthin, cryptoxanthin, lutein, lycopene and zeaxanthin (all orange pigments and vital antioxidants). Present research indicates that a naturally occurring mixture of carotenoids is far superior to health than beta-carotene alone, as beta-carotene represents less than 30% of all the carotenoids in human blood.

Tissue carotenoid content has a better correlation with maximal life-span potential in humans than any other factor studied. The thymus gland involutes (shrinks) during stress and normal aging because of free radical degeneration. The carotenes concentrated in the epithelial tissue of the thymus help to reduce free radical induced involution.

In **GREENS+**[®], these carotenes are part of a rainbow of bio-active enzyme pigments such as *chlorophyll* (green pigment), *phycocyanin* (blue pigment), *porphyrin* (red pigment), *xanthophyll* (yellow pigment), *violaxanthin* (violet pigment), and various *bioflavonoids*.

Bioflavonoids are naturally occurring plant compounds responsible for the variety of colors in, and many of the health benefits of, fruits and vegetables. Bioflavonoids are also responsible for many of the actions of the important herbs in **GREENS+**[®] such as Milk Thistle, Green Tea, Siberian Ginseng, Swedish Bilberry, Acerola Berries, and Grape Extract.

PROTEIN CONTENT

Second only to water as the most plentiful substance in the body, protein comprises one-fifth of a persons total body weight. Our skin, hair, nails, eyes, muscles, hormones, enzymes, brain and blood cells are all made of protein. Antibodies that protect us from disease and infection are proteins. Without protein, cells could not produce or store energy.

Each daily serving of **GREENS+**[®] supplies 2 gm (over 20%) of easily digested, biologically complete, plant-source protein (beef is 22% protein by comparison) with high concentrations of the very building blocks of life – RNA, DNA and essential amino acids, from spirulina, chlorella, alfalfa grass, barley grass, wheat grass and royal jelly.

For those who require a higher daily intake of protein, we recommend **PROTEIN GREENS+**[™], a peerless combination of the original **GREENS+**[®] formula with your choice of Soy or Whey Protein Isolate, which supplies an abundant 20 gm per serving.

Our special identity preserved, certified Non-GMO Soy Isolate, available in Natural and Orange Greensicle flavors, is a superior protein source for vegetarians and energetic women. 92% biologically complete protein with a *PDCAAS** of 1.0, soy is rich in essential and branch-chain amino acids, calcium and iron, and contains a minimum 40 mg of naturally-occurring isoflavones per serving.

Ion-exchange and microfiltered Whey Isolate, available in Natural and Orange Greensicle flavors, is a perfect protein source for athletes, bodybuilders, and active adults. Certified hormone and antibiotic-free whey isolate from pasture-fed New Zealand livestock, is 99% biologically complete, lactose-free protein, extremely rich in branch-chain amino acids, glutamine, arginine and taurine, and remarkably low fat.

**PDCAAS: Protein Digestibility Corrected Amino Acid Score* is a new and highly accurate method of protein quality evaluation that rates the absorption of amino acids as required by humans.

TYPICAL AMINO ACID PROFILE

Per 2 scoop Serving (30g)

| Isoflavone-rich, Non-GMO Soy Protein Isolate (gm) | Ion-exchange, Lactose-free Whey Protein Isolate (gm) | | |
|--|---|-----------------------|------|
| Alanine | 0.77 | Alanine | 1.23 |
| Arginine | 1.35 | Arginine | 0.55 |
| Aspartic Acid | 2.04 | Aspartic Acid | 2.46 |
| Cysteine | 0.23 | Cysteine | 0.74 |
| Glutamic Acid | 3.32 | Glutamic Acid | 3.61 |
| Glycine | 0.74 | Glycine | 0.74 |
| Histidine | 0.45 | Histidine | 0.43 |
| <i>Isoleucine*</i> | 0.84 | <i>Isoleucine*</i> | 1.19 |
| <i>Leucine*</i> | 1.45 | <i>Leucine*</i> | 2.90 |
| <i>Lysine*</i> | 1.11 | <i>Lysine*</i> | 2.32 |
| <i>Methionine*</i> | 0.22 | <i>Methionine*</i> | 0.51 |
| <i>Phenylalanine*</i> | 0.91 | <i>Phenylalanine*</i> | 0.79 |
| Proline | 0.91 | Proline | 1.06 |
| Serine | 0.92 | Serine | 0.74 |
| <i>Threonine*</i> | 0.68 | <i>Threonine*</i> | 0.68 |
| <i>Tryptophan*</i> | 0.24 | <i>Tryptophan*</i> | 0.50 |
| Tyrosine | 0.65 | Tyrosine | 0.81 |
| <i>Valine*</i> | 0.87 | <i>Valine*</i> | 0.87 |

**Essential Amino Acids* cannot be manufactured in the body and must be consumed in order to synthesize other important amino acids (glutamine, taurine, & creatine).

FAT EMULSIFIER AND METABOLIZER

GREENS+[®] contains only 1 gram of fat per serving with very little saturated fat and no cholesterol. **GREENS+**[®] provides an ideal 10% of calories from fat, mostly in the form of *essential fatty acids* (EFA's). As **GREENS+**[®] is low in calories, high in fiber and nutrient-rich, it helps to increase energy levels, reduce hunger and naturally burn fat.

Soy Lecithin is a lipotropic agent that promotes the emulsion of dietary fat and cholesterol in the arterial system. Present research indicates that the enzyme *cytochrome oxidase* may be metabolically active as a brown fat metabolizer and works with lecithin to help burn stubborn body fat.

WEIGHT LOSS AND FASTING WITH **GREENS+**[®]

GREENS+[®] is an ideal way for those who are fasting, cleansing, slimming or detoxifying to receive their recommended daily servings of vegetable nutrition without additional calories or sugar. **GREENS+**[®] contains only (4) four grams of carbohydrates, less than 1 gram of naturally occurring sugar, and just 35 calories per serving.

GREENS+[®] is often used as a meal replacement with excellent results. High in fiber, amino acids, vitamins, minerals and enzymes, **GREENS+**[®] will help to increase energy levels and metabolize fat and cholesterol when used as part of a sensible diet and exercise plan.

ALKALINE FORMING

One of the most important functions in the human body is to maintain an acid/alkaline pH balance. Our present-day diet contains too large a proportion of acidic forming foods such as fat, sugar, rice, wheat, beans, dairy, meat and alcohol, and too few alkaline forming foods, primarily fresh fruit and vegetables, sprouts and sea vegetables. A food is either acidic or alkalizing according to the residue it leaves upon being metabolized, i.e., citrus tastes "acidic" but leaves an alkalizing ash. Hyperacidity (or acidosis) is all too common and causes functional digestive disturbances, fatigue, emotional irritation and skin problems.

GREENS+[®] is a rich alkaline forming food that helps to restore a healthy pH balance to the human body. Maintenance of an alkaline pH is critical to cellular health as we require both alkaline forming and acidic forming foods with a ratio of 4 (alkaline) to 1 (acidic) for active people and 3 to 1 for less active people.

HAIR & NAIL GROWTH

One of the first visible signs of GREENS+® activity is a noticeable acceleration of hair and nail growth that accompanies daily use. The alkalinity of GREENS+® as well as its array of organic, naturally-occurring vitamins, minerals, trace minerals, phytonutrients, amino acids and nucleic acids (RNA/DNA) all support the healthy regeneration of cellular proteins and connective tissues

CELLULAR AND COLON DETOXIFIER

It is imperative to consume 8 glasses of quality water a day, to support the cleansing, detoxifying and deodorizing action of GREENS+®.

It is estimated that every adult carries between 3 and 5 pounds of putrefactive waste material in their large intestine. Upon first use, GREENS+® could cause an immediate cleansing of this waste material and result in loose stool. If this persists for more than three days, cut the serving size in half (1½ tsp.) and slowly work up to a full 3 tsp. serving.

