

# 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, 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?**

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 Spirulina	1,200mg
Lecithin (95% phosphatides)	1,200mg
PhytoProtein® Pea Protein Isolate 88%	1,113mg
Organic apple powder	800mg
Citrus Bioflavonoid Extract	600mg
Globe Artichoke extract (15:1) equiv.	600mg
Organic Inulin (F.O.S. pre-biotics)	500mg
Organic Wheatgrass Powder	400mg
Chlorella Powder	400mg
Organic Alfalfa powder	400mg
Ascorbic Acid (Vitamin C)	400mg
Organic Flaxseed Powder	400mg
Barley leaf Powder	350mg
Acerola Fruit Juice Powder Extract (10:1)	320mg
Calcium Citrate	300mg
Organic Broccoli Flower Powder	300mg
Carica Papaya Powder	300mg
Pineapple Fresh Fruit concentrate (10:1)	288mg
Brown Rice Bran	280mg
Potassium phosphate (Dibasic)	280mg
Bilberry Fresh Fruit Extract (100:1) equiv.	240mg
Rosehip Fruit Powder	200mg
Magnesium Citrate	200mg
Red Beet Juice powder	200mg
Citric Acid (Anhydrous)	180mg
Calcium Carbonate	100mg
Carrot Root Powder	100mg
Alpha Lipoic Acid	80mg
Grapeseed Extract (120:1) (std.95%O.P.C.) equiv.	80mg
Green Tea Extract (10:1) equiv.	80mg
Cocoa Bean Polyphenol Extract equiv.	80mg
Gotu Kola Extract (4:1) equiv.	80mg
Rosemary Leaf Extract (4:1) equiv.	80mg
Organic Spinach Leaf Powder	80mg
Milk Thistle Seed Extract (70:1) equiv.	80mg
Siberian Ginseng Root Extract (10:1) equiv.	80mg
Withania somnifera (Ashwaganda) Extract (20:1) equiv.	80mg
Astragalus Root Extract (20:1) equiv.	80mg
Schizandra chinensis Fruit Extract (5:1) equiv.	80mg
Ginger Rhizome Powder equiv.	80mg
Licorice Root Powder	80mg
Bromelain	65mg
Wolfberry (Go-ji) Fruit Extract (5:1) equiv.	40mg
Dandelion Root Extract (5:1) equiv.	40mg
Calcium Phosphate	40mg
Colloidal Silica (Anhydrous)	35mg
Hawthorne Fruit Extract (4:1) equiv.	35mg
Ganoderma lucidum (Reishi) Mushroom Powder	25mg
Shitake Mushroom Powder	25mg
Burdock Root Powder	25mg
Slippery Elm Bark Powder	25mg
Kelp Whole Plant Powder	10mg
Betacarotene (Pro-Vitamin A)	2.4mg
Thiamine (Vitamin B1)	2.8mg
Riboflavine (Vitamin B2)	2mg
Nicotinamide (Vitamin B3)	2mg
Nicotinic Acid (Vitamin B3)	18mg
Calcium Pantothenate (Vitamin B5)	3.5mg
Pyridoxine HCl (Vitamin B6)	3.2mg
Biotin	330mcg
Folic Acid	350mcg
Cyanocobalamin (vitamin B12)	28mcg
Cholecalciferol (Vitamin D3)	110i.u.
Co-enzyme Q-10 (Ubidecarenone)	10mg
d-alpha Tocopherol Succinate (Vitamin E)	176mg
Zinc Amino Acid Chelate	20mg
Chromium Picolinate	100mcg
Manganese Amino Acid Chelate	2000mcg
Seleno-methionine	50mcg
Copper Gluconate	1.5mcg
Lactobacillus acidophilus (freeze dried Dairy Free Pro-biotic)	3.6 billion
Bifidobacterium bifidum (freeze dried Dairy-free Pro-biotic)	3.6 billion

Contains N.A.S.A.A. and I.F.O.A.M. certified organic ingredients. Some ingredients are not certifiable or not certified organic.