

Get it all in one!

Contains Certified Organic Ingredients

Ideal for vegans & vegetarians, contains every essential Amino Acid

minerals herbs antioxidants protein
enzymes trace elements bioflavanoids
vitamins chlorophyll probiotics

**phyto-nutrient
superfood**

**vital
greens**



**Great taste, Optimal Absorption,
Convenient, once a day superfood!**

Take the guess work out of your nutritional needs!

What is Vital Greens?

VITAL GREENS IS A NUTRIENT AND ENZYME-RICH, COMPLETE "SUPERFOOD" which contains over 70 nutrients essential to deliver optimal health, energy and vitality to every cell in the body. These essential nutrients include naturally occurring whole food source vitamins and both macro and trace minerals. Together with powerful antioxidants, probiotics for intestinal health, essential amino-acids, essential fatty acids (both Omega 3 and 6), digestive enzymes, cell pigments, plant sterols and fibers. All these nutrients combine synergistically to provide a balanced nutritional support from real food that's alive instead of synthetically made vitamin pills. This combination will supply the body with the raw material it needs daily for optimum health and vitality – in a powder form for easy and complete absorption.

Vital Greens was devised by two Sydney naturopaths/medical herbalists with a total of 26 years of clinical experience between them. It was designed to meet the day to day nutritional needs of people living in a far from perfect world.

Vital Greens is designed specifically to support everybody wanting an energising, cleansing, alkaline-promoting, all-in-one nutritional supplement. The body's daily nutritional needs from A to Z is here - in one great tasting powder!

WHY SHOULD I TAKE VITAL GREENS?

Most of us recognise the need for supplements to counteract the fast foods, toxins, stresses, lack of sleep and challenges we face in daily life. To recognise the need for vitamins, minerals, antioxidants, protein etc is one thing. To know where to start is another!

When we purchase all the essentials individually it becomes confusing, quite cumbersome and very costly. **Vital Greens** is the first formula ever to offer the widest variety of so many superfoods in just one convenient, economical formula which you just mix in your favourite juice, soy milk or even water.



Available in single serve sachets, 120gm, 300gm, 400gm, 600gm and 1 kilogram containers

We take the guess work out of your nutrition needs!

HOW WILL VITAL GREENS HELP ME?

Vital Greens works as a:

• DETOXIFIER/CLEANSER

detoxifying and gently cleansing your colon, liver and working on every single cell in the body. The unique combination of nutrients will help your body progressively eliminate waste which builds up on the bowel walls, cleansing the liver which is the body's main filter organ and emulsify fat helping to maintain healthy cholesterol and blood pressure levels.

• ENERGISER/ALKALISER

Vital Greens contains many superfoods to help give you more energy, feel more vibrant and less sluggish and stressed. Alkalinity is promoted which results in feeling more balanced and alive!

• WELL-BEING PROMOTER

Vital Greens contains potent antioxidants, adaptogenic herbs boosting stamina, endurance and the immune system. Powerful phytonutrients building health from the very basics of the cell.

• SHARPER MENTAL ACUITY

Vital Greens contains Lecithin, Gotu Kola, Rosemary and Co-Enzyme Q-10 which may help increase mental acuity, focus and concentration.

I NEVER HAVE TIME FOR BREAKFAST!

Isn't it supposed to be the most important meal of the day? That it is! It can make or break your day's moods, energy and concentration levels. Most people are rushed, especially in the morning. It's difficult to prepare a protein-rich breakfast without cooking let alone find the time to eat it! **Vital Greens** provides all your whole day's requirements in a great tasting, appetite-satisfying form that takes less than a minute to prepare and drink. A real solution to an age old problem!

BUT ISN'T VITAL GREENS EXPENSIVE?

A month's supply of **Vital Greens** at 10g per day costs \$73.45. That works out at \$2.45 per day! No other supplement is needed to provide a complete nutrition programme. Most people spend more on a cup of coffee and just how healthy is that?

DO I NEED TO TAKE ANY EXTRA VITAMINS AT ALL?

