

GREENS Plus® 360 Veggie Capsules

The Original and Still the Best.

A blend of 29 nutrient-rich Superfoods, Sea Vegetables and High-Energy Herbal Extracts. One serving of GREENS Plus® delivers more essential vitamins, organic minerals, amino acids, enzymes and antioxidants than 5 full servings of fruits and vegetables.

The human body is a complex network of millions and millions of cells. In every cell, thousands of chemical reactions are continually taking place. These reactions depend upon a diet rich in vitamins, minerals, and enzymes.

When properly supplied, these cells produce lots of energy and give the body and abundance of vitality, endurance and strength. The modern American diet however, high in fat, cholesterol and sugar, actually depletes the body of essential nutrients. Superfoods like those found in GREENS Plus® help to support the body's cells for optimum energy, superior wellbeing and peak performance.

GREENS Plus® can be taken more than once per day, with a minimum of 8 glasses of pure water.

GREENS Plus® CONTAINS **NO** yeast, salt, egg, coloring, flavors, irradiation, gluten, preservatives, MSG, corn or dairy products, and **NO ADDED** sugars, fats or oils.

Greens Plus® helps to:

- Increase energy levels
- Support the immune system
- Enhance mental acuity
- Cleanse the digestive system
- Balance the body's pH



Highlights

- Provides food source vitamins and minerals, in their biologically complex form, as nature intends them to be.
- Supplies high concentrations of the very building blocks of life – RNA, DNA and Amino Acids – absolutely essential for the health of all 32 trillion cells in the human body.
- Delivers sea-source micro-nutrients such as boron, titanium, lithium, ubium and iodine found in rich sea vegetation – virtually depleted from the earth's soil.
- Contains a rainbow of bio-active enzymes such as chlorophyll (green), phycocyanin (blue) xanthophylls (yellow), violaxanthin (purple) and the complete carotene complex-focal points of exciting nutritional research.
- Metabolizes and transports body fat and cholesterol with the emulsifying di-polar molecules found in ultra Soy Lecithin.
- Neutralizes harmful acids produced in the digestion of animal tissue and processed foods. Disease thrives in an acidic internal environment called acidosis. **GREENS+®** is a rich alkaline-forming food that restores a healthy pH balance to the human body.
- Strengthens the Immune System with the herbal support of Echinacea Angustifolia, Milk Thistle and Astragalus Membranaceus.
- Enhances mental acuity with Ginkgo Biloba extract, a potent neural tonic that improves circulation to the brain tissue, and works with choline (found in lecithin) to increase nerve impulses linked to memory. The human brain has a dry composition of 30% lecithin.
- Reduces stress and accelerates homeostasis with standardized herbal extracts of Siberian Ginseng, Licorice root, and Astragalus Membranaceus.
- Cleanses the colon of excess cholesterol, dietary toxins and waste with 17.2% soluble and insoluble high pectin apple fiber.
- Re-populates friendly intestinal bacteria with 2.5 billion airy-free probiotic cultures of seven different strains – including Acidophilus ATCC 4356.

Nutrition Facts

Serving Size 12 Capsules (8.9g)

Servings Per Container 30

Amount Per Serving	% Daily Value*
Calories 35	From Fat 10
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	4%
Sugars <1g	
Vitamin A 8900iu (100% Beta-carotene)	180%
Vitamin B¹ 600mcg (Thiamine)	40%
Vitamin B² 200mcg (Riboflavin)	12%
Vitamin B⁶ 300mcg (Pyridoxine)	15%
Vitamin B¹² 25mcg	416%
Vitamin C 55mg	90%
Vitamin D 150iu	38%
Vitamin E 118iu	390%
Calcium 60mg	6%
Choline 125mg	25%

Magnesium 40mg (10%) • Potassium 140mg (4%)
Phosphorus 95mg (10%) • Pantothenic Acid 1mg (10%)
Folic Acid 30mcg (8%) • Selenium 15mcg (11%)
Copper 80mcg (4%) • Iodine 31mcg (23%)
Iron 4mg (25%) • Manganese 200mcg (10%)

* Percent daily values are based on a 2,000 calorie diet.

