



Supercharge  
your health with

# GREENS FOR LIFE

SUPERIOR FLAVOUR

Restores and maintains  
a healthy acid-alkaline balance

One daily portion equals  
the nutrition of up to six portions  
of fresh fruit and vegetables

The best tasting high potency  
Greens Supplement you can buy



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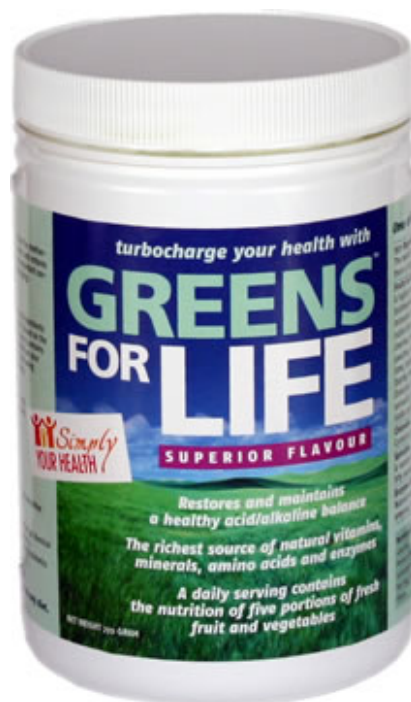




Greens for Life™ is nature's richest source of 100% natural vitamins, minerals, antioxidants, amino acids and enzymes.

Greens for Life™ offers the same nutrition per serving as up to six portions of fresh fruit and vegetables.

- contains all the essential nutrients;
- helps prevent deficiencies due to a poor diet or bad eating habits;
- prevents acidity and restores the neutral pH-value of the body;
- increases energy and improves physical performance;
- strengthens the immune system;
- helps to lower cholesterol levels;
- improves metabolism and digestive health;
- fights free radicals and helps protect against aging;
- helps to maintain a healthy colon and regular bowel movements;
- contains only 6 g of carbohydrates per daily portion and fits perfectly in any diet.



Im  
from  
Holland



## The Greens for Life formula: less is more

Most Greens supplement try to compete by adding as many ingredients to their formula as they can. The result is what a Dutch nutritionist called: “a little bit of everything adding up to a lot of nothing”.

In other words, the many ingredients that are present in only small amounts might look good on the label but have only a very limited effect on the overall health of the user.

The Greens for Life™ formula was developed on the premise that every ingredient must be present in a large enough quantity to have an immediate and noticeably positive impact on the health of the user.

In The Netherlands, the USA, the UK, Germany and new Zealand Greens for Life™ received numerous favorable comments from daily users who reported:

- overall improvement of well being;
- increase in energy;
- improved blood pressure;
- instant relief from (chronic) constipation and/or diarrhea;
- improvement from spastic bowel movements;
- better hair condition;
- immediate correction in pH-balance (as measured with acidity sticks);
- improved cholesterol levels.

We also received many favourable comments on the superior taste of Greens for Life™ compared to other Greens supplements.





## Greens for Life™ ingredients

Per daily serving of 9 gram/1tbsp.)

<b>BARLEY GRASS</b> Whole Leaf Powder 13:1 extract	4220 mg
<b>FRUITS &amp; GREENS™</b> 1:100 extract A concentrate of 27 different freshly extracted fruits, vegetables and cereal grasse obtained from a proprietary process. 1 grams of Fruits & Greens equals 100 grams of fresh fruits, vegetables and cereal grasses.	1230 mg
<b>CHLORELLA</b> (Alga Chlorella Powder) A green powder, manufactured by spray drying of a suspension of Chlorella alagae	300 mg
<b>SPIRULINA</b> (Algae Spiruline Powder) Pure powder of Algae Spirulina from blue algae	700 mg
<b>CONCENTRATED GREEN TEA EXTRACT</b> Standardized powder extract from Camillia Sinensis Minimum catechins: 40%	70 mg
<b>ENZYME COMPLEX</b> (Amylase, Lactase, Protease, Lipase and Cellulase) Source: fermented rice starch	40 mg
<b>POLICOSANOL COMPLEX</b> (Octacosanol 5%, triacontanol, tetracosanol, hexacosanol)	40 mg
<b>ACEROLA</b> (extract from fruit) with 50% vitamin C Botanical name: Malphigia punicifolia	150 mg
<b>PROBIOTIC LACTOSPORE™</b> CULTURE Stomach acid resistant lactobacillus culture	90 mg/1.49 billion
<b>WHEAT GRAIN FIBRE</b> (15% soluble / 85% insoluble) Micronized by a patented process, includes the germ	700 mg
<b>APPLE FIBRE</b> (20% soluble / 80% insoluble) Naturally extracted from apples of controlled origin after juice extraction	720 mg
<b>ACACIA FIBRE</b> (100% suluble)	700 mg
<b>NATURAL AROMA</b> (from red fruits)	240 mg

