

# 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!



SOY FREE



NON GMO



DAIRY FREE



VEGAN

- 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
- Soy-Free. Non-GMO. Dairy-Free. Vegan.
- No artificial colours, flavours or sweeteners

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### SUGGESTED USE

Mix one heaped scoop (4.25 g) with 250 ml of water or juice per day. Mix thoroughly.

### NUTRITION FACTS

Nutrition Facts / Valeurs nutritionnelles / Información nutricional / Valori nutrizionali	4.25 g	% NRV / VNR / VRN / VNR*
Potassium / Potasio / Potassio	359 mg	18%
Magnesium / Magnésium / Magnesio	70 mg	18%
Apple fibre / Fibre de Pomme / Fibra de manzana / fibra di mela	300 mg	
Pea fibre / Fibre de pois / Fibra de guisante / fibra di pisello	250 mg	
Eleutherococcus Senticosus Root Extract / Extrait de Racine d'éleuthérocoque / Extracto de Raíz de eleuterococo Senticosus / estratto di radice di Eleutherococcus Senticosus	40 mg	

\*NRV = Nutrition reference values / VNR = valeurs nutritionnelles de référence / VRN = Valor de referencia de nutrientes / VNR = valori nutrizionali di riferimento



### 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.), Eleutherococcus 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.), Dulce (Palmaria palmate L.), Beetroot, Plum, Bilberry Extract, Amla (Emblica officinalis), Ginger (Zingiber officinale), Pineapple, Cranberry, Broccoli, Cauliflower, Grapefruit, Kale, Onion, Papaya, Peach, Pear, Brussels Sprout, Lemon, Raspberry, Strawberry, Pumpkin, Blackcurrant, Goji berry (Lycium barbarum L.).

### 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 means maximum 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.



Food supplements are not substitutes for a varied and balanced diet and a healthy lifestyle.

It is illegal for a promoter or a participant in a trading scheme to persuade anyone to make a payment by promising benefits from getting others to join a scheme. Do not be misled by claims that high earnings are easily achieved.

It Works! Marketing International UC, 45-46 James Place East, Dublin 2, Ireland

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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.