



# COMPLETE SUPERGREENS

- PROVIDES FULL-SPECTRUM, NUTRIENT-DENSE SUPERFOODS AND FIBER
- CONTAINS CONCENTRATED BERRIES, FRUITS, VEGETABLES AND GREENS
- SUPPORTS CELLULAR AND LIVER DETOXIFICATION
- PROMOTES OPTIMAL PH LEVELS IN THE BODY



This product is a convenient drink mix that provides beneficial nutrients from berries, fruits, vegetables and greens to support a healthy diet. This complete formula combines concentrated fruits and berries with a vegetable antioxidant blend to help build antioxidant reserves and protect the body from free radical damage. In addition, this product includes a “superfood” blend with additional phytonutrients and micronutrients to help boost energy levels. This product is gluten-free and dairy-free and is also available in capsule form.

## Overview

Most Americans lead busy lives, often with little time for balanced nutrition. Modern conveniences make fast food meals a large part of the typical American diet. Few individuals receive the antioxidant benefits of fresh fruit and vegetables in their daily diet. By broadening the scope of traditional green blends, this product is formulated for excellent pH and fiber values, but also serves as a high ORAC (oxygen radical absorbance capacity) blend. This product helps patients overcome diets lacking in the recommended fruits and vegetables a day, as stated by the National Cancer Institute.

## Oxygen Radical Absorbance Capacity†

Fruits and vegetables contain a high ORAC value. ORAC value is a unit value assigned by researchers to measure the antioxidant value of a given food. Foods with a high ORAC value are beneficial to the body and contribute to balanced antioxidant status. Antioxidants fight free radicals, the agents that can cause cellular damage. This product contains all natural organic fruits (where available) and provides a high ORAC, antioxidant blend. This product incorporates the latest science of the highest ORAC fruits and vegetables and is formulated in a satisfying single serving to help patients fulfill their dietary needs. Fruits and vegetables have an exceptional

combination of antioxidants that deliver greater nutrient value and absorption than standard antioxidant supplements.

## The Organic Advantage†

Organically grown plants traditionally have higher total phenolic compounds. In a recent study at UC-Davis, researchers found higher amounts of total phenolic compounds, such as flavonoids, anthocyanidins, catechins and tannins, than in traditionally grown fruit.<sup>[1]</sup> An increase in these secondary antioxidant metabolites help better support diets lacking in fruits and vegetables.

## Fruit Blend†

The combination of organic fruits, from apples to acai berries, provides a powerful blend of super fruits that helps maintain health and well-being. Berries have long been known to be highly concentrated in natural antioxidants, along with unique properties that can enhance immune and brain health, as well as metabolic function.<sup>[2]</sup> Consumption of a variety of fruits and berries is known to improve antioxidant status and provide long-term metabolic benefits.<sup>[3]</sup>

## Greens Blend†

The combination of spirulina and wheat grass creates a powerful nutritional energy boost. Spirulina is a blue-green algae that has been used effectively as a health supplement since ancient times and has been shown to support heart, brain and metabolic health.<sup>[2, 4]</sup> Spirulina is a rich source of a variety of phytonutrients and antioxidants, including selenium, phenolic acid, vitamin E and carotenoids. This nutrient-rich, underwater plant is also a significant source of protein and the amino acids valine, leucine, isoleucine, omega-6, omega-3, vitamin B1, zinc, vitamin B2, iron, beta carotene, manganese and copper.

† THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Wheat grass provides a number of concentrated nutrients, including iron, calcium, magnesium, amino acids, chlorophyll and vitamins A, C and E. Wheatgrass is known to support immune balance, antioxidant status and gastrointestinal health, as well as enhance nutrient consumption. [5, 6] It is important to note that wheatgrass does not contain gluten. It is removed from the wheat grain that contains gluten.

### Vegetable Antioxidant Blend†

Like fruits, vegetables provide a significant number of valuable nutrients, phytonutrients and antioxidants. Among the most powerful are broccoli, onions, tomatoes, spinach, kale and brussel sprouts. Each vegetable provides support for detoxification, heart and thyroid health and immune balance. All contribute to improved antioxidant status, while delivering a wide variety of vitamins and minerals to enhance health and well-being. [7-10]

Diets low in saturated fat and cholesterol, and rich in fruits and vegetables that contain some types of dietary fiber—particularly soluble fiber—may reduce the risk of heart disease, a disease associated with many factors. This formula provides natural antioxidants from fruits and vegetables.

### Directions

Add one scoop (8 grams) or two scoops (16 grams) of this product to a glass of water or the beverage of your choice, stir and drink, or as recommended by your health care professional.

### Does Not Contain

Gluten, yeast, artificial colors and flavors.

### Cautions

Do not consume this product if you are pregnant or nursing. Consult your physician for further information.

<b>Supplement Facts</b> <small>vs</small>				
Serving Size 1 Scoop (8 Grams) / 2 Scoops (16 Grams)				
Servings Per Container 30/15				
	1 scoop contains	% Daily Value	2 scoops contain	% Daily Value
Calories	30		60	
Total Carbohydrate	6 g	2%*	12 g	4%*
Dietary Fiber	1 g	4%*	3 g	11%*
Soluble Fiber	<1 g		1 g	
Total Sugars	3 g	**	5 g	**
Includes 1 g / 2 g Added Sugars		2%		4%
Protein	<1 g		1 g	
Vitamin C	2 mg	2%	4 mg	4%
Calcium	10 mg	<1%	20 mg	2%
Iron	0.3 mg	2%	0.6 mg	3%
Sodium	6 mg	<1%	12 mg	1%
Potassium	70 mg	1%	140 mg	3%
<b>Food Blend</b>	5 g		10 g	
Apple Fruit (Organic)		**		**
Strawberry (Organic)		**		**
Kiwi		**		**
Raspberry Fruit (Organic)		**		**
Cherry (Organic)		**		**
Blueberry (Organic)		**		**
Blackberry (Organic)		**		**
Gum Arabic ( <i>Acacia senegal</i> ) (Organic)		**		**
<b>Greens Blend</b>	600 mg		1.2 g	
Spirulina (Organic)		**		**
Wheat Grass Juice (Organic)		**		**
<b>Vegetable Antioxidant Blend</b>	500 mg		1 g	
Broccoli Sprout Concentrate		**		**
Onion Extract		**		**
Tomato		**		**
Broccoli		**		**
Carrot		**		**
Spinach		**		**
Kale		**		**
Brussels Sprout		**		**

\* Percent daily values are based on a 2,000 calorie diet.  
\*\* Daily Value not established

## References

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