Ingredient Details

CHLORELLA

"Broken cell wall"; removes mercury, cadmium, PCB's; 20 times the chlorophyll of alfalfa; high content of RNA/DNA; rich source of iron and zinc; Green freshwater microalgae

ORGANICALLY & HYDROPONICALLY GROWN SOY SPROUTS

1-2 day sprouted organic soy that is hypoallergenic; Source of many antioxidants; prime source of phytochemicals containing the important isoflavone, genestein

ACEROLA BERRY JUICE POWDER

15% natural vitamin C. The acerola berry is the most potent source of natural Vitamin C. We spray dry them to obtain high Vitamin C and bioflavonoid powder helps Quercetin absorption; balances pH in colon

ULTRA LECITHIN

Essential to the function of every cell; emulsifies cholesterol; vital to healthy hair and skin; helps with absorption of fat-soluble Vitamins A, D, E, and K; 99% oil free; 97% phosphatides; natural choline

DUNALIELLA SALINA

Sea algae grown in the clear South Pacific waters; rich source of beta-carotene; 7.5% alpha-carotene; Cis and Trans carotenoids

MILK THISTLE EXTRACT (*Silybum Marianum*)

85.6% Silymarin, an anti-oxidant that has a beneficial effect on liver function; strengthens liver and stimulates new cell growth; liver detoxifier and antioxidant; protects the liver from poisons and pollutants

HAWAIIAN SPIRULINA

Abundant rhamnase glycoside content that gives sustained energy; potent source of Beta Carotene; richest food source of vegetarian B-12; high in GLA and essential fatty acids; Grown on the pristine Kona Coast of Hawaii; superior source of highly absorbable organic iron; 65% easily digested, biologically complete protein; The most nutrient-rich of all blue-green algae

Supplement Facts	
Serving Size 1 Capsules (8.9 mg)	Per Serving
Proprietary Superfood and Herbal Blend	
GMO-Free Soy Lecithin [26% phosphatidylcholine]	2,239mg *
Hawaiian Spirulina Pacifica	1,356mg *
Organic High Pectin Apple Fiber	1,350mg *
Organic Barley Grass Powder	650mg *
Organic Wheat Grass Powder	350mg *
Japanese Chlorella	350mg *
Organic Soy Sprouts	350mg *
Brown Rice Bran	350mg *
Sprouted Barley Malt	350mg *
Alfalfa Grass Powder	300mg *
Royal Jelly Powder	150mg *
Montana Bee Pollen	150mg *
Licorice Root Powder	60mg *
Organic Red Beet Juice Powder	50mg *
Dunaliella Salina Algae	40mg *
Organic Nova Scotia Dulse (<i>Palmeria plamata</i>)	20mg *
Natural Vitamin E (<i>d-alpha-tocopherol-succinate</i>)	118iu †
Dairy-Free Probiotic Cultures [2.5 billion]	200mg *
<i>L. Acidophilus, L. Casei, L. Plantarum, L. Rhamnosus, B. Breve and B. Longum with Fructo-Oligosaccharides</i>	
Standardized Herbal Extracts	
	Per Serving
Milk Thistle Seed (<i>Silybum marianium</i>)	60mg *
Echinacea Root (<i>Echinacea angustifolia</i>)	60mg *
Siberian Eleuthero Root (<i>Eleutherococcus senticosus</i>)	60mg *
Astragalus Root (<i>Astragalus membranaceus</i>)	60mg *
Licorice Root (<i>Glycyrrhiza glabra</i>)	60mg *
Organic Japanese Green Tea Leaf (<i>Camellia sinesis</i>)	20mg *
Organic <i>Ginkgo Biloba</i> Leaf	20mg *
High-ORAC‡ Antioxidant Fruit Extracts	
	Per Serving
Organic Acerola Berry (<i>Malpighia glabra</i>) [17% Natural Vitamin C]	115mg *
Full Spectrum Grape Skin and Seed (<i>Vitis vinifera</i>)	20mg *
Organic European Bilberry (<i>Vaccinium myrtillus</i>)	10mg *
* Daily Values not established	

† See Nutrition Facts panel for Total Daily Values.

‡ Oxygen Radical Absorbance Capacity is the standard testing method used to measure antioxidant-rich foods. Higher numbers have a greater capacity to neutralize free radicals.

ASTRAGALUS MEMBRANACEUS

The most potent immune system enhancing herb known; increases phagocytosis, interferon production, and the number of macrophages; enhances T-cell formation; functions as an adaptogen to relieve stress-induced immune system suppression

ECHINACEA ANGUSTIFOLIA EXTRACT

This natural antibiotic is used by millions around the world to prevent bacterial illness, it stimulates immune function and helps detoxify and pull waste residues out of the lymph glands. This form can be used daily.

ORGANICALLY GROWN ALFALFA, BARLEY, WHEAT GRASS AND RED BEET JUICE POWDER

Organic powders are rich in natural Vitamin C, beta-carotene, potassium, magnesium, and calcium; contain great amounts of chlorophyll and the enzyme Super Oxide Dismutase (SOD); provides stamina, anti-stress; greater percentage of protein than eggs; adds alkalinity to the body; red beets detoxify liver

ROYAL JELLY 5% 10-HDA MONTANA BEE POLLEN

Royal Jelly and bee pollen are loaded with antioxidant vitamins. The high concentration of pantothenic acid is thought to contribute to the longevity of the queen bee who far outlives all the other bees in the hive. Montana bee pollen contains high amounts of SOD and is an additional source of vitamins, minerals, enzymes and co-enzymes. A multi floral, cold processed potent pollen from Montana Nature's most perfect food.

NATURAL VITAMIN E

D-alpha tocopheryl succinate, the most expensive form. Dry powder with no oils
Antioxidant that protects cholesterol and lipids from oxidation

6 DAIRY-FREE PROBIOTIC CULTURES

Grown on brown rice; contains 2.5 billion symbiotic dairy-free "friendly bacteria" per serving which help digest foods as well as help make B vitamins and absorb minerals. Promotes intestinal hygiene In FOS (fructo-oligosaccharides) a high molecular weight food to promote "friendly bacteria" growth; not centrifuged; antiviral, antibacterial

NOVA SCOTIA DULSE

Certified organically grown; purple-red sea vegetable; iron, iodine, boron etc.; sea-Source micronutrients

4 COLON CLEANERS

1. High pectin apple fiber helps maintain intestinal balance, cleansing the intestinal tract with 17.2% soluble and insoluble fibers.
2. Brown rice germ and bran join with pectin and chlorophyll to cleanse, detoxify, and deodorize the intestine.
3. Sprouted barley malt soothes the intestines and gives moisture to stool.
4. Natural chlorophyll.

EUROPEAN BILBERRY EXTRACT

Another source of proanthocyanidins is the European Bilberry. Bilberry flavonoid extract has been shown to have impressive effects on capillary fragility, Improves capillary strength; assists night vision; assists peripheral circulation

GREEN TEA EXTRACT

Could be the single most important herb you take! 60% pure polyphenols; assists digestion and "friendly bacteria" in the intestines; helps reduce and control plaque causing bacteria in the mouth; helps balance blood sugar levels; balances pH in colon

LICORICE ROOT EXTRACT

Antiviral, antibiotic activity; sustains adrenal functions; mherbal transporter

SIBERIAN ELEUTHERO ROOT EXTRACT

One of the most potent adaptogenic herbs. Has been shown to be anti-fatigue and anti-stress adaptogenic herb. Contains germanium which is immune enhancing and oxygen enriching. Helps the body ward off stress and balances the body's energy.

PHARMACEUTICAL GRADE GINKGO BILOBA 24% EXTRACT

Improves and protects vascular health and enhances mental function; powerful antioxidant Improves delivery of oxygen to brain tissues 10% of active ingredient is Quercetin, a bioflavonoid