

# Get it all in one!

**Certified Organic All Natural Ingredients**

**Ideal for vegans & vegetarians, contains every essential Amino Acid**

minerals herbs antioxidants protein  
enzymes trace elements bioflavonoids  
vitamins chlorophyll probiotics

**phyto-nutrient  
superfood**

**vital  
greens**



**Great taste, Optimal Absorption,  
Convenient, once a day superfood!**

**Take the guess work out of your nutritional needs!**

# What is Vital Greens?

**Vital Greens** is a nutrient and enzyme-rich, complete "Superfood" which contains 76 nutrients essential to deliver optimal health, energy and vitality to every cell in the body. These essential nutrients include naturally occurring whole food source vitamins and both macro and trace minerals. Together with powerful antioxidants, pro-biotics for intestinal health, essential amino-acids, essential fatty acids (both Omega 3 and 6), digestive enzymes, cell pigments, plant sterols and fibers. All these nutrients combine synergistically to provide a balanced nutritional support from real food that's alive instead of synthetically made vitamin pills. This combination will supply the body with the raw material it needs daily for optimum health and vitality – in a powder form for easy and complete absorption.

**Vital Greens** was devised by two Sydney naturopaths/medical herbalists with a total of 26 years of clinical experience between them. It was designed to meet the day to day nutritional needs of people living in a far from perfect world.

**Vital Greens** is designed specifically to support everybody wanting an energising, cleansing, alkaline-promoting, all-in-one nutritional supplement. The body's daily nutritional needs from A to Z is here - in one great tasting powder!

## WHY SHOULD I TAKE VITAL GREENS?

Most of us recognise the need for supplements to counteract the fast foods, toxins, stresses, lack of sleep and challenges we face in daily life. To recognise the need for vitamins, minerals, antioxidants, protein etc is one thing. To know where to start is another!

When we purchase all the essentials individually it becomes confusing, quite cumbersome and very costly. **Vital Greens** is the first formula ever to offer the widest variety of so many superfoods in just one convenient, economical formula which you just mix in your favourite juice, soy milk or even water.

## We take the guess work out of your nutrition needs!

### HOW WILL VITAL GREENS HELP ME?

#### **Vital Greens works as a:**

**Detoxifier/Cleanser** – detoxifying and gently cleansing your colon, liver and working on every single cell in the body. The unique combination of nutrients will help your body progressively eliminate waste which builds up on the bowel walls, cleansing the liver which is the body's main filter organ and emulsify fat helping to maintain healthy cholesterol and blood pressure levels.

**Energiser/alkaliser** – **Vital Greens** contains many superfoods to help give you more energy, feel more vibrant and less sluggish and stressed. Alkalinity is promoted which results in feeling more balanced and alive!

**Well-being promoter** – **Vital Greens** contains potent antioxidants, adaptogenic herbs boosting stamina, endurance and the immune system. Powerful phyto-nutrients building health from the very basics of the cell. There are no less than 9 pro-biotics in Greens as opposed to only 3 in yogurt.

**Sharper mental acuity** – **Vital Greens** contains Lecithin, Ginkgo biloba, Rosemary and Co-Enzyme Q-10 which may help increase mental acuity, focus and concentration.

**I NEVER HAVE TIME FOR BREAKFAST!** Isn't it supposed to be the most important meal of the day?

That it is! It can make or break your day's moods, energy and concentration levels. Most people are rushed, especially in the morning. It's difficult to prepare a protein-rich breakfast without cooking let alone find the time to eat it! **Vital Greens** provides all your whole day's requirements in a great tasting, appetite-satisfying form that takes less than a minute to prepare and drink. A real solution to an age old problem!

### BUT ISN'T VITAL GREENS EXPENSIVE?

If you took all the superfoods, antioxidants, herbal extracts, protein, vitamins and minerals etc in **Vital Greens** and purchased them individually it would cost over \$250 per month or \$8.35 per day! A month's supply of **Vital Greens** costs \$89.95. That works out at \$2.99 per day. No other supplement is needed to provide a complete nutrition programme. Most people spend more on a cup of coffee and a cake and just how healthy is that?

### DO I NEED TO TAKE ANY EXTRA VITAMINS AT ALL?

**Vital Greens** was designed to provide you with *all* your daily nutrition needs without having to take multivitamin pills, laxatives etc. If you should choose to take extra vitamins or other nutrients please check with a health care professional first.