GREENS+® supplies 12 mg. of pure bio-available *chlorophyll* per serving. Chlorophyll cleanses and purifies the liver, lungs, and colon and acts as a powerful deodorizer and germicide in the gastrointestinal tract. GREENS+® contains 17.2% *dietary fibers* as soluble fibers (pectin and mucilage) and insoluble fibers (cellulose and hemicellulose). These fibers gently cleanse the entire gastrointestinal tract of excess cholesterol, dietary toxins and waste, stabilize blood sugar levels, and help to normalize bowel transit time for regularity.

Phosphatidyl choline, red beets and the abundant chlorophyll in GREENS+® may naturally stimulate the peristaltic movement (contractions) of the intestines, while sprouted barley malt soothes the colon and increases the stool's water-holding capacity. Japanese Green Tea and Acerola Berries add further support by promoting a *slightly acidic pH*, so that the implanted "friendly bacteria" can flourish and discourage the growth of harmful bacteria, parasites and fungus (yeast).

For those in need of complete colon cleansing try FIBER GREENS+™, a synergistic blend of apple fiber, flax seed, oat bran, alfalfa, barley and wheat grass, vegetable powders and probiotic cultures that delivers twice the fiber of GREENS+®. Ideal as a substitute for cheap psyllium fiber products and absolutely sugar free, FIBER GREENS+™ is scientifically formulated to keep you running clean.

THE IMMUNE SYSTEM

The immune system is our primary defense system that protects us from invading viruses, bacteria, allergens, pollutants and chemicals that can contaminate the body and destroy or impair proper bodily functions.

Air pollution, primarily from auto exhaust and factory emissions, harmful electromagnetic waves and environmental stress increasingly threaten the immune system. More than 2.6 billion pounds of pesticides are used on food crops every year in the United States alone.

Being pesticide, herbicide and preservative free, **GREENS+**[®] supplies the dietary nutrients that potentialize and support the proper functioning of the immune system. Many physicians, chiropractors, naturopathic doctors and certified clinical nutritionists continuously report a healthy immune response once **GREENS+**[®] is used daily along with proper diet, exercise, stress reduction and sufficient sleep.

GREENS+[®] contains organic minerals such as calcium, magnesium, sodium, phosphorous, sulphur and potassium, as well as organic trace minerals such as zinc, silicon, vanadium, iodine, selenium and iodine, all of which help to support the immune system.

The special standardized herbal extracts of Astragalus Membranaceus, Echinacea Angustifolia, Licorice Root, Siberian Eleutherococcus Senticosus Ginseng, and Milk Thistle (85.6% Silymarin) are herbs which are frequently used in research. They are effective in assisting the function of the immune system and the adrenal and thymus glands.

Harvey Diamond, co-author of the best-selling book, "Fit For Life" recently published "You Can Prevent Breast Cancer", and suggests that women at risk for cancer use **GREENS+**[®] daily. The inclusion of **GREENS+**[®] came about as a result of his personal and clinical work. **GREENS+**[®] has pioneered the development of hydroponic Soy Sprouts. The Soy Sprouts in **GREENS+**[®] contain active whole food phytochemicals called Isoflavones. One important isoflavone, *genestein*, is well acclaimed as an inhibitor of cancer cell growth.

Dr. Ralph Moss, Ph.D., writing in his September, 1994 edition of the newsletter *The Cancer Chronicles*, suggests the daily use of Chlorella for cancer survivors or those at risk. Due to its ability to repair its own DNA and extremely high content of chlorophyll, chlorella shows promise as an anti-cancer supplement.

According to Dr. John Pezutto of the University of Illinois, conductor of a seven-year study on natural compounds that prevent cancer, "The most promising finding is *Reveratrol* extracted from the skin of grapes. Not only does resveratrol appear to prevent cancer at three different stages (initiation, promotion, and progression), it appears to reduce heart disease and work as an anti-inflammatory agent as well, which is key in preventing colon cancer."

Bee Pollen has been documented to counteract the effects of radiation and chemical pollutants in the body, and significantly reduced the usual side effects of both radium and cobalt 60 radiotherapy in five women who had been treated for inoperable uterine cancer at the University of Vienna Women's Clinic.

