



GREENS ORIGINAL

Enerex GREENS ORIGINAL offers raw, whole, Superfood concentrates that provide a quick, convenient way to get your daily green vegetables nutrients. They're packed with vitamins, minerals, enzymes, phytonutrients and probiotics that help prevent illness. Think of them as healthy fast food!

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OVERVIEW

Green means go! You've probably been preached the goodness of fruits and vegetables since you started eating solid food. But with a hectic schedule, it can be tough to get the 5 to 10 servings required daily. It takes being organized at mealtime, and being creative to get kids to love them. A whole food greens supplement offers a quick solution that's easy to hide in family-friendly smoothies, dips and dressings. **Enerex GREENS ORIGINAL** is loaded with Superfoods that will increase your energy, and keep your kids' immune systems strong. This formula is boosted with special energizing nutrients like Royal Jelly and Bee Pollen, and packed with vitamins, minerals and antioxidants.

Get juiced! "Going green" in your diet is as important as your environment. And it's the bright green juice of the plant that holds the secrets to health — preventing premature aging and disease. The base of Enerex **GREENS ORIGINAL** is created with juices of organic kamut grass, barley grass and oat grass. These offer abundant chlorophyll and create an alkaline environment that has been proven to reduce illness. When they are juiced, these grasses are far more easily absorbed and concentrated than the whole plant that still contains the indigestible fibre.

Whether you're training for a 10k, working out to lose weight, or simply enjoy riding a bicycle, one hurdle every athlete has experienced is the sense that you've hit a wall in your progress. Focused nutrition greatly improves performance. **Enerex GREENS** Superfoods will increase your physical and mental energy and endurance, and can be taken pre- and post-training.

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What is Enerex GREENS?

Enerex GREENS combines vegetables and nature's other nutritious plant foods in a carefully crafted, scientifically researched blend that we have found is 2 to 3 times more nutrient-dense than other brands.

In addition to the super-power grass juice base, GREENS adds alfalfa and spirulina (blue green algae) which vie for top spot as the most nutritious plants on the planet. The formula supplies soya lecithin for essential fats and brain power nutrients, apple fibre pectin and brown rice bran for fibre, beet juice powder as a detoxifier, and organic millet sprouts for cholesterol reduction and protein. There is a special human strain dairy-free probiotics blend that doesn't need to be refrigerated. These Superfoods together provide a synergistic combination greater than any one of them alone. And you get them all in one spoonful.

What are these Superfoods helpful for?

Enerex **GREENS ORIGINAL's** whole foods have powerful antioxidants and anti-inflammatory agents that are known to combat everything from cancer to heart disease. Some ingredients boost your immune system, your metabolism, your energy, and your brain function. Other ingredients make fats less harmful by helping to dissolve them, and they lower cholesterol levels while still others aid in detoxifying the body, in digestion and bowel elimination, aid in detoxifying the body and creating an alkaline environment, which are vital for recovery after exercise and to help prevent injuries.

INGREDIENTS

Raw Green Superfoods Blend Ingredients— 2 rounded teaspoons (10 grams) contain:

Certified Organic Spirulina	2200 mg
Certified Organic Raw Alfalfa Leaf Juice Powder	500 mg
Certified Organic Raw Kamut Grass Juice Powder	500 mg
Certified Organic Raw Barley Grass Juice Powder	500 mg
Certified Organic Raw Oat Grass Juice Powder	250 mg
Organic Raw Soya Sprouts	250 mg
Certified Organic Kelp	147 mg
Soya Lecithin Powder (Non-GMO)	2500 mg
High Pectin Apple Fibre	1200 mg
Red Beet Juice Powder	500 mg
Brown Rice Bran	500 mg
The Friendly Trio® Probiotics	250 mg
Royal Jelly (6% HAD)	200 mg
Bee Pollen	200 mg
Acerola Berry Concentrate (17% Vitamin C)	150 mg
Licorice Root Powder	150 mg

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There are no other ingredients are added to this formula.

Kamut is a registered trademark of Kamut International Inc.

