

# What is Vital Greens?

**Vital Greens** is a nutrient and enzyme-rich, complete "Superfood" which contains 76 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, pro-biotics 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.

## 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 phyto-nutrients building health from the very basics of the cell. There are no less than 9 pro-biotics in Greens as opposed to only 3 in yogurt.

**Sharper mental acuity** – **Vital Greens** contains Lecithin, Ginkgo biloba, 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?

If you took all the superfoods, antioxidants, herbal extracts, protein, vitamins and minerals etc in **Vital Greens** and purchased them individually it would cost over \$250 per month or \$8.35 per day! A month's supply of **Vital Greens** costs \$89.95. That works out at \$2.99 per day. No other supplement is needed to provide a complete nutrition programme. Most people spend more on a cup of coffee and a cake 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.



Available in 400gm, 300gm,  
120gm and 1 kilogram containers.  
[www.vitalgreens.com](http://www.vitalgreens.com)



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A V A I L A B L E A T

## INGREDIENTS (per 12gm serve)

Organic Pea Protein Isolate	2,000mg
Organic Spirulina	1,200mg
Soy Lecithin (oil-free 95% phosphatides)	1,200mg
Organic Apple powder	800mg
Citrus bioflavonoids extract	600mg
Globe artichoke powder	600mg
Pro-biotics (dairy free) L acidophilus & Bifidobacterium bifidum – 4.5 billion each per gm	
Organic Wheatgrass Juice powder	400mg
Calcium (citrate 300/carbonate 100gm)	400mg
Ascorbic acid	400mg
Organic Alfalfa powder	400mg
Organic Chlorella (cracked cell)	400mg
Organic Flax seed meal	400mg
Organic Barley juice powder	350mg
Organic Brown rice bran	280mg
Potassium citrate	280mg
Organic Red Beet juice powder	200mg
Organic Bilberry (Vaccinum myrtillus)	240mg
Magnesium citrate	200mg
Acerola Cherry Juice powder	320mg
Siberian Ginseng root	80mg
Licorice root powder	80mg
Rosehips powder (Rosa canina)	200mg
Alpha-lipoic acid	80mg
Organic Spinach powder	80mg
Vitamin E (mixed tocopherols)	176IU
Beta carotene	5,000IU
Cholecalciferol (Vit D <sub>3</sub> )	88IU
Gotu kola (Centella asiatica)	80mg
Rosemary ext. (Rosmarinus officinalis)	80mg
Astragalus membranaceus	80mg
Ashwaganda (Withania somnifera)	80mg
Milk Thistle (Silybum marianum)	80mg
Grapeseed extract (Vitis vinifera)	80mg
Green Tea extract (Camellia sinensis)	80mg
Ginger root powder	80mg
Citric acid	180mg
Schizandra chinesis fruit extract	80mg
Aspergillus oryzae (dietary enzymes)	65mg
Bromelain (dietary enzyme)	65mg
Dandelion root	40mg
Calcium phosphate	40mg
Phosphorous	40mg
Hawthorn Berry	35mg
Go-Ji (Wolfberry) extract	40mg
Burdock root	25mg
Reishi mushroom extract	25mg
Shiitake mushroom extract	25mg
Colloidal Silica	35mg
Nicotinamide (Vit.B <sub>3</sub> )	2mg
Slippery Elm (Ulmus rubra)	25mg
Calcium pantothenate (Vit. B <sub>5</sub> )	3.5mg
Zinc chelate	20mg
Thiamine (Vit. B <sub>1</sub> )	2.2mg
Kelp	10mg
Nicotinic acid (Vit. B <sub>3</sub> )	18mg
Pyridoxine HCl (Vit. B <sub>6</sub> )	3.2mg
Ubidecaronene (CO Q-10)	10mg
Manganese amino acid chelate	2mg
Riboflavin (Vit. B <sub>2</sub> )	2mg
Folic acid	350mcg
Copper Gluconate	1.5mg
Biotin	330mcg
Chromium picolinate	100mcg
Selenium (Selenomethionine)	50mcg
Cyanocobalamin (Vit B <sub>12</sub> )	4mcg

Base:- **Organic papaya, broccoli, cherry powder, carrot, pineapple, carob and natural vanilla**