



# trueegreens



## there's a new way to eat your greens!

Canada's Food Guide to healthy eating - and Moms everywhere - say we should eat at least five to ten servings of 'greens' and fruits every day. Guess what! Our children are not the only ones who don't. Most people eat only one serving of 'greens' daily, and this is not good news.

## trueegreens is 'good news'

Not only is TrueGreens rich in green vegetables, including spirulina, it's also a treasure house of grains, seeds and fruits. This unique combination yields anti-oxidants, probiotics, amino acids, enzymes, fiber, natural occurring vitamins, chlorophyll, essential fatty acids and phytonutrients.

## phytonutrients

These are a relatively new focus in the field of nutrition. They are the "naturally associated factors" that accompany the plants that Mother Nature prepared for us.

Unfortunately, due to poor soils, over cooking and simply not eating enough "greens," most people are lacking these vital, health-yielding factors. TrueGreens is rich in phytonutrients.

## natural occurring vitamins

Today, we see "mega-vitamin" formulas all over. There's only one problem - the human body needs more than those isolated, synthesized, chemical compounds they call vitamins. It's those naturally associated factors, like phytonutrients, that make natural occurring vitamins so effective. The body recognizes them as a "whole food" and uses them accordingly. Today, many experts believe that synthetic vitamins may do as much harm as good.\* (Natural vitamins may be superior to synthetic ones. Thiel RJ Med Hypotheses 2000 Dec 55:461-9) TrueGreens does not contain any added vitamins or minerals.

## anti-oxidants

There is a great deal of emphasis on anti-aging in the world today. Justifiably so. With research and bio-science working to solve the aging puzzle, there have been many discoveries in the last decade. It has been revealed that "free-radicals" are the source of our "aging dilemma."\* (United States Patent 4,698,360 Masquelier October 6, 1987) TrueGreens is very rich in anti-oxidants, which scavenge these destructive free radicals.

## truly - a salad bar in a jar

The fact is, you'd have a hard time finding all the good stuff in TrueGreens at any salad bar.

## trueegreens ingredients

Wheat Grass, Soybean, Rice Bran, Amaranth Powder, Flaxseed Powder, Carrots, Alfalfa, Tomato, Barley, Broccoli, Spirulina, Spinach, Kale, Noni, Lactobacillus acidophilus, Lactobacillus bifidus, Bromelain, Lipase, Amylase, Ginger, Pineapple, Tricalcium Phosphate, Lecithin, Blueberry, FOS, Xanthan Gum, Shitake Mushroom, Papaya, Grape Seed Extract, Bilberry Powdered Extract, Stevia

## suggested use

Mix 2 heaping teaspoons (12mL/7gr) with 180mL of water or liquid of your choice once or more daily. It's also great sprinkled directly over food.

For Therapeutic use only.

For More Information And To Order Call:

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