

PRODUCT INFO

GREENS™ BLEND

ALKALIZE – BALANCE – DETOXYFY



TAKE YOUR NUTRITION TO A WHOLE 'NOTHA LEVEL!

Give your body a boost when you alkalize, balance, and detoxify with Greens™ Blend!

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

BALANCE: Greens Blend 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 Blend delivers the best nutrients to support your body's natural detoxification and help your body to naturally cleanse and balance for a healthier you.



**KETO
FRIENDLY**



**NON
GMO**



**NO ARTIFICIAL
COLOURS OR
FLAVOURS**



**SOY
FREE**



VEGAN

- Provides nutrient support and antioxidants for the maintenance of good health
- Acidity-fighting magnesium and potassium blend
- 52 herbs and nutrient rich superfoods
- 34 fruits and veggies
- Matcha green tea added
- Chocolate and Berry flavours



Individual results can and will vary. Greens Blend has been approved by Health Canada and has been assigned a NPN (#80073278 Berry Flavour and #80088723 Chocolate Flavour).



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PRODUCT INFO

GREENS™ BLEND ALKALIZE – BALANCE – DETOXYFY

CHOCOLATE FLAVOUR

Medicinal Ingredients: / Ingrédients médicinaux :	Amount / Teneur
Pea seed (Pisum sativum) / Graines de pois (Pisum sativum)	50 mg
Spirulina (whole, Arthrospira platensis) / Spiruline (entière, Arthrospira platensis)	184.5 mg
Parsley leaf (Petroselinum crispum) / Feuille du persil (Petroselinum crispum)	120.5 mg
Pectin / Pectine	50 mg
Barleygrass leaf (Hordeum vulgare) / Feuille d'orge (Hordeum vulgare)	66 mg
Spinach leaf (Spinacia oleracea) / Feuille d'épinard (Spinacia oleracea)	59.5 mg
Siberian ginseng root (Eleutherococcus senticosus) / Racine de ginseng sibérien (Eleutherococcus senticosus)	50 mg
Chlorella (broken cell, Chlorella vulgaris) / Chlorelle (cellules cassées, Chlorella vulgaris)	39 mg
Magnesium (malate) / Magnésium (malate)	25 mg
Matcha green tea leaf extract (0.3 mg caffeine, Camellia sinensis) / Extrait de feuille de thé matcha (0.3 mg de caféine, Camellia sinensis)	8 mg
Astragalus root (Astragalus membranaceus) / Racine d'astragale (Astragalus membranaceus)	7.8 mg
Turmeric root (Curcuma longa) / Racine de curcuma (Curcuma longa)	5.5 mg
Acerola fruit (Malpighia glabra) / Fruit de l'acérola (Malpighia glabra)	4.5 mg
Green tea leaf extract 4:1 (Camellia sinensis, 17.6 mg dried herb equivalent, 1.3 mg catechins and 0.35 mg caffeine) / Extrait de feuille de thé vert 4:1 (Camellia sinensis, égale à 17.6 mg d'herbe sèche, 1.3 mg de catéchine et 0.35 mg de caféine)	4.4 mg
Amla fruit (Mirobalanus emblica) / Fruit de l'amlà (Mirobalanus emblica)	1.75 mg
Bilberry fruit (Vaccinium myrtillus) / Fruit de la myrtille (Vaccinium myrtillus)	1.45 mg
White willow stem bark (Salix alba) / Écorce de tige de saule blanc (Salix alba)	0.5 mg
Goji fruit (Lycium barbarum) / Fruit du goji (Lycium barbarum)	0.25 mg

Non-medicinal ingredients: Alkalized cocoa powder, D-fructose, Potassium citrate, Chocolate flavour, Sea salt, lecithin, Fruit and vegetable blend, Silicon dioxide, Rebaudioside A