Net weight per container: 9.2 oz./270 gram  
30 servings of 1 measuring spoon/9 gram per container

Greens for Life™ contains no chemical additives, flavors or colouring.





## The first Greens supplement also liked for its taste!

Health conscious consumers use Greens supplements because they know it benefits their health, not because they like the taste. The taste of most Greens supplement is often less than pleasant.

Not so with Greens for Life™. After extensive testing we succeeded in developing a Greens supplement that is not only appreciated for its unique formula, but for its great taste as well.

Many users in The Netherlands drink the Greens for Life™ formula mixed with plain water. Mixed with apple juice Greens for Life™ is a delicious addition to the breakfast table. It is the only Greens supplement that even children enjoy!





## APPENDIX: a closer look at the ingredients

### 1. Barley Grass extract

Barley Grass powder ( a 13:1 extract of young barley leaves ) is the most alkaline food available. It restores a healthy acid/alkaline balance and maintains a neutral pH-value.

Barley Grass contains more vitamins, minerals, enzymes and anti-oxidants per gram than any other food source on earth. Barley Grass contains:

- 260 times the vitamin A of leafy vegetables
- 8 times the vitamin C of oranges
- 128 times the folic acid of tomatoes
- 16 times the protein of milk
- 11 times the calcium of milk
- 37 times the calcium of whole grains
- 5 times the natural iron of spinach
- 42 times the vitamin B6 of bananas

Barley Grass:

- has a light weight protein content of 45%;
- contains more Omega-3 and Omega-6 fatty acids than any other vegetable food source;
- is a rich source of chlorophyll, promoting the formation of red blood cells in the body;
- prevents anaemia by promoting the production of haemoglobin;
- helps protect the intestinal flora from damaged by antibiotics;
- helps prevent the growth of harmful bacteria, yeast and fungal infections;
- helps detoxify the liver, kidneys and digestive tract;
- improves the digestion of food and the absorption of nutrients.

The enzymes in Barley Grass protect the body against free radicals and promote the formation of new cells. Especially the rare enzyme Super Oxide Dismutase (SOD) plays an important role in this process. Barley Grass also contains a large amount of polypeptides (short-chain amino acids) which are indispensable as building blocks for new cells.

**Greens for Life contains over 4200 mg of 13:1 Whole Leaf Barley Grass powder extract per daily portion. That is far more than most other Greens products available.**





## 2. Fruits & Greens™

Greens for Life™ contains the highly concentrated 100:1 Fruits & Greens formula. Per 1000 mg this formula offers the same nutritional value as 100 gram of fresh fruit and vegetables!

Fruits & Greens contains large quantities of bioflavonoids, antioxidants, vitamins and minerals derived from:

- raspberries
- grapes
- rubini berries
- cranberries
- strawberries
- bing cherries
- wild blueberries
- pineapples
- apples
- peaches
- apricots
- citrus fruits complex (lemon, lime, orange and grapefruit)
- cereal grass complex (barley, wheat and rye)
- cruciferous complex (broccoli, cabbage, kale, brussel sprouts and spinach)
- tomatoes
- rosemary leaves
- celery stalks
- carrots

Fruits & Greens supports the alkalizing and rejuvenating qualities of Barley Grass and provides the body with many additional nutrients and anti-oxidants from fruit and vegetables. The ingredients of Fruits & Greens work in synergy and are far more effective than the single components added to many other Greens.

## 3. Spirulina and chlorella

Greens for Life™ contains large quantities of spirulina and chlorella. Like Barley Grass, spirulina and chlorella contain chlorophyll (energy from sunlight), and over 50 essential nutrients that are important for the body, like amino acids, vitamin B-12 and organic iron. Because of its cracked cell structure, chlorella has the unique property to bind and eliminate toxins and heavy metals and detoxify the bloodstream, tissues and internal organs.







