



product information sheet

Greens Plus Plant-Based Nutrition†

GMO & GLUTEN FREE

Contains Over 25
Organic Ingredients



Berry Flavor



Size: Net Wt. 300g (0.66 lbs) | **Serving Size:** 1 Scoop (approx. 10g) | **Servings Per Container:** 30

Greens Plus is plant-based nutrition at its best. **Greens Plus** provides a comprehensive array of the most popular and healthy greens, fruit antioxidants, prebiotics and probiotics in a great tasting shake. Within the 4 blends, there is virtually a treasure chest of phyto (plant) nutrients containing thousands of bioactive compounds to support optimal and protective cellular health, stimulate cleansing and promote wellness. **Greens Plus** is also GMO and gluten free!†

The Dietary Guidelines for Americans 2010 recommends that Americans eat more fruits and vegetables as part of a healthy diet. The U.S. Department of Agriculture recommends a minimum of 5 to 9 servings of fruits and vegetables per day. Fruits and vegetables contribute important nutrients to the human body. **Greens Plus** is an easy to use, cost effective and delicious way to meet these recommendations. Natural and whole food nutrition at its best!

The Organic Grass Blend provides a blend of 4 organic cereal grasses including alfalfa grass, barley grass, oat grass and wheat grass. These grasses help support the cardiovascular, nervous, and immune systems. These cereal grasses contain chlorophyll and fiber in addition to essential nutrients like B-complex vitamins, trace minerals, and amino acids. Each carefully chosen ingredient contributes the natural benefits of green foods that are so lacking in our modern diet.

The Organic Veggie Blend contain an extensive array of 17 popular whole food vegetable powders including beet, carrot, spinach, broccoli, tomato, green bell pepper, Brussel sprouts, ginger root, garlic, green onion, parsley leaf, cauliflower, cabbage, asparagus, celery, cucumber and kale. Kale is considered one of the healthiest vegetables on the planet. These popular and diverse green foods are also a natural source of vitamins, minerals, antioxidants and chlorophyll for liver detoxification.†

The Antioxidant Blend contains whole food organic strawberry, blueberry, raspberry, tart cherry, pomegranate, and cranberry powders. These fruits are generally the best sources of antioxidants, polyphenols, carotenoids, terpenes and flavonoids to protect against free radical damage and promote cellular health. Tart cherries are a rich source of anthocyanins and have been shown to reduce post-exercise inflammation and enhance recovery. The health benefits of whole food cereal grasses, vegetables, and fruits are numerous by supporting many systems of the body including the digestive system, immune system, gastrointestinal system, musculoskeletal system, eye health, nervous system and cardiovascular system.†

The Probiotic Blend provides 4 carefully selected strains of lactic acid bacteria including *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Bifidobacterium longum*, and *Bifidobacterium lactis*. Probiotics literally mean "for life" and are the beneficial microorganisms found in the human intestine. This broad-spectrum formula delivers 200 Million CFU per serving. Numerous published studies have supported the benefits of probiotics in human health when taken on a daily basis. This product is intended to enhance and promote the population of beneficial friendly flora in the intestinal tract ecosystem to support overall digestive, immune, urinary, and genital system health. **Greens Plus** includes the "prebiotic" Inulin/Fructo-oligosaccharides (FOS) from Chicory Root Extract that are natural carbohydrates providing the fuel to support the replication and sustain the beneficial probiotics bacteria.

Greens Plus is a natural whole food dietary supplement containing no artificial ingredients of any kind. **Greens Plus** is 100% vegetarian (vegan) containing none of the 8 major allergens. Each serving provides 2 grams of beneficial dietary fiber in addition to being free of cholesterol, saturated fat and trans fat and very low in sodium.

Although we try to eat our "greens" everyday many of us don't. **Greens Plus** is a convenient, easy and great tasting way to get the wonderful vital greens, fruits, prebiotics and probiotics daily. **Greens Plus** is extremely versatile to complement with many foundation health MM Nutrition products.



key features:

- **Full-Spectrum Superfood**
- **Contains Over 25 Organic Ingredients**
- **Powerhouse of Phytonutrients**
- **Rich in Antioxidants**
- **100% Vegetarian (Vegan)**
- **All Natural – No Artificial Sweeteners, Colors or Flavors**
- **GMO and Gluten Free**
- **Non-Dairy and Lactose-Free**

key messages:

- **Greens Plus** is plant-based nutrition at its best.
- Provides a comprehensive array of the most popular and healthy greens, fruit antioxidants, prebiotics and probiotics in a great tasting shake.
- The Organic Grass Blend provides a blend of 4 organic cereal grasses including alfalfa grass, barley grass, oat grass and wheat grass. These grasses help support the cardiovascular, nervous, and immune systems.†
- The Organic Veggie Blend contain an extensive array of 17 popular whole food vegetable powders. These popular and diverse green foods are also a natural source of vitamins, minerals, antioxidants and chlorophyll for liver detoxification.†
- The Antioxidant Blend contains whole food organic strawberry, blueberry, raspberry, tart cherry, pomegranate, and cranberry powders. These fruits are generally the best sources of antioxidants, polyphenols, carotenoids, terpenes and flavonoids to protect against free radical damage and promote cellular health.
- The Probiotic Blend provides 4 carefully selected strains of lactic acid bacteria including *Lactobacillus acidophilus*, *Lactobacillus plantarum*, *Bifidobacterium longum*, and *Bifidobacterium lactis*. This broad-spectrum formula delivers 200 Million CFU per serving. Numerous published studies have supported the benefits of probiotics in human health when taken on a daily basis.

(cont'd on p.2)

†These statements have not been evaluated by the Food and Drug Administration. This products is not intended to diagnose, treat, cure or prevent any disease.

Size: Net Wt. 300g (0.66 lbs) | **Serving Size:** 1 Scoop (approx. 10g) | **Servings Per Container:** 30

Supplement Facts

Serving Size: 1 Scoop (approx. 10 g)
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	30	
Calories from Fat	< 5	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	2 mg	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	2 g	8%
Sugars	3 g	**
Protein	1 g	2%
Vitamin A	2213 IU	44%
Vitamin C	< 1 mg	1%
Calcium	1 mg	0%
Iron	0 mg	0%
Organic Grass Blend	2 g	**
Organic Alfalfa Grass, Organic Barley Grass, Organic Oat Grass, Organic Wheat Grass		
Organic Veggie Blend	250 mg	**
Organic Beet, Organic Carrot, Organic Spinach, Organic Broccoli, Organic Tomato, Organic Green Bell Pepper, Organic Brussel Sprouts, Organic Ginger Root, Organic Garlic, Organic Green Onion, Organic Parsley Leaf, Organic Cauliflower, Organic Cabbage, Organic Asparagus, Organic Celery, Organic Cucumber, Organic Kale		
Organic Antioxidant Blend	240 mg	**
Organic Strawberry, Organic Blueberry, Organic Raspberry, Organic Tart Cherry, Organic Pomegranate, Organic Cranberry		
Inulin/FOS (Fructo-oligosaccharides) (from chicory root)	250 mg	**
Probiotics Blend	200 Million CFU	**
Lactobacillus acidophilus, Bifidobacterium lactis, Bifidobacterium longum, Lactobacillus plantarum		

* Percent Daily Values (%DV) are based on a 2,000 calorie diet

** Daily Value (DV) not established

Suggested Use: As a dietary supplement mix one scoop with 8 ounces of pure cold water or juice of choice. Stir briskly or shake in a closed container until mixed. It can also be added to your favorite protein shake. Best if consumed within 30 minutes of preparation or if refrigerated within 72 hours.

Other Ingredients: Maltodextrin, Fibersol®-2 (digestion resistant maltodextrin), Citric Acid, Natural Flavors, and Stevia.

Manufactured in a cGMP facility that processes milk, egg, fish, Crustacean shellfish, tree nuts, wheat and soy.

DO NOT USE IF SEAL IS BROKEN. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

WARNING: Pregnant or lactating women and people with known medical conditions and / or taking drugs should consult with a qualified healthcare practitioner prior to taking dietary supplements.

Fibersol®-2 is a registered trademark of Matsutani Chemical Industry Co, Ltd.

key messages: (cont'd from p.1)

- Includes the "prebiotic" Inulin/Fructo-oligosaccharides (FOS) from Chicory Root Extract that are natural carbohydrates providing the fuel to support the replication and sustain the beneficial probiotics bacteria.
- 100% vegetarian (vegan) containing none of the 8 major allergens.
- Each serving provides 2 grams of beneficial dietary fiber in addition to being free of cholesterol, saturated fat and trans fat and very low in sodium.
- Extremely versatile to complement with many foundation health MM Nutrition products.
- Greens Plus** is an easy to use, cost effective and delicious way to meet the USDA minimum recommendations of 5-9 servings of fruits and vegetables per day.
- Natural and whole food nutrition at its best!



target market:

Primary: The American Public Health Association has concluded that Americans are not eating enough vegetables and fruits. **Greens Plus** is an easy, convenient, and delicious way for anyone to help meet the USDA recommended 5-9 servings of fruits and vegetables per day.

Secondary: Anyone interested in adding the benefits of whole food greens, fruits antioxidants, prebiotics, and probiotics.

recommended stack:

- **Vit-Acell**
- **Maxpro Elite**
- **Max Glutamine**
- **Max EFA**

key references:

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