BERRY FLAVOUR

Medicinal Ingredients per serving: / Ingrédients médicinaux par portion :	Amount / Teneur
Pea fruit (Pisum sativum) / Fruit du pois (Pisum sativum)	440 mg
Spirulina (whole, Arthrospira platensis) / Spiruline (entière, Arthrospira platensis)	184.5 mg
Parsley leaf (Petroselinum crispum) / Feuille du persil (Petroselinum crispum)	120.5 mg
Pectin / Pectine	103.5 mg
Barley grass leaf (Hordeum vulgare) / Feuille d'orge (Hordeum vulgare)	66 mg
Spinach leaf (Spinacia oleracea) / Feuille d'épinard (Spinacia oleracea)	60.5 mg
Siberian ginseng root (Eleutherococcus senticosus) / Racine de ginseng sibérien (Eleutherococcus senticosus)	59.5 mg
Chlorella (whole, Chlorella vulgaris) / Chlorelle (entière, Chlorella vulgaris)	39 mg
Magnesium (malate) / Magnésium (malate)	25 mg
Tea leaf extract (0.3 mg caffeine, Camellia sinensis) / Extrait de feuille de thé (0.3 mg de caféine, Camellia sinensis)	8 mg
Astragalus root (Astragalus membranaceus) / Racine d'astragale (Astragalus membranaceus)	7.8 mg
Turmeric rhizome (Curcuma longa) / Rhizome de curcuma (Curcuma longa)	5.5 mg
Acerola fruit (Malpighia glabra) / Fruit de l'acérola (Malpighia glabra)	4.5 mg
Green tea leaf extract 4:1 (Camellia sinensis, 17.6 mg dried herb equivalent, 1.3 mg catechins and 0.35 mg caffeine) / Extrait de feuille de thé vert 4:1 (Camellia sinensis, égale à 17.6 mg d'herbe sèche, 1.3 mg de catéchine et 0.35 mg de caféine)	4.4 mg
Amla fruit (Mirobalanus emblica) / Fruit de l'amlà (Mirobalanus emblica)	1.75 mg
Bilberry fruit (Vaccinium myrtillus) / Fruit de la myrtille (Vaccinium myrtillus)	1 mg
White willow stem bark (Salix alba) / Écorce de tige de saule blanc (Salix alba)	0.5 mg
Goji fruit (Lycium barbarum) / Fruit du goji (Lycium barbarum)	0.25 mg

Non-medicinal ingredients: D-Fructose, Sunflower lecithin, Silicon dioxide, Stevia leaf extract, Potassium citrate, Berry flavour, Malic acid, Citric acid, Fruit and vegetable blend

SUGGESTED USE

Mix two scoops or one packet with 250 mL (8 fluid ounces) of water or juice. Mix thoroughly. Consume once per day a few hours before or after other natural health products or medications. Consult a health care practitioner for use beyond 1 month. Take with food.

Caution: Consult a health care practitioner prior to use if you: suffer from gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid, a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice), an iron deficiency, abdominal pain, nausea, fever, dyspepsia, heartburn, diarrhoea or vomiting, any type of acute infection, asthma, an auto-immune disorder or if you are taking anticoagulants. Do not use if you have high blood pressure, if you are pregnant or breastfeeding, or if you are allergic to acetylsalicylic acid (ASA) or other salicylates. Discontinue use in case of laxative effects or hypersensitivity / allergy.

Warning: Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported (in Canada and internationally).

PRODUCT INFO

GREENS™ BLEND

ALKALIZE – BALANCE – DETOXYIFY

FREQUENTLY ASKED QUESTIONS

What is Greens Blend?

Greens Blend 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 Blend 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 Blend or one convenient stick pack of Greens on the Go™ Blend 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 Blend 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 Blend's 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 Blend help to balance my body?

The natural blend of ingredients in Greens Blend, 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 Blend 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 Blend 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 Blend delivers the best nutrients to support your body's natural detoxification and help your body to naturally cleanse and balance for a healthier you.

Can I skip some of my servings of fruits and vegetables if I take Greens Blend 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 Blend gives a big nutritional boost to your already healthy diet. Greens Blend is not intended to be a substitute for the fresh fruits and vegetables that are so important to your health.

GREENS™ BLEND

ALKALIZE – BALANCE – DETOXYFY

FREQUENTLY ASKED QUESTIONS

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

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

What flavours is Greens Blend available in?

Greens Blend is available in Chocolate and Berry Flavours.

What sizes is Greens Blend available in?

Greens Blend comes in three different sizes:

- Greens Blend jar: 30 servings (net weight: 127.5 g Berry / 180 g Chocolate)
- Greens On The Go™ Blend: 30 single serve packets (net weight: 127.5 g Berry / 180 g Chocolate)
- Greens Blend Value Size: 90 servings (net weight: 382.5 g Berry)

What kinds of berries are in Greens Blend?

Greens Blend contains 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 Blend Berry Flavour contains natural flavouring to give it a sweet berry taste.

What kind of chocolate is in Greens Blend Chocolate Flavour?

Greens Blend Chocolate Flavour contains Dutch-processed cocoa (also known as alkalized, unsweetened cocoa powder). The alkalized cocoa is less bitter than natural cocoa with a milder, more mellow flavor and it dissolves more easily, making it an ideal choice for Greens Blend.

Does Greens Blend contain natural sweetener?

Yes, both Greens Blend Berry and Chocolate Flavours contain steviol glycosides, which is a 100% natural, zero calorie sweetener. You'll find it listed as Rebaudioside A in the "Other Ingredients" list. This purified stevia plant extract acts as the sweetening agent.

Does Greens Blend contain gluten?

Greens Blend is formulated with only gluten-free ingredients. It is not currently tested to detect gluten that may or may not be introduced during the manufacturing process.

Can I take Greens Blend 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 Blend to my children?

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