James F. Whitfield's noted book, *Calcium, Cell Cycles and Cancer* demonstrates that cancer cells require and utilize more free calcium (Ca^{2+}) on cell surfaces than normal cells and do not have as much free calcium within the cell as normal cells. This unusual demand for free calcium at the cell surface is presumably to promote glycolysis, or anaerobic metabolism, which cancer cells prefer. This only happens in acidosis (acidic internal environment). **GREENS+**[®] promotes an alkaline pH and aerobic metabolism, and therefore should be of paramount importance as a necessary alkaline forming food.

- Jang; Pezutto, J., "Cancer Chemopreventive Activity of Resveratrol" *Science*, 1997
- Hernuss M., et al, *Strahlentherapie*, 1975, Vol. 150, No. 5, pp. 500-506.
- Whitfield, J.F., "Calcium, Cell Cycles and Cancer" *CRC Press, Inc.*, 1990.
- Dupont R., Duhamel G.: Chlorophyll and cancer. *Bull*
- Diamond H.: You Can Prevent Breast Cancer! *ProMotion Publishing* 1996, (800) 231-1776
- Balch, J. and Balch, P. "Dietary Wellness", *P.A.B. Publ, Greenfield, Indiana*,

SUSTAINED ENERGY & **GREENS+[®]**

GREENS+[®] contains no stimulants. Stimulants give an immediate and potentially dangerous high. **GREENS+**[®] has been carefully formulated to nourish, balance and strengthen body systems and increase energy levels naturally due to its full range of easily digested, bioavailable nutrients and the adaptogenic properties of many high quality herbal extracts. As an alkaline forming food, **GREENS+**[®] helps to neutralize the acidity of most diets. Once alkaline, people feel a sense of optimum energy and superior well-being throughout the day. If **GREENS+**[®] is used twice a day, once in the morning and again early afternoon, this extended energy may be greatly enhanced.

8 STEPS TO SUPERIOR ATHLETIC PERFORMANCE

1. Drink a minimum of 8 glasses of high quality water daily. Adding lemon juice, an alkalizing agent, will help to buffer acids produced during intense exercise. The human body performs best in a slightly alkaline environment.
2. Eat a low saturated fat, low sodium, high fiber diet, rich in naturally occurring vitamins, minerals and antioxidants that is 75% alkaline forming foods, and 25% acid forming foods.
3. Eat 5-6 small meals a day rather than 3, to help balance blood sugar levels and extend energy. Combine foods properly and be sure to chew all foods well. Always eat fruits separately, combine protein with vegetables, and vegetables with starches only.
4. Eat carbohydrates with a low glycemic index early in the day, for maximum assimilation. Ditch simple or refined sugars that spike insulin levels and avoid carbonated sodas, junk food, sugar, salt, saturated fats, vinegar, white flour, fried foods, hydrogenated oils, and drink alcohol only in moderation.
5. Take **GREENS+**[®] everyday, either first thing in the morning or before intense exercise with your favorite juice (apple works well) for optimum energy and superior well-being, along with a high quality antioxidant such as **PRO-RELIEF+**[™].
6. Use a carbohydrate drink during training to replace the glycogen lost from muscle tissue, and take **PROTEIN GREENS+**[™] in the early afternoon or immediately following exercise for quick recovery and peak performance, especially on days of particularly intense stress.
7. Get plenty of sleep! At least 8 hours every night. Intense physical exercise is very taxing. Listen to your body and know your limits to avoid overtraining and the risk of injury.
8. Train in the morning whenever possible to raise your RMR (resting metabolic rate), and take a short rest immediately after to speed recovery. Muscular growth, strength and endurance are the result of hard work and dedication. Beware of drugs, steroids, witches brews and/or snake oils that promise you massive muscles and a beautiful physique overnight.

HYPO – ALLERGENIC

GREENS+[®] contains no added yeasts, salt, egg, coloring, fats, oils, flavors, irradiation, gluten, preservatives, MSG, corn or dairy products, and only the natural occurring sugars present in the foods themselves.

GREENS+[®] has been conscientiously designed to contain only food concentrates that can be tolerated by almost everyone. **GREENS+**[®] is a hypo-allergenic whole food source that may strengthen an individual's resistance to potential allergens.