#### 4. Enzyme complex

Enzymes are indispensable for our digestion. They split proteins, fats and carbohydrates and convert them into nutrients that the body can absorb. Enzymes like L-Glutathion are effective anti-oxidants that prevent damage to the body by attacking and eliminating free radicals.

If the digestive system has been suffering from too much acidity, the enzyme complex in Greens for Life™ will help it regain its proper function, so the body can absorb more vitamins, minerals and anti-oxidants. It will also improve the absorption and effectiveness of other supplements.

#### 5. Combined soluble and non-soluble fibre complex.

Our modern day diet contains hardly any fibres. The food industry provides us with convenience foods and snacks that have little in common with the healthy, fibre-rich foods people enjoyed fifty years ago.

This lack of fibres causes a disrupted bowel function and chronic constipation. Also partly digested food remains behind in the intestines. Food waste that remains in the intestines too long can cause candida infections, inflammation and intestinal tumours.

The combined soluble and non-soluble fibre complex in Greens for Life™ promotes intestinal health, keeps the bowels clean and prevents the formation of harmful yeast growth.

#### 6. Lactospore™ culture

Many lactobacillus cultures have a very poor track record in surviving the stomach acid and therefore have little or no effect after reaching the intestines. Greens for Life™ contains a micro-encapsulated Lactospore™ culture that has been proven to survive the hostile stomach acid. Inside the small intestine it develops into a full-blown lactobacillus culture. It eliminates harmful bacteria, improves the bowel function, fights diarrhea and food poisoning, revitalizes the intestinal flora after the use of antibiotics and helps restore a healthy pH-value of the intestines.

#### 7. Policosanol

Policosanol is an important supplement for maintaining a healthy cholesterol level and cardiovascular health. It lowers cholesterol levels by blocking the production of cholesterol in the liver. Clinical studies show that daily use of Policosanol results in a measurable improvement of cholesterol levels within 6 to 8 weeks.





After 6 months a daily dose of 15 mg Policosanol resulted in a lowering of the LDL-cholesterol of 20-25%. In patients who received 30 mg, the LDL-cholesterol levels were lowered as much as 25-30%. The HDL-cholesterol levels (the good cholesterol) increased over the same period by an average of 14%.

### 8. Acerola

The acerola berry contains more vitamin C than any other food source. It has 80 x the vitamin-C content of oranges. The Acerola extract in Greens for Life contains a minimum of 50% vitamin C and many other flavonoids.

### 9. Concentrated Green tea extract

Green tea possesses a great number of preventive and healing qualities:

- plays an active role in the prevention of cardiovascular disease;
- helps to lower cholesterol levels;
- helps maintain a healthy blood pressure;
- protects against aging of the brain;
- lowers the triglycerides count in the blood;
- strengthens the immune system;
- has anti-carcinogenic qualities and protects against tumours;
- helps maintain a healthy prostate;
- contains very powerful anti-oxidants;
- helps prevent tooth decay.

Green tea contains many vitamins and minerals, but the most active substance in green tea are the polyphenols, especially a polyphenol called EGCG (epigallocatechin gallate). Polyphenols are very effective free radical scavengers and give green tea its anti-oxidant powers. Green tea also protects against bacteria that cause plaque and tooth decay.





## Greens for Life™ makes a success of any diet

No matter what type of diet your customers are on, low-carb, low-fat, blood type diet, calorie counting, Greens for Life™ provides the body with all the necessary nutrients, preventing any deficiencies a diet might cause.

Greens for Life™ contains easily digestible vegetable proteins. One daily portion of Greens for Life contains only 41 calories, 1.5 grams of fat (from vegetable sources) and 6.0 grams of carbohydrates, so it will not interfere with weight loss. Greens for Life™ is especially well suited as an addition to a low carb diet because it prevents constipation and guarantees a normal bowel function which often gets severely disrupted on a low carb diet.

### **Greens for Life™ is a must for anybody who uses protein supplements**

Many sporters and athletes use protein supplements like Whey Protein Concentrate or Meal Replacement Formulas. These supplements are highly acid-forming. Extensive use can cause a disturbed acid/alkaline balance.

Greens for Life™ is the ideal supplement to restore a neutral pH-balance in the body. Greens for Life is an essential addition to any exercise or weight gain program that includes the use of protein supplements.





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