The Friendly Trio is a registered trademark of Wakunaga of America Inc.

Directions

Blend or shake 2 rounded teaspoons (10 g) of Enerex **GREENS** with 250 ml of liquid. Best if consumed immediately, first thing in the morning. Can be blended with Enerex **Raw Phyto Proteins** for the ultimate health drink. Also add to smoothies or any food preparations (but avoid high heat). Store in a cool, dry place. Keep out of reach of children.

Enerex **GREENS** is 3rd party tested to verify less than 20 parts per million gluten.

FEATURES

Why do we think that Enerex **GREENS** Original is better than other greens?

We prefer quality over quantity. Many greens products load up on a dizzying number of ingredients (as many as 50) to create the impression of being superior. But when you analyze the contents, you find that most of these are added in nutritionally-insignificant amounts. This means they not only don't provide much good in those small quantities, they end up reducing the level of the important nutrients that you'll get in one serving. We "go green" the right way, by adding a select number of powerhouse ingredients...

- ✓ **We add grass.** We have found that **Enerex GREENS Original** is the most nutrient-rich of any multi-green formula mostly because it contains more grass (specifically, more green grass juice powder per serving). These grasses are from the tender leaves of kamut, alfalfa, oat and barley. Green Kamut® juice powder, for example, is made from leaves of the young grain plant, and compared to better-known wheat grass, green kamut has far more nutrients: it has 25% more protein, and is 148% higher in calcium, and 50% higher in iron. Kamut is also far less allergenic than wheat or wheat grass, and is usually tolerated by those with wheat allergies. And Enerex GREENS Original is third party tested to verify less than 20 parts per million gluten, meaning it's gluten free.
- ✓ **Our grasses are juiced, not dried.** Kamut, alfalfa, oat and barley green grasses are far more beneficial when they are juiced (and then powdered) rather than just drying the whole plant that still contains the indigestible fibre – the way most greens products are made. Juicing is more costly since it requires advanced processing techniques and more plants to create the condensed final product. When these juices are gently dried at low temperature, it preserves the delicate vitamins,

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antioxidants and enzymes, and makes them much easier for humans to absorb than with all of the stringy, tough, cellulose part of the plant that is only digested easily by cows!

- ✓ **We know the farmer personally.** This is the only green food formula produced by the actual grower and processor of many of the ingredients that are used. We know the 2800 acres of organic farmland – on a volcanic lakebed that’s 5000 feet high in the mountains of Utah – where the Kamut, alfalfa and barley are planted.

The higher altitude of this farmland and its mineral-rich topsoil contribute to a significantly higher chlorophyll, vitamin, mineral and protein content. Annual crop rotations and the fact that the crops are mineralized by the seasonal run-off from the surrounding hills assure maximum nutrition in each harvest. The leaves of the young grasses are harvested when their nutrient density is at its peak, then rinsed, juiced and dried onsite at only 88F. This low temperature is considered not to change their raw state, so they still have the live qualities of the vitamins, minerals and enzymes.

- ✓ **We go pro. Probiotics means “good bacteria.” These bacteria not only keep your digestive system balanced, they help to keep you alive. Enerex GREENS Original** adds a highly advanced, professional-grade probiotics that requires no refrigeration.

These potent good bacteria include special human strains of *L. Acidophilus*, *B. Bifidum* and *B. Longum*, the optimum friendly bacteria to maintain a healthy gastrointestinal tract. These help absorb foods’ nutrients, make certain vitamins and fight invading bad bacteria. The Friendly Trio® contains 1.25 billion LIVE probiotic organisms per 10 gram serving. It is resistant to digestive acids — so they live long enough to go where they need to do good, and are resistant to antibiotics. Unlike most probiotic cultures, this doesn’t need to be refrigerated. Since these are made from a human strain, they’re more likely to stay and colonize your intestinal tract because they’re adapted to our bodies. Most green formulas use common dairy or soil based probiotics, which lose their viability if not kept refrigerated.

- ✓ **What you don’t get is as important as what you get.** This greens formula does not include herbs or herbal extracts. Why?

Herbal extracts are not food, but are medicines for specific health conditions. Herbal medicines should only be used for a limited period of time to help correct an illness. They are not recommended for long-term use — such as in a greens formula you eat regularly. Some greens-food products add herbal extracts (to give the impression that the formula is "better"). There is concern that giving standardized herbal remedies, even in small dosages, to seniors, young children, and pregnant or nursing mothers could interfere with their hormonal balance.

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- ✓ **A package can make or break what's inside.** This is one of the very few greens products that is packaged in a container which prevents oxygen, moisture and cross-contamination from harming the product...

Containers made from glass or PETE plastic – what Enerex **GREENS** is in – are the only ones suitable to store live foods with enzyme activity such as greens-foods. Most green-food formulas are packaged in HDPE plastic containers that do not protect the enzymes and phytonutrients from degradation, and can cause nutritional and flavour loss because it gets contaminated from the plastic, and damaged by oxidation and moisture.

Ingredient Profile:

- ✓ **Hawaiian Spirulina (Blue Green Algae)**

Hawaiian spirulina is the ocean's most famous blue-green algae for good reason. It is one of the most nutritious foods known, containing up to 65% digestible protein.

Hawaiian spirulina, or blue green algae, is blue because of phycocyanin and green because of chlorophyll (stored sunlight). The blue has been shown to help the nervous system and brain, and to produce new stem cells in bone marrow; and the green, chlorophyll, is called "the green blood of plants" (the hemoglobin of our red blood cells and the chlorophyll of plants are almost identical in molecular structure) — this makes chlorophyll a powerful blood cleanser, blood builder, and oxygen booster.

Spirulina is also a great source of vitamin B12 and B complex vitamins; it contains 10 times more beta carotene than carrots; and it has the omega-6 fatty acid called gamma-linolenic acid (GLA), said to be good for everything from skin conditions to arthritis.

- ✓ **Organic Raw Kamut Grass Juice Powder**

Kamut is an ancient grain from the Nile in Egypt, which is heirloom pure (unlike other grains, it has never been crossbred). Kamut outshines wheat in almost every nutrient.

Wheat vs. kamut comparison: kamut has more minerals than wheat — including 90% more potassium, 148% more calcium, and 50% more iron, 25% more zinc, and 23% higher magnesium. Kamut grass juice powder has 49% higher antioxidants, and 27% more good fats than wheat grass. Kamut grass juice has more protein — of the 18 amino acids making up protein that are found in wheat, 16 are higher in kamut (from 34% to 65% higher). Kamut contains more B and E vitamins than wheat. Green kamut grass juice is gaining a reputation as a "superfood" because of its high chlorophyll content, too, which increases endurance, energy and blood health.

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✓ **Organic Raw Alfalfa Leaf Juice Powder**

Humble alfalfa, seen growing in many Canadian fields, is one of the most nutritious foods known. The alfalfa plant's roots reach over 100 feet into the earth, enabling it to absorb high levels of minerals, especially calcium.

Alfalfa is used as a diuretic for kidney, bladder and prostate conditions, and is also found to be helpful for asthma, arthritis, diabetes and indigestion. Alfalfa juice powder is rich in chlorophyll, beta carotene, vitamins A, D, E, B6 and K, and in several enzymes which improve digestion and help the body to absorb nutrients. Alfalfa is especially rich in vitamin K, and is often used to treat vitamin K-deficiency disorders. It is also steeped and strained in a therapeutic tea.

✓ **Organic Raw Barley Grass Juice Powder**

Enzymes are vital for hundreds of different processes that are constantly occurring in the body. Of the 3,000 known enzymes, barley grass contains up to 1,000 of them!

Research has shown that the juice from young barley leaves is rich in several antioxidants, and vitamins including B and C and beta carotene. It also has minerals including potassium, calcium, iron, phosphorus and magnesium, and, of course, bright green chlorophyll. The juice also has a compound called mucopolysaccharides, which plays a major role in the structure of body tissue.