GREENS+[®] Alfalfa, Barley, Red Beets, Wheat Grass and Soy Sprouts are organically-grown and germinated from specially bred, non-hybrid seeds, free of herbicides and pesticides, and are carefully harvested at a very early stage of growth. *They contain absolutely no gluten, or it's polypeptide derivatives alpha, beta, gamma or omega gliadin.*

The special Non-GMO Soy Lecithin in **GREENS+**[®] is 99% oil-free and is well tolerated by those with soy allergies, as oil impurities appear to be the intolerant factor in soybeans.

GREENS+[®] contains no yeast or yeast-by-products, and the 100% natural vitamin C is from Acerola Berries, not synthetic ascorbic acid.

With only 600 mcg. (60% of 1 mg.) of caffeine per serving (from Japanese Green Tea), **GREENS+**[®] contains less caffeine than a cup of decaffeinated coffee. This amount, minuscule in comparison to a high quality cup of coffee (260-295 milligrams) or a cup of hot tea (130-160 milligrams) is negligible and has no stimulant effect on the body.

The 7 dairy-free Probiotic Cultures contain no milk or dairy derivatives. These "friendly bacteria" decrease allergenic toxins in the intestinal tract by keeping the colon slightly acidic and promoting hypo-allergenic antibodies, known as immunoglobulin A (IgA).

GREENS+[®] contains 150 mg. of pure Montana Bee Pollen that may help some individuals desensitize allergic reactions to flower pollen. The Grape Extract with Resveratrol, Japanese Green Tea and other bioflavonoids may act synergistically to inhibit the release of histamine, and are potent antioxidants that may help to reduce allergic inflammation.

GREENS+® IS FOR EVERYONE

GREENS+® is a natural choice for athletes seeking an edge, mature adults requiring vigor, busy housewives, students, travelers, those in stressful occupations, people who are slimming, fasting or detoxifying and anyone in need of optimum energy and superior well-being.

GREENS+® is a very supportive addition to those on a vegetarian diet, those on popular high protein diets, those on macrobiotic diets and those on a typically nutrient and enzyme deficient diet. The USDA's new Food Pyramid recommends consuming 3 servings of fresh fruits, and 5 servings of fresh vegetables a day. Yet only 10% of people do this!

GREENS+® is an economical and convenient way to increase one's daily intake of vegetables. Each 3 tsp serving is the equivalent 3-4 servings of fresh vegetables (1 serving = 1 cup).

CHILDREN

Mixed in apple juice or apple sauce, kids love the naturally sweet taste of **GREENS+®**, and parents can be certain their children receive a full serving of nutrient rich veggies everyday. For appropriate dosage we recommend the following serving schedule: children 2-4 years - ½ tsp, 5-8 years - 1 tsp, 9-12 years - 2 tsp, 13+ years - 3 tsp (full adult dosage).

ANIMALS

This may surprise you, but animals love the chlorophyll-rich alkaline forming foods in **GREENS+®**. Simply mix ¼ tsp in food for small cats, ½ tsp for large cats and small dogs, and 1-2 tsp for large dogs who love it in either food or water. Even tropical birds benefit from the wide array of enzymatically-alive foods in **GREENS+®** that closely resembles a diet typical of their natural habitat.

SENIORS

GREENS+® is a wonderful and necessary nutrient rich food for seniors. **GREENS+®** digests easily, absorbs quickly, has only 35 calories per serving and 0 cholesterol. To prevent sudden bowel cleansing, seniors may begin with 1 teaspoon a day, adding 1 tsp more on the 5th day to increase to 2 tsp. On the 10th day, increase to 3 level tsp daily. In cases of illness or for added energy, consider taking **GREENS+®** twice a day.

PREGNANT AND LACTATING WOMEN

In cases of pregnancy or breast-feeding, always consult a health

professional prior to using any nutritional formulation. Hundreds of health professionals across the country have successfully recommended GREENS+® to expecting and lactating mothers with excellent results. GREENS+® is a nutrient rich whole food source with ingredients essential to the health and development of human beings, and can be consumed on a daily basis.