Available in 400gm, 300gm,  
120gm and 1 kilogram containers.  
[www.vitalgreens.com](http://www.vitalgreens.com)



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A V A I L A B L E A T

## INGREDIENTS (per 12gm serve)

|  |         |
|--|---------|
| Organic Pea Protein Isolate  | 2,000mg |
| Organic Spirulina  | 1,200mg |
| Soy Lecithin (oil-free 95% phosphatides)   | 1,200mg |
| Organic Apple powder   | 800mg   |
| Citrus bioflavonoids extract   | 600mg   |
| Globe artichoke powder   | 600mg   |
| Pro-biotics (dairy free) L acidophilus & Bifidobacterium bifidum – 4.5 billion each per gm |         |
| Organic Wheatgrass Juice powder  | 400mg   |
| Calcium (citrate 300/carbonate 100gm)  | 400mg   |
| Ascorbic acid  | 400mg   |
| Organic Alfalfa powder   | 400mg   |
| Organic Chlorella (cracked cell)   | 400mg   |
| Organic Flax seed meal   | 400mg   |
| Organic Barley juice powder  | 350mg   |
| Organic Brown rice bran  | 280mg   |
| Potassium citrate  | 280mg   |
| Organic Red Beet juice powder  | 200mg   |
| Organic Bilberry (Vaccinum myrtillus)  | 240mg   |
| Magnesium citrate  | 200mg   |
| Acerola Cherry Juice powder  | 320mg   |
| Siberian Ginseng root  | 80mg    |
| Licorice root powder   | 80mg    |
| Rosehips powder (Rosa canina)  | 200mg   |
| Alpha-lipoic acid  | 80mg    |
| Organic Spinach powder   | 80mg    |
| Vitamin E (mixed tocopherols)  | 176IU   |
| Beta carotene  | 5,000IU |
| Cholecalciferol (Vit D3)   | 88IU    |
| Gotu kola (Centella asiatica)  | 80mg    |
| Rosemary ext. (Rosmarinus officinalis)   | 80mg    |
| Astragalus membranaceus  | 80mg    |
| Ashwaganda (Withania somnifera)  | 80mg    |
| Milk Thistle (Silybum marianum)  | 80mg    |
| Grapeseed extract (Vitis vinifera)   | 80mg    |
| Green Tea extract (Camellia sinensis)  | 80mg    |
| Ginger root powder   | 80mg    |
| Citric acid  | 180mg   |
| Schizandra chinesis fruit extract  | 80mg    |
| Aspergillus oryzae (dietary enzymes)   | 65mg    |
| Bromelain (dietary enzyme)   | 65mg    |
| Dandelion root   | 40mg    |
| Calcium phosphate  | 40mg    |
| Phosphorous  | 40mg    |
| Hawthorn Berry   | 35mg    |
| Go-Ji (Wolfberry) extract  | 40mg    |
| Burdock root   | 25mg    |
| Reishi mushroom extract  | 25mg    |
| Shiitake mushroom extract  | 25mg    |
| Colloidal Silica   | 35mg    |
| Nicotinamide (Vit.B3)  | 2mg     |
| Slippery Elm (Ulmus rubra)   | 25mg    |
| Calcium pantothenate (Vit. B5)   | 3.5mg   |
| Zinc chelate   | 20mg    |
| Thiamine (Vit. B1)   | 2.2mg   |
| Kelp   | 10mg    |
| Nicotinic acid (Vit. B3)   | 18mg    |
| Pyridoxine HCl (Vit. B6)   | 3.2mg   |
| Ubidecaronene (CO Q-10)  | 10mg    |
| Manganese amino acid chelate   | 2mg     |
| Riboflavin (Vit. B2)   | 2mg     |
| Folic acid   | 350mcg  |
| Copper Gluconate   | 1.5mg   |
| Biotin   | 330mcg  |
| Chromium picolinate  | 100mcg  |
| Selenium (Selenomethionine)  | 50mcg   |
| Cyanocobalamin (Vit B12)   | 4mcg    |

Base:- **Organic papaya, broccoli, cherry powder, carrot, pineapple, carob and natural vanilla**