✓ **Organic Raw Oat Grass Juice Powder**

Oat grass is not as well-known as wheat grass, but it's nutritionally comparable. Like other grasses, you can't just eat it fresh to get its goodness.

To absorb these grasses, they have to be pulverized or juiced for humans (but not cows!). Oat grass is a good source of vitamins A, C, E and K, pantothenic acid (a B vitamin), chlorophyll, and minerals including calcium, magnesium, potassium and iron.

✓ **Organic Raw Millet Sprouts**

Millet may look like humble birdfeed, but it is a powerful food for heart health and diabetes sufferers. Sprouting millet makes minerals more absorbable so the body can use them (for example, sprouting increases accessibility of iron 300%).

A common food in India, millet has high antioxidants which, in studies completed in India showed that it helps lower triglycerides (which influence heart health) and bad cholesterol, and increases good cholesterol. Researchers also found that millet produces a "significant fall (70%)

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in blood glucose” in diabetic rats. (*Pathophysiology*, Sept 23, 2010, and *Nutrition Research*, April 2010,30,4:290-6)

✓ **Raw Pacific Kelp**

Pacific kelp is edible seaweed that is very high on health food lists especially for its iodine content.

Iodine is a vital nutrient that maintains the health of the thyroid gland, and those living inland can become deficient in it. Kelp is also an excellent source of B-complex vitamins, vitamin D, vitamin E, vitamin K, and many minerals including potassium, calcium, magnesium, iron, copper, chromium and zinc.

✓ **Raw Red Beet Juice Powder**

You know that beets are good for you, especially to detox your body, but most people don't eat them often.

The rich array of nutrients in red beet juice helps the body cleanse because aids in digestion, and stimulates the kidneys, lymphatic system, liver, gall bladder and spleen, and improves bowel movements. Beet juice is highly alkaline, and therefore helps to reduce an over-acidic stomach. Red beet juice powder is a good source of absorbable iron which helps to build red blood cells. Beet juice also increases the oxygen in cells, which helps boost the immune system.

✓ **High Pectin Apple Fibre**

Apple fibre, from the skins from apple, is a rich source of pectin. Pectin is a strong antibacterial nutrient, and it has also been shown to lower cholesterol levels.

Pectin also helps diabetics' blood sugar levels and those trying to control their weight; it affects the absorption of nutrients from the gut by forming a gel around the food you've eaten. This gel increases the bulk and thickness of the stomach's contents which makes you feel full (satiated). Pectin interferes with digestive enzymes, slowing the rate that sugar and fat enter the blood stream. It also acts as fibre, increasing the amount of feces passing through the large intestine, which enables healthier bowel movements.

✓ **Non GMO Soya Lecithin Powder**

Lecithin is naturally made by the liver in the body. It is made of fat-soluble molecules that help make cells and help cells communicate with each other. Soya beans are rich in lecithin that contains all the elements found in cells.

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Soya lecithin contains phosphatidyl choline, a fat-emulsifying compound that is present in every cell of the body. Phosphatidyl choline makes fat and cholesterol in the blood stream more easily dispersed so it doesn't thicken; and it does the same for fats in your diet within the intestines. Lecithin is also important for brain and nerve health due to its good fats called linoleic acid. This greens formula contains a special oil-free powdered lecithin from non-GMO soybeans containing 97% phosphatides.

✓ **Brown Rice Bran**

Brown rice bran is an excellent source of soluble and insoluble fibre.

Fibre promotes healthy bowel movements by increasing feces volume and decreasing the time it takes digested food to go through the colon. This fibre also helps to lower cholesterol, increase satiety after eating, and decrease insulin response after a carbohydrate-heavy meal (important to prevent diabetes). Brown rice bran also has an antioxidant (gamma-oryzanol) that may help to lower cholesterol and triglyceride levels. Rice bran also helps to improve liver function and maintain cardiovascular health.

✓ **The Friendly Trio Dairy-Free Probiotic Culture**

The Friendly Trio® is made from three special human strains of good bacteria called *L. Acidophilus*, *B. Bifidum* and *B. Longum*. These are the “friendly bacteria” needed for a healthy intestinal environment.