VITAMIN K RESTRICTION

Vitamin K, found in dark green leafy vegetables, soybeans, cereal grass, kelp, rye and oats, eggs, yogurt, and milk, is a specialized nutrient essential to the formation of prothrombin (blood clotting factor), normal liver function and longevity. GREENS+® contains about 28 mcg of Vitamin K per serving, while the average diet will naturally include approximately 300 mcg of Vitamin K per day.

Anyone prescribed blood thinners by their physician should consult a health professional before using GREENS+®, since patients taking blood thinners are often asked to avoid foods rich in vitamin K. It is important to note, however, that a deficiency of vitamin K can lead to intestinal malabsorption, diarrhea and tendency to hemorrhage.

STORAGE OF GREENS+®

Keep your bottle of GREENS+® in a cool spot out of direct sunlight. At hotels and motels, ask to keep GREENS+® in their refrigerator. If you are traveling for less than a month, proportion your GREENS+® and put it in an empty bottle. GREENS+® is also available in small, air-tight sample packets which can be used while traveling if no refrigeration is available.

If unrefrigerated, it is mainly the dairy-free probiotic cultures that deteriorate. The 3 strains of "friendly bacteria", Lactobacilli Acidophilus ATCC 4356, Lactobacilli Bulgaricus and Streptococci Thermophilus are used in the fermentation of yogurt and cheeses. *They can withstand and survive heat.* The other 4 strains do not survive well without refrigeration and break down like this: Room temperature (to 80°F) - 15% loss per month; Refrigeration - 5% loss per month; Freezer - 3% loss per month.

To protect these cultures, they are stabilized with vitamin C, freeze dried and refrigerated until they are placed into a bottle of GREENS+®.

FREQUENTLY ASKED QUESTIONS

1. *What is GREENS+®?*

GREENS+® is an Award-Winning *Synergistic*¹ blend of 29 enzymatically-alive, nutrient-rich foods that deliver optimum energy and superior well-being to every cell of the body.

2. *What will GREENS+® do for me?*

GREENS+® helps to

- Increase Energy Levels Naturally*
- Support the Immune System*
- Improve Mental Acuity*
- Gently Cleanse the Colon*
- Restore a Healthy pH Balance to the Body*

3. *How long until I notice a difference?*

Most people generally notice an increase in energy within the first few days. However, everyone is different and it may take a week or longer to see any major health benefits.

4. *Can I take it twice a day?*

GREENS+® is both safe and very effective when taken twice a day. Before breakfast and early afternoon (between lunch and dinner) are the best times to take GREENS+®.

5. *Is GREENS+® safe for kids?*

Yes! Mix GREENS+® with their favorite juice and they love it. For children under 12, use the following scale:

| | |
|------------|--------------|
| 2-4 years | 1/2 teaspoon |
| 5-8 years | 1 teaspoons |
| 9-12 years | 2 teaspoons |

6. *Can or should I take a multi-vitamin supplement with GREENS+®?*

GREENS+® is an all-natural source of organic vitamins, minerals and *enzymes*². Extra sources of antioxidants, vitamin C and calcium are always beneficial. If you take a multiple vitamin/mineral, take it with GREENS+® to maximize absorption.

7. *Can pregnant or lactating women take GREENS+®?*

If you are pregnant or lactating, always consult a health professional before beginning any supplement program. Hundreds of pregnant and lactating mothers have used GREENS+® with excellent results. With your health professional's advice, start with 1 tsp. and slowly work up to a full dose.

8. *I have nasal allergies, will GREENS+® help me?*

Most nasal allergies are caused by plant and flower pollen. GREENS+® contains a multi-floral bee pollen from Montana that may help build an immunity to pollen allergens.

9. *Is there caffeine in GREENS+®? How much?*

GREENS+® contains *only* 600 micrograms of caffeine per serving. This is less than a cup of decaffeinated coffee. Even highly allergic individuals can safely take GREENS+®.

10. *I am allergic to bees, can I take GREENS+®?*

There is a chance of an allergic reaction to the *Royal Jelly* found in GREENS+®. However, many highly allergic individuals have taken GREENS+® safely. If you are allergic to bee stings or honey, please consult your health professional before taking GREENS+®.