Vital Greens was designed to provide you with **all** your daily nutrition needs without having to take multivitamin pills, laxatives etc. If you should choose to take extra vitamins or other nutrients please check with a health care professional first.

INGREDIENTS (PER 10GM SERVE)

Organic Spirulina	1,000mg
Lecithin (95% phosphatides)	1,000mg
PhytoProtein [®] Pea Protein Isolate 88%	928mg
Organic apple powder	666mg
Citrus Bioflavonoid Extract	500mg
Globe Artichoke extract (15:1) equiv.	500mg
Organic Inulin (F.O.S. pre-biotics)	416mg
Calcium Citrate	333mg
Organic Wheatgrass Powder	333mg
Chlorella Powder	333mg
Organic Alfalfa powder	333mg
Ascorbic Acid (Vitamin C)	333mg
Organic Flaxseed Powder	333mg
Barley leaf Powder	292mg
Acerola Fruit Juice Powder Extract (10:1) equiv.	266mg
Organic Broccoli Flower Powder	250mg
Carica Papaya Powder	250mg
Pineapple Fresh Fruit concentrate (10:1)	240mg
Brown Rice Bran	233mg
Potassium phosphate (Dibasic)	233mg
Bilberry Fresh Fruit Extract (100:1) equiv.	200mg
Rosehip Fruit Powder	166mg
Magnesium Citrate	166mg
Red Beet Juice powder	166mg
Citric Acid (Anhydrous)	150mg
d-alpha Tocopherol Succinate (Vitamin E)	147mg
Carrot Root Powder	83mg
Alpha Lipoic Acid	66mg
Grapeseed Extract (120:1) (std.95%O.P.C.) equiv.	66mg
Green Tea Extract (10:1) equiv.	66mg
Cocoa Bean Polyphenol Extract equiv.	66mg
Gotu Kola Extract (4:1) equiv.	66mg
Rosemary Leaf Extract (4:1) equiv.	66mg
Organic Spinach Leaf Powder	66mg
Siberian Ginseng Root Extract (10:1) equiv.	66mg
Astragalus Root Extract (20:1) equiv.	66mg
Schizandra chinensis Fruit Extract (5:1) equiv.	66mg
Ginger Rhizome Powder equiv.	66mg
Licorice Root Powder	66mg
Bromelain	54mg
Wolfberry (Go-ji) Fruit Extract (5:1) equiv.	33mg
Dandelion Root Extract (5:1) equiv.	33mg
Calcium Phosphate	33mg
Colloidal Silica (Anhydrous)	29mg
Hawthorne Fruit Extract (4:1) equiv.	29mg
Ganoderma lucidum (Reishi) Mushroom Powder	20mg
Shitake Mushroom Powder	20mg
Burdock Root Powder	20mg
Slippery Elm Bark Powder	20mg
Zinc Amino Acid Chelate	16mg
Nicotinic Acid (Vitamin B3)	15mg
Kelp Whole Plant Powder	8mg
Co-enzyme Q-10 (Ubidecaronene)	8mg
Calcium Pantothenate (Vitamin B5)	2.9mg
Pyridoxine HCl (Vitamin B6)	2.6mg
Thiamine (Vitamin B1)	2.3mg
Beta-carotene (Pro-Vitamin A)	2mg
Riboflavin (Vitamin B2)	1.6mg
Nicotinamide (Vitamin B3)	1.6mg
Manganese Amino Acid Chelate	1.6mg
Biotin	275mcg
Folic Acid	292mcg
Chromium Picolinate	83mcg
Seleno-methionine	40mcg
Cyanocobalamin (Vitamin B12)	23mcg
Copper Gluconate	1.25mcg
Ergocalciferol (Vitamin D2)	921.u.
Lactobacillus acidophilus (freeze dried Dairy-Free Pro-biotic)	3 billion
Bifidobacterium bifidum (freeze dried Dairy-Free Pro-biotic)	3 billion

Contains certified organic ingredients. Some ingredients are not certifiable or not certified organic.

VISIT OUR WEBSITE www.vitalgreens.com

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