

# ProGreens®

Gluten Free!

## with Advanced Probiotic Formula

**ProGreens®** is an all-natural drink mix formulated with the highest quality green superfoods designed to provide complete and wholesome nutrition. ProGreens® contains premium adaptogenic herbs and standardized extracts, including broad-spectrum nutritional support components and natural food factors not found in isolated nutrients. ProGreens® is a complete whole food supplement that supports optimal health.\*

*"I have studied nutrition for over 25 years. When I take ProGreens® daily, I know I've done one of the best things I can possibly do for my health each day."*

Jesse Hanley, M.D., Malibu Health & Fitness Center, Los Angeles, California



#51540  
30 day supply  
9.27 oz. (265 g) powder



#51550  
travel size  
5.10 oz. (145 g) powder

One Scoop (Approx. 8.8 grams) Contains:

#### Green Organic Grasses



Wheat Grass Powder .....	350 mg
Barley Grass Powder .....	350 mg
Alfalfa Grass Powder .....	350 mg
Oat Grass Powder .....	350 mg

#### Blue Green & Sea Algae



Organic Spirulina Powder .....	1 g
Chlorella (Cracked-Cell) .....	350 mg
Dunaliella Extract .....	40 mg
Dulse Powder .....	30 mg

#### Total Count Non-Dairy Probiotic Cultures 5.0 Billion CFUs\*\*



Lactobacillus Group ( <i>L. rhamnosus</i> A., <i>L. rhamnosus</i> B., <i>L. acidophilus</i> , <i>L. casei</i> , <i>L. bulgaricus</i> ) .....	3.5 Billion CFUS**
Bifidobacterium Group ( <i>B. longum</i> , <i>B. breve</i> ) .....	1.0 Billion CFUS**
<i>Streptococcus thermophilus</i> .....	0.5 Billion CFUS**

#### Natural Fiber



Flax Seed Powder .....	650 mg
Apple Pectin & Fiber .....	600 mg
Fructooligosaccharides (FOS) .....	500 mg

#### Standardized Bioflavonoid Extracts



Milk Thistle Extract (80% Silymarin) .....	60 mg
Ginkgo Leaf Extract (24% Flavoglycosides & 6% Terpene Lactones) .....	20 mg
Green Tea Extract (60% Catechins) .....	20 mg
Grape Seed Extract (92% Proanthocyanidins) .....	20 mg
Bilberry Extract (25% Anthocyanidins) .....	20 mg

#### Adaptogenic & Support Herbs



Licorice Root Powder .....	100 mg
Eleuthero Root Extract .....	130 mg
Suma Root Powder .....	60 mg
Astragalus Root Extract .....	60 mg
<i>Echinacea purpurea</i> Leaf and Stem Extract .....	60 mg
Ginger Root Powder .....	5 mg

#### Nutrient-Rich "Super Foods"



Soy Lecithin (99% Oil-Free) .....	2 g
Acerola Berry Juice Powder .....	200 mg
Beet Juice Powder .....	200 mg
Spinach Powder (1.5% Octacosanol) .....	150 mg
Royal Jelly (5% 10-HDA) .....	150 mg
Bee Pollen .....	150 mg

#### Antioxidant Vitamins



Vitamin A (as Beta-Carotene) .....	1000 IU
Vitamin C (as Ascorbic Acid) .....	16 mg
Vitamin E (D-alpha-Tocopheryl Succinate).....	100 IU

Other ingredients: Silicon dioxide.

\*\*Viable cell count at the time of manufacture.

#### Q&A:

##### Who should take ProGreens®?

Anyone who is concerned about the lack of proper nutrition in today's diet.

##### What kind of ingredients are in ProGreens®?

ProGreens® is a mixture of more than 30 ingredients, including "super green" powders, sea vegetables and algae, adaptogenic herbs, probiotics, fiber, and a variety of nutrient-rich "superfoods."\*

##### I may be gluten sensitive or allergic to wheat.

##### Can I take ProGreens®?

ProGreens® no longer contains wheat sprouts, and it is tested and verified as Gluten-FREE. Those with an actual wheat allergy may or may not tolerate wheat grass powder, so it is advisable to check with your healthcare practitioner first. We test every ProGreens batch for gluten.

##### What are all the changes in the ProGreens® formula update (January 2015)?

- Wheat Sprout Powder removed
- Flax Seed Powder increased to 650 mg per serving
- Apple Pectin and Fiber increased to 600 mg per serving
- Tested and verified as Gluten-FREE

##### Should ProGreens® be refrigerated?

To preserve probiotic and enzyme activity, we suggest keeping ProGreens® refrigerated after opening.

##### What is the shelf life of ProGreens®?

The shelf life is two years unopened, and six months after opening if refrigerated.

##### Can I premix ProGreens® in advance?

ProGreens® is enzymatically alive and fully active when you mix it with liquid. To maintain full potency, we suggest mixing it fresh each time.

##### Will ProGreens® interfere with medications?

ProGreens® has not been shown to interfere with medications. However, it is best to consult with your healthcare practitioner.

##### Can children take ProGreens®?

Yes, beginning at 3 years of age, children can start with ¼ tsp. per day; at 10 years, 1 tsp. per day; and at 14 years, a full serving.