11. *Is the Echinacea in GREENS+® safe to take everyday?*

Yes! The two most popular forms of Echinacea are *Angustifolia* and *Purpurea*. *Angustifolia*, found in GREENS+®, is the less potent of the two and tends to be *immune-supportive*, as opposed to *Purpurea* which is *immune-stimulating*. The herbal extracts in GREENS+® help support the proper function of the immune system and have a general *tonic*³ effect on the human body.

12. *I have high blood pressure, can I take GREENS+®?*

Yes, you can, but please notify your health professional. In rare cases, licorice root can elevate high blood pressure, but GREENS+® also contains astragalus root and is potassium/magnesium rich, which actually helps to reduce high blood pressure.

Licorice root has been used safely by Chinese herbalists for thousands of years and is an essential part of the **GREENS+**[®] formula.

13. Will **GREENS+**[®] give me diarrhea?

In some cases, as **GREENS+**[®] begins to remove waste from the large intestine, diarrhea may occur. If it persists for more than three days, cut the serving size in half (1 ½ tsp.) and slowly work up to a full 3 tsp. serving.

14. **GREENS+**[®] constipates me, why?

The colon cleansers in **GREENS+**[®] (apple fiber, alfalfa, barley, wheat grass, rice bran, barley malt, chlorophyll) gently work a way through the intestine, and blockages sometimes occur. Drink at least 8 glasses of pure water daily to facilitate **GREENS+**[®] cleansing.

15. I take a blood thinner, can I still take **GREENS+**[®]?

Vitamin K is found in all *green* foods and can negate the effects of blood thinners such as Coumadin. Let your doctor know when you plan to consume **GREENS+**[®] and adjust the dosage accordingly.

16. Will **GREENS+**[®] make my hair grow?

One of the first *visible* signs of **GREENS+**[®] activity is accelerated hair and nail growth due to the concentration of *live* enzymes, plant source protein (RNA/DNA) and the alkalizing effects of **GREENS+**[®] in the body.

17. Can I take **GREENS+**[®] with my prescription drugs?

Never take prescription drugs at the same time as **GREENS+**[®]. Wait at least one hour before/after taking medication.

18. Are the ingredients in **GREENS+**[®] organically-grown?

Nearly all ingredients in **GREENS+**[®] are organically-grown or wildcrafted⁴, and **GREENS+**[®] is *certified pesticide/herbicide free!*

19. What sets **GREENS+**[®] apart from other products of it's kind?

GREENS+[®] uses only the finest quality organically grown

ingredients, is synergistically blended for optimum absorption, and is unconditionally guaranteed. **GREENS+**[®] is the *only* green drink/superfood to win an award, and we have won *four!*

1. NNFA *National Nutritional Foods Association* People's Choice
2. *International Hall of Fame* Product of the Year
3. *Canadian Food Distribution* Best Product (4 years running)
4. *Vitamin Retailer's* Vity Award Bronze Medal (twice)

20. *Can someone who is allergic to soy products safely use **GREENS+**[®]?*

Most people allergic to soy are allergic to the soybean and it's various bio-chemicals. **GREENS+**[®] contains only Soy Lecithin (extracted from soy beans) and Soy Sprouts.

21. *What is it that makes **GREENS+**[®] taste sweet if there's no added sugars?*

GREENS+[®] contains less than 1 gram of naturally occurring sugar. The sweetness you taste comes from red delicious apple fiber, bee pollen, licorice root and FOS.

22. *How much vitamin A is in **GREENS+**[®]?*

GREENS+[®] contains nearly 10,000 IU of naturally occurring Vitamin A per serving, 100% of which is in the form of Beta-Carotene from Spirulina and Dunaliella Salina.

23. *How much vitamin E am I getting in one serving of **GREENS+**[®]?*

GREENS+[®] contains nearly 120 IU of Vitamin E per serving, in a dry succinate⁵ form.

24. *Is **GREENS+**[®] good for arthritis?*

Yes! Disease, such as arthritis, thrives in an acidic environment. **GREENS+**[®] not only restores a healthy pH balance to the body, but also supplies high concentrations of antioxidants⁶ that neutralize free radicals, a primary culprit in degenerative disease.

25. *Can I take **GREENS+**[®] before going to bed?*

Generally, the burst of *feel good energy* from **GREENS+**[®] tends to

keep people awake. The best time to take **GREENS+®** is in the morning on an empty stomach.

26. *Why is **GREENS+®** to be taken on an empty stomach?*

The synergistic blend of **GREENS+®** is designed to be absorbed into the blood stream within twenty minutes after ingestion. The presence of food in the stomach can slow absorption of nutrients. However, athletes and vegetarians often mix **GREENS+®** with their favorite protein powder to aid in the digestion and absorption of amino acids (see Protein Content on page 23 for more information on our new **PROTEIN GREENS+™**).

27. *What is **FIBER GREENS+™**?*

FIBER GREENS+™ is a blend of 16 high fiber, intestinal friendly ingredients scientifically designed for a healthy digestive system.

28. *Do I need to take both **GREENS+®** and **FIBER GREENS+™**?*

If you have a serious digestive disorder, you may want to take both. Otherwise, **GREENS+®** gently cleanses the colon, establishes healthy intestinal bacteria, and helps to restore a healthy pH balance.

29. *What is **PRO-RELIEF+™**?*

PRO-RELIEF+™ is an antioxidant formula containing a Full Spectrum Grape Extract from the seeds and skin of grapes, naturally-occurring Resveratrol and Buffered Vitamin C.

30. *Can I take **GREENS+®** and **PRO-RELIEF+™** together?*

Yes! **GREENS+®** and **PRO-RELIEF+™** are an excellent combination. Although **GREENS+®** contains 20mg of Grape Extract, experts believe the more antioxidants you take, the better your protection from free radical attack.

31. *What is the difference between Pycnogenol and **PRO-RELIEF+™**?*

Pycnogenol is a tradename of an extract from pine bark with antioxidant properties similar to grape seeds. **PRO-RELIEF+™** exhibits 35% more proanthocyanidin activity than pine bark and 25% more proanthocyanidin activity than grape seed alone, based on Porter

Value testing (PVU).

32. Is **GREENS+**[®] safe for pets?

Yes! **GREENS+**[®] has been used successfully by dogs, cats, horses and birds. Dogs, cats and horses love the chlorophyll rich foods in **GREENS+**[®]. Birds receive a wonderful diversity of nutrient rich plant foods that closely resembles a wild, tropical diet.

33. Why does **GREENS+**[®] have to be refrigerated?

GREENS+[®] contains living plant foods and probiotic cultures that break down when exposed to light, heat and oxygen. Once opened, shelf life is prolonged when stored in the refrigerator. Unopened, **GREENS+**[®] can be store at room temperature in a dry, cool place.

34. I have been diagnosed with cancer. Will **GREENS+**[®] help me?

GREENS+[®] has been used successfully by hundreds of cancer survivors to strengthen the immune system, adapt to the stress of cancer treatments, and provide the body with potent cancer fighting substances like Resveratrol from grape extract, Isoflavones from soy sprouts, Chlorophyll from Chlorella and Spirulina, and Beta-carotene from sea algae.

36. What are Fructo-Oligo-Saccharides? Are they a form of saccharin?

Fructo-Oligo-Saccharides are long chain sugars derived from beets and are used as a food source for friendly bacteria in the intestines. FOS goes unabsorbed by the human body, does not spike insulin levels, and is safe for diabetics. FOS is in no way related to the artificial sweetener *saccharin*⁷, and does not produce side effects.

1. *Synergistic* - an harmonious action of two or more ingredients, where the whole produces an action greater than the sum of it's parts.
2. *Enzymes* - positively charged protein molecules produced by living organisms.
3. *Tonic* - something that invigorates, refreshes or restores.
4. *Wildcrafted* - when an herb or plant grows wild without intervention until harvest.
5. *Succinate* - a dry colorless crystalline compound.
6. *Antioxidant* - friendly molecules that neutralize free radicals, a primary culprit in degenerative diseases such as arthritis and cancer.
7. *Saccharin* - a crystalline powder 500 x sweeter than sugar, used as a sugar substitute.