

Queen of the Greens HolistiGreens™

What is it?

HolistiGreens™ Mega Blend is a Super Food Complex with Probiotics, Phyto Nutrients, Enzymes, and Botanical Herbs, all in a smooth Alkalizing non-bitter **formula that you will love!**

Rich in super foods and dense with Phyto nutrients. HolistiGreens™ is not your average Green Formula. This amazing blend also includes: Coenzyme Q10, Bee Pollen, Alpha Lipoic Acid, Flax Seed, Echinacea, Royal Jelly, Ginger root, green tea and more. Over 50 ingredients in all.

* Each ingredient individually tested and certified for purity and potency.

Greg's HolistiGreens Mega-Blend Smoothie

Blend the following ingredients:

- **12 oz. of water**
- **1/3 to 1/2 frozen peeled avocado**
- **2 big handfuls of fresh spinach or a cup of frozen spinach**
- **Single Serving of HolistiGreens™**
- **1 stalk of celery chopped**
- **1/2 lemon, squeezed not blended**

Recommended Use

Taste & feel the difference of **HolistiGreens™ Mega Blend**

This special formula increases your energy, improves detoxification, and enhances your over all well-being.

Simply add a single serving of HolistiGreens™ Mega Blend (one scoop 6.6 grams) to 8 ounces of water. Mix and drink. You may enjoy up to three servings per day.



ONE BODY ONE LIFE®

HolistiGreens™ is a **SUPER FOOD COMPLEX** with Probiotics, Phyto Nutrients, Enzymes, and Botanical Herbs, all in a smooth alkalizing non-bitter formula. Rich in super foods and dense with Phyto nutrients. **HOLISTIGREENS™** is not your average Green Formula. This amazing blend also includes: Coenzyme Q10, Bee Pollen, Alpha Lipoic Acid, Flax Seed, Echinacea, Royal Jelly, Ginger root, green tea and more. Over 50 ingredients in all. Each ingredient has been individually tested and certified for purity and potency. This special formula increases your energy, improves detoxification, and enhances your over all well-being.

Supplement Facts	Amount Per Serving	% Daily Value
Serving Size: 1 Scoop (6.6g)		
Amount Per Container: 30		
Calories	0	
Calories from Fat	0	
Total Fat	0g	0%
Total Carbohydrates	0g	0%
Sugars	0g	0%
Fiber	0g	0%
Vitamin E	100 IU	2000%
Beta	500	1000%
Beta Carotene	50	1000%
Chlorophyll	500mg	1000%
Propionibacterium Shirota	100mg	1000%
Alpha Lipoic Acid	500mg	1000%
Choline	500mg	1000%
Coenzyme Q10	500mg	1000%
Flax Seed	500mg	1000%
Green Tea	500mg	1000%
Resveratrol	500mg	1000%
Shiitake	500mg	1000%
Triphala	500mg	1000%
Wheatgrass	500mg	1000%
Zinc	500mg	1000%

SCOOOP + SERVE NOW STEP UP YOUR DAILY RITUAL FOR HIGH PERFORMANCE LIVING

Boost ENERGY, DIGESTION and IMMUNITY. Each scoop energizes you with a dose of probiotics and more than 5 servings of fruit & vegetables. Keep it simple and mix 1 scoop with 8 oz of water, juice, or your favorite smoothie. Don't be afraid to **DOUBLE SCOOP!**

ENERGY BOOSTER FAT BLASTER CLINICALLY CERTIFIED DEDICATION DOCTOR APPROVED SUPER PH ALKALIZING

6 DAY STRIP

Download Today: 1811.COM/STRIPS

TO BE ORDERED: ONEBODYONELIFE.COM

Extras: You can substitute coconut water for the water. Also... de-stemmed kale for spinach. You can also experiment with the amount of liquid used for your desired consistency. Add ice for a thicker "smoothie-like consistency". Note: Frozen, peeled avocado is awesome! Just peel and store it in your freezer. Avocados are a natural fat, which can help you lose fat while satisfying and curbing sugar cravings. Avocados will also add a wonderful texture and consistency to your shake.

Queen of the Greens
HolistiGreens™**“QUEEN OF THE GREENS”****Phyto Nutrients**

Phytonutrients can be found in plants, fruits, vegetables, whole grains, legumes, nuts, seeds and help to keep your body functioning properly. While there are more than 25,000 phytonutrients found in plant foods, there are 6 important phytonutrients, each with their own health benefits. Carotenoids found in red, yellow and orange fruits and vegetables act as antioxidants and can also be converted into vitamin A, which supports your immune system. Ellagic Acid, found in berries and other plant foods, helps to fight against cancer. Flavonoids, including green tea and citrus fruits, combat inflammation and prevent chronic disease. Resveratrol, found in grapes and red wine,

also helps combat inflammation while also acting as an antioxidant. Glucosinolates and Phytoestrogens also help to prