

PRODUCT INFO

GREENS™ BLEND {BERRY}

ALKALIZE† – BALANCE† – DETOXYFY†

4.5 oz. (127.5 g)

Take your nutrition to a Whole 'Notha Level! Give your body a boost when you alkalize†, balance†, and detoxify† with Greens!

ALKALIZE: The natural blend of ingredients in Greens is designed to help alkalize the body, restore pH balance, and support the immune system for overall health and wellness.†

BALANCE: Greens contains a powerful blend of naturally occurring vitamins, minerals, phytonutrients, and enzymes in their bioactive, bioavailable form so you experience maximum absorption by your body for a big nutritional boost.†

DETOXYFY: With the natural detoxifying properties of Matcha Green Tea and a complex blend of 34 different varieties of fruits and vegetables, Greens delivers the best nutrients to support your body's natural detoxification and help your body to naturally cleanse and balance for a healthier you.†

- Acidity-fighting magnesium and potassium blend
- 52 herbs and nutrient rich superfoods
- 34 fruits and veggies
- Matcha Green Tea Added
- Allergen-Free. Soy-Free. Dairy-Free. Vegan. Non-GMO.
- No artificial colors, flavors or sweeteners
- Sweet berry flavor



SOY FREE



DAIRY FREE



VEGAN



NON GMO

SUGGESTED USE

As a dietary supplement, mix two scoops with 8 fluid ounces of water or juice. Mix thoroughly. Avoid using 3-4 hours prior to bedtime.

Drink at least 8 glasses of water daily.

Caution: Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.



INGREDIENTS

Supplement Facts

Serving Size: 2 level scoops (4.25 g)

Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	1%*
Dietary fiber	1 g	4%
Magnesium (as dimagnesium malate)	50 mg	13%
Potassium (as potassium citrate)	250 mg	7%

Greens 1,080 mg **
Proprietary Blend:
 Blue Green Algae (Spirulina), Parsley, Barley Grass, Spinach, Chlorella, Alfalfa Extract (aerials), Matcha Green Tea, Watercress, Rosemary Leaf, Plantain Leaf, Dandelion Leaf, Lemon Grass, Green Tea Leaf Extract, Dulse.

Whole Foods 1,475 mg **
Proprietary Blend:
 Pea Fiber, Apple Fiber, Eleuthero Root Extract, Fruit and Vegetable Blend (Apple, Carrot, Tomato Juice, Orange Juice, Blueberry, Rosehips, Beet, Amla, Kale, Plum, Ginger, Pineapple Juice, Cauliflower, Broccoli, Grape Juice, Grapefruit Juice, White Willow, Onion, Papaya Juice, Peach, Pear Juice, Brussels Sprouts, Lemon Juice, Raspberry Juice, Strawberry Juice, Pumpkin, Black Currant, Goji (*Lycium barbarum*)), Sunflower Lecithin, Astragalus Root Extract, Turmeric, Meadowsweet Herb (aerial parts), Blackberry Fruit, Acerola, Bilberry Fruit Extract, Cranberry.

* Percent Daily values (DV) are based on 2,000 calorie diet.

** Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Malic Acid, Citric Acid, Silica, Rebaudioside A.



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FREQUENTLY ASKED QUESTIONS

What is Greens?

Greens is an alkalizing, balancing, and detoxifying blend of 52 herbs and nutrient-rich superfoods, fruits and vegetables, and the pH-balancing blend of magnesium and potassium†. With naturally occurring vitamins, minerals, phytonutrients, and enzymes, the nutrients found in Greens are at their highest bioactive, bioavailable form. That means maximum absorption by your body to support your best health.

The acidity-fighting combination of magnesium and potassium, is designed to alkalize the body and restore pH balance, and support the immune system for overall health and wellness.†

Just two scoops of Greens a day gives you results you can truly feel: increased energy and a clean-running digestive system, along with a detoxified, pH-balanced body for better overall health.†

Why is magnesium and potassium important for alkalizing the body?

All fresh fruits and vegetables have important alkalizing benefits, but a diet of those highest in potassium is best for maintaining an alkaline, pH-balanced body. Each serving of Greens provides 250 mg of potassium in the form of potassium citrate, the strongest alkalizing agent found in citrus fruit. An acidic body is not only low in potassium, but likely low in magnesium as well, as magnesium is important for regulating your blood's potassium and bone's calcium levels. When your body is unbalanced and overly acidic, it tries to counteract that acidity by releasing calcium from the bones and amino acids from muscles to promote an alkaline pH. Without an adequate daily source of alkalizing foods and supplements, your bones get weaker and more porous and your muscles lose strength and mass.

Greens' alkalizing blend of potassium and magnesium helps to provide much needed supplies of both of these vital minerals that your body needs to maintain a healthy pH balance, more resilient bones, and lean muscle mass.†

How does Greens help to balance my body?

The natural blend of ingredients in Greens, including an acidity-fighting combination of magnesium and potassium, is designed to help alkalize the body and restore pH balance.† With a powerful blend of naturally occurring vitamins, minerals, phytonutrients, and enzymes in their bioactive, bioavailable form for maximum absorption by your body, Greens helps to increase energy, improve immune system health, and support a clean-running digestive system, all while alkalizing, detoxifying, and balancing your body for better overall health.†

How does Greens help to detoxify my body?

With the natural detoxifying properties of Matcha Green Tea and a complex blend of 34 different varieties of fruits and vegetables, Greens delivers the best nutrients to support your body's natural detoxification and help your body to naturally cleanse and balance for a healthier you.†



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Can I skip some of my servings of fruits and vegetables if I take Greens every day?

It can be hard to get enough servings of the fruits and veggies you need in all of your meals every single day. With a blend of 52 herbs and nutrient-rich superfoods, that includes 34 fruits and vegetables, Greens gives a big nutritional boost to your already healthy diet. Greens is not intended to be a substitute for the fresh fruits and vegetables that are so important to your health.

The label says to avoid taking Greens 3-4 hours before bedtime. Why is that?

All of the vitamins, minerals, phytonutrients, and enzymes within Greens are invigorating to the body. Many people feel quite energized after taking Greens and have a difficult time settling down to sleep. For that reason, we recommend that you not take Greens 3-4 hours prior to bedtime.

What kinds of berries are in the Greens Berry?

Both the Orange and Berry flavors of Greens contain super-fruit berries from blackberries, blueberries, cranberries, strawberries, bilberry, amla, goji berry, and black currant as part of the blend of multiple fruits and vegetables. Greens Berry contains natural flavoring to give it a sweet berry taste.

Does Greens Berry contain stevia?

Yes, Greens Berry does contain stevia. You'll find it listed as Rebaudioside A in the "Other Ingredients" list. This stevia plant extract acts as the sweetening agent in Greens Berry.

What does Greens Berry taste like?

Greens Berry is formulated to deliver a delicious berry blend taste, sweetened with Rebaudioside A, a stevia leaf extract.

Why is the serving size and net weight for Greens Berry higher than that of Greens Orange?

Greens Berry contains additional natural ingredients, such as stevia leaf extract Rebaudioside A for taste.

Can I take Greens if I am pregnant?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

Can I give Greens to my children?

Greens is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

Does Greens contain gluten?

Greens Blend Berry is formulated with only gluten-free ingredients.

What markets/countries is Greens Blend available in?

Greens Blend is only available in the US at this time.



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