GREENS BLEND BERRY
INSTANT DRINK POWDER
127.5 g

TAKE YOUR NUTRITION TO A WHOLE ‘NOTHA LEVEL!

Greens is designed with a blend of 50 herbs and nutrients, including 33 fruits and vegetables, matcha green tea, and a blend of magnesium and potassium.

Just one heaped scoop of Greens a day provides more than 15% of the NRV of magnesium, which contributes to normal energy-yielding metabolism and a reduction of tiredness and fatigue. The naturally occurring nutrients and phytonutrients found in Greens are in the forms found in nature which means maximum absorption by your body to support your best health!

- Contains a blend of magnesium (which contributes to electrolyte balance) and potassium, which contributes to normal muscle function
- Combination of 50 herbs and nutrients
- 33 fruits and veggies

- Matcha green tea added
- No artificial colours, flavours or sweeteners
SUGGESTED USE
Mix one heaped scoop (4.25 g) with 250 ml of water or juice per day. Mix thoroughly.

NUTRITION FACTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>% NRV/VRN/VRN*</th>
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<tbody>
<tr>
<td>Magnesium / Potassio / Potassi</td>
<td>18%</td>
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<tr>
<td>Magnesium / Magnesium / Magnesio</td>
<td>18%</td>
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<tr>
<td>Apple fibre / Fibre de Pomme / Fibre de manzana / fibra di mela</td>
<td>18%</td>
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<tr>
<td>Pea fibre / Fibre de pois / Fibre de guisante / fibra di pisello</td>
<td>18%</td>
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<tr>
<td>Eléuthérocoque Senticosa Root Extract / Extrakt de Raiz de eléuthérocoque Senticosus / extratto di radice di Eléuthérocoque Senticosis</td>
<td>18%</td>
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FREQUENTLY ASKED QUESTIONS

What is Greens?
Greens is a specially designed blend of 50 herbs and nutrients, including 33 fruits and vegetables, matcha green tea, and a blend of magnesium and potassium. The naturally occurring nutrients and phytonutrients found in Greens are in the forms found in nature which maximise absorption by your body to support your best health! Just one heaped scoop of Greens a day provides more than 15% of the NRV of magnesium, which contributes to normal energy-yielding metabolism and a reduction of tiredness and fatigue.

Why is magnesium and potassium important for alkalizing the body?
Each serving of Greens provides 359 mg of potassium in the form of potassium citrate, which is necessary for normal muscle function and maintenance of normal blood pressure and normal functioning of the nervous system. Each serving also provides 70 mg of magnesium which contributes to electrolyte balance, normal energy-yielding metabolism and reduction of tiredness and fatigue.

INGREDIENTS
Potassium Citrate, Magnesium Malate, Spirulina (Spirulina platensis), Pea Fibre, Natural Flavouring, Acids (Citric acid, Malic acid), Apple Fibre, Parsley, Barley Grass (Hordeum vulgare L.), Spinach, Emulsifier (Sunflower lecithin), Anti-caking Agent (Silicon Dioxide), Chlorella (Chlorella vulgaris), Alfalfa Grass Extract (Medicago sativa L.), Eleutheroceoccus Senticosus Root Extract (Eleutherococcus senticosus), Sweetener (Steviol glycosides), Apple, Carrot, Matcha Green Tea, Turmeric Root (Curcuma longa L.), Blackberry, Dandelion (Taraxacum officinale), Plantain Leaf (Plantago major L.), Rosemary (Rosmarinus officinalis L.), Watercress, Lemongrass (Cymbopogon citratus), Tomato, Orange Juice, Acerola Extract, Green Tea Extract, Bilberry, Rosehip (Rosa canina L.), Dulse (Palmaria palmate L.), Beetroot, Plum, Bilberry Extract, Amla (Emblica officinalis), Ginger (Zingiber officinalis), Pineapple, Cranberry, Broccoli, Cauliflower, Grapefruit, Kale, Onion, Papaya, Peach, Pear, Brussels Sprout, Lemon, Raspberry, Strawberry, Pumpkin, Blackcurrant, Goji berry (Lycium barbarum L.).
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FREQUENTLY ASKED QUESTIONS

How does Greens help to balance my body?
With a blend of 50 herbs and nutrients, including 33 fruits and vegetables, matcha green tea, and a blend of magnesium and potassium, Greens helps to reduce tiredness and fatigue, supports electrolyte balance, and contributes to normal psychological function and normal functioning of the nervous system.

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 50 herbs and nutrient-rich superfoods, that includes 33 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 energised 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 Greens?
Greens Berry contains super-fruit berries from blackberries, blueberries, cranberries, strawberries, bilberry, amla, goji berry, and blackcurrant as part of the blend of multiple fruits and vegetables. It also contains natural flavouring to give it a sweet berry taste.

Does Greens Berry contain natural sweetener?
Yes, Greens Berry contains steviol glycosides, which is a 100% natural, zero calorie sweetener. You’ll find it listed as Sweetener (Steviol glycosides) in the “Ingredients” list. The Steviol glycosides, extracted and purified from the stevia plant, acts as the sweetening agent in Greens Berry.

Does Greens contain gluten?
Greens Berry 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 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 paediatrician before giving any supplements to children.

Is Greens Berry a substitute for my normal diet?
Like all food supplements Greens Berry is not a substitute for a varied and balanced diet and a healthy lifestyle.