

For those seeking a comprehensive blend of nature's most healing green foods, Health4U has created "Greens".

"Greens" is formulated using only premium quality ingredients selected for their specific phyto-nutritional input and contains the most recognized green foods from both land and sea. It is an all-in-one product specifically created for those who only want to take ONE supplement but still want to be sure to get enough of the potent greens that our bodies need.

Our impressive list includes:

- **Premium Japanese Cracked cell Chlorella:** nature's richest source of chlorophyll, chlorella has been shown to detoxify, aid in the breakdown of heavy metals, and lower cholesterol. Chlorella is a powerful detoxification aid for heavy metals and other pesticides. Numerous research projects in the U.S. and Europe indicate that chlorella can also aid the body in breaking down persistent hydrocarbon and metallic toxins such as mercury, cadmium, and lead, DDT and PCB while strengthening the immune system response. In Japan, interest in chlorella has focused largely on its detoxifying properties- its ability to remove or neutralize poisonous substances from the body. Chlorella's cleansing action on the bowel and other elimination channels, as well as protection of the liver, helps keep the blood clean.
- **Premium Spirulina:** Containing over 100 synergistic nutrients, spirulina is nature's richest and most complete source of total organic nutrition. This tiny aquatic plant offers 60% all-vegetable protein, essential vitamins, and phytonutrients such as the antioxidant beta carotene (ten times more concentrated than carrots), the rare essential fatty acid GLA, sulfolipids, glycolipids, and polysaccharides. It is rich in iron, magnesium and trace minerals and is easier to absorb than iron supplements. It is the HIGHEST source of B-12, essential for healthy nerves and tissue, especially in vegetarians. Green (chlorophyll), blue (phycocyanin) and orange (carotenoids) colors collect the sun's energy and power growth. It is easy-to-digest so nutrients are absorbed quickly.
- **Organic cereal grasses**
  - **Organic Kamut:** an heirloom seed, Kamut contains all the necessary trace minerals, magnesium, potassium, and chromium. Magnesium activates the enzymes that catalyze reactions between phosphate ions and energy to muscle cells. It is also associated with regulation of body temperature, neuromuscular contraction and synthesis of protein. Potassium is the principle positively charged atom in intracellular fluid and is of primary importance in its maintenance. In conjunction with sodium and chloride, it aids in

regulation of osmotic pressure (dissolved fluid absorption into the tissue) and acid-base balance. Chromium, a very hard metallic element, helps regulate metabolism and has recently become the superstar of the weight loss industry. It is an alkaline-forming food that does not artificially destroy the body's acids, but instead balances them. Clinics all over the world have been set up to administer the miraculous juices extracted from sprouted wheat plants. People report that the intensive cleaning that chlorophyll and enzymes provide is unsurpassed in its abilities to stimulate immune response and instigate healing.

- **Organic Barley green juice:** Rich in calcium, iron and trace minerals, barley has been reported to relieve arthritis, gastrointestinal disorders, chronic fatigue, constipation, poor circulation, psoriasis, acne, and body odor.
- **Organic oat grass juice:** recent and ongoing studies indicate that unique proteins, lipids, and other factors in oat greens may have tremendous usefulness as an antidote for male impotence and may possibly revive reproductive function.
- **Organic Alfalfa:** Alfalfa has roots that reach up to 60 feet into the soil to absorb trace minerals and its lightweight proteins stimulate the rebuilding of tissues while strengthening hair, skin, and nails.
- **A variety of the most powerful cruciferous vegetables, including:**
  - **Broccoli:** A powerhouse of anti-cancer compounds, broccoli is also rich in vitamin C and beta carotene.
  - **Kale:** Rich in all trace minerals and is recommended to prevent brittle bones. As a member of the Brassica genus of foods, kale stands out as an anti-cancer food.
  - **Spinach:** An excellent source of minerals like calcium, phosphorus, iron, potassium, and zinc, as well as antioxidants like carotenoids, vitamin C, and vitamin E. We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time.
  - **Parsley:** An excellent deodorizer, antacid, and anti-ulcer remedy. Parsley contains two types of unusual components that provide unique health benefits. The first type is volatile oil components- including myristicin, limonene, eugenol, and alpha-thujene. The second type is flavonoids- including apiin, apigenin, crisoeriol, and luteolin.

- And **Cabbage**, in a base of **tocotrienol rich soluble rice bran** (which is soluble fiber derived from rice that contains B vitamins and many beneficial phytochemicals and antioxidants) and **fructo-oligosaccharides** (FOS Inulin-a dietary fiber derived from the chicory root, it is food for the good bacteria in your digestive system, making it easier to digest valuable nutrients.) that promote the growth of friendly bacteria in the intestinal tract as well as other complimentary ingredients.
- **Kelp:** one of our gifts from the sea, studies have shown kelp to be an immune booster and detoxifier, as well as providing support for the cardiovascular system.
- **Broccoli Sprout:** Is for prevention of cancer, heart disease, osteoporosis and hypertension, as well as for helping to control diabetes.
- **Pineapple:** An excellent enzyme source which aids in the digestibility of the entire mix. Studies have shown that pineapple combined with chlorophyll may help with memory issues incident to ageing.
- **Lo Han Guo:** Contains a natural sweetening agent called Mogroside that is ten times more sweet than fructose- so a small amount means less calories.
- **Bee Pollen:** Contains an incredible array of vitamins, minerals, amino acids, enzymes and co-enzymes. Also rich in B vitamins, antioxidants, vitamins C & E, and several flavonoids.
- **American Ginseng:** Traditional Chinese and Korean medicine have used Ginseng for centuries for stress relief, energy, increased alertness, and cardiovascular health among others
- **Kyodophilus:** These beneficial bacteria are used to support proper digestion function as they colonize the intestinal tract and aid in digestion.
- **Carrot Juice-** most valuable natural source of vitamin A among all vegetables, recent studies indicate that foods rich in carotenoids, like those found in carrots, are effective at reducing the risk of lung cancer.
- **Chlorozyme:** A proprietary blend that acts as a carrier to speed absorption of beneficial enzymes and nutrients into the body.
- **Arabinogalactan:** This polysaccharide, derived from the larch tree, has been shown to support healthy digestion and help create a responsive immune system.

“Greens” is an easy to mix powder that can be used with juice or water.

**INSTRUCTIONS:** Take one scoop (1 round tablespoon) each day, best when mixed with pure water or alkaline juices. Do not mix with hot beverages, best on an empty stomach.

**SUPPLEMENT FACTS:** Serving Size: 8 grams Servings Per Container: 30

Amount Per Serving: Calories 25; Sodium 40mg 2%; Potassium 180mg 5%; Total Carbohydrate 4g 1%; Dietary Fiber 1g 4%; Sugars 1g; Protein 2g; Vitamin A 50%; Vitamin C 15%; Calcium 2%; Iron 10%; Vitamin E 2%; Vitamin K 130%; Thiamin 6%; Riboflavin 8%; Niacin 6%; Vitamin B6 8%; Folate 6%; Vitamin B12 8%; Pantothenic Acid 2%; Phosphorus 4%; Iodine 560%; Magnesium 4%; Zinc 2%; Selenium 2%; Copper 4%; Manganese 15%; Chromium 2%

Organic Spirulina (*Spirulina platensis*), Whole Algae 940mg; Organic Oatgrass Juice Powder (*Avena Sativa*), Leaf 800mg; Organic Alfalfa Whole Leaf Powder (*Medicago sativa*), Leaf 600mg; Organic Kamut® Whole Leaf Powder (*Triticum teranicum turgidum*), Leaf 450mg; Organic Barley Grass Juice Powder (*Hordeum vulgare*), Leaf 400mg; Organic Wheat Whole Leaf Powder (*Triticum durum*), Leaf 350mg; Arabinogalactin (*Larix spp.*), Bark 1000mg; Rice Bran Solubles (*Oryza sativa*), Bran 800mg; Inulin - FOS (FructoOligoSaccharide) 500mg; Organic Carrot Juice Powder (*Daucus carota*), Root 500mg; Bee pollen (*Apis mellifica*), Pollen 300mg; Pineapple Natural Flavor 297mg; Cruciferous Vegetable Blend containing: 200mg *Broccoli Powder, Cabbage Powder, Parsley Powder, Kale Powder*, American Ginseng (*Panax quinquefolius*), Root 200mg; Shelf Stable Probiotic Blend (yielding 1 billion cells *L. Acidophilus* and *Bifidobacteria*) 200mg; Chlorozyme™ 200mg; Cracked Cell Chlorella (*Chlorella pyrenoidosa*), Whole algae 100mg; Kelp (*Fucus vesiculosus*), Plant 100mg; Broccoli Sprout (*Brassica oleracea L. var. italica*), Seed 60mg; Lo Han Ku (*Momordica groseovonia*), Fruit 3mg

Percent Daily Values are based on a 2,000 calorie diet.

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Packed By Weight Not Volume  
Suitable for Vegetarian Diets.  
100% Gluten-free.

Do not refrigerate, store in a cool dry place.