These good bacteria are vital to help your gastrointestinal tract maintain good digestion, and help it to absorb the nutrients from food. This special combination of probiotics is resistant to digestive acids (so it's not destroyed before it gets to your intestines) and is even resistant to antibiotics. And unlike most commercially available probiotics, it is temperature stable, requiring no refrigeration.

The Friendly Trio® contains an average of 5 billion LIVE probiotic organisms per gram or 1.25 billion per 10 gram serving of **Enerex GREENS**. The Friendly Trio® were derived from living micro-organisms found in the human body, and perfected through decades of laboratory culturing.

AILMENTS

Antioxidants

Environmental toxins, imbalanced diet and stress cause our bodies to make excessive “free radicals.” Free radicals are wayward unstable molecules in cells that take electrons from other molecules, causing cell damage. Unless kept in check, excessive free radicals speed aging,

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disrupt our immune system, and cause cells to mutate. **Enerex GREENS superfoods** supply a broad spectrum of antioxidants that protect cells from free radicals. Green vegetables and berries have particularly high ORAC scores — ORAC (oxygen radical absorbance capacity) measures antioxidant content. **Enerex GREENS is an especially protective blend.**

Cholesterol Management

High cholesterol is completely manageable through diet changes. **Enerex GREENS** superfoods blends can help you reduce bad (LDL) cholesterol and increase good (HDL) cholesterol levels with potent ingredients including millet, apple fibre pectin, brown rice bran and soya lecithin. These have all been shown in scientific research to aid in balancing cholesterol (and, therefore, helping your heart).

Cleansing and Detox

Feeling lethargic, bloated, run-down? **Enerex GREENS** superfoods blends are a popular addition to detoxification programs because they offer the potent liver and kidney cleanser, red beet juice; they provide several alkalizing grass juice powders to help reverse an unhealthily acidic system; and they have substantial fibre in apple fibre pectin and brown rice bran which increase the elimination of toxins through your colon.

Digestive and Gastro-Intestinal (G.I.Tract)

Acid reflux, indigestion, gas and GERD are symptoms — they're telling you that something needs to be corrected in your diet. **Enerex GREENS superfoods not only provide the enzymes needed to help digest foods, and the phytonutrients needed to heal an inflamed gut, they provide a necessary "break" for your hardworking digestive system since they are so easily digested, absorbed and used by your body.**

Energy

Low energy is often caused by malnutrition. **Enerex GREENS superfoods provide the vitamins and minerals that are missing in your diet** if you don't eat healthy, balanced meals at least three times a day. Its nutrient-dense foods — including the four keys to energy and vitality: 1. raw vegetables 2. good fats 3. whole grains 4. easily-digested protein — help to increase your get-up-and-go hormones which are depleted from daily stresses.

Probiotics and Bowel Health

Friendly bacteria called probiotics help to combat and balance the bad bacteria and yeast that live in your large intestine, reducing constipation, diarrhea and chronic bowel ailments. **Enerex GREENS superfoods have** potent good bacteria (called The Friendly Trio® because the three

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most important kinds are added) made from a high quality human strain. These bacteria have been specially designed to resist stomach acid — so they live long enough to get where they need to do good. They're dairy-free and don't need refrigeration.

Radiation Protection

Foods can aid in detoxifying the body of radiation, and protect from it. Eat vegetables high in beta carotene, vitamin C (and its complementary bioflavonoids), and antioxidants called proanthocyanadins. **Enerex GREENS** formulas have all of these nutrients and the three other top fighters: 1. chlorophyll – clinical studies have reported the protective effects of chlorophyll on irradiated animals 2. cruciferous vegetables (such as kale, cabbage, broccoli) that have anti-radiation and anti-cancer properties 3. bee pollen can counteract toxins and radiation.

PACKAGING

Why should you care about Enerex Greens' bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don't acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it's very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn't provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

TESTIMONIALS

Please leave a testimonial if you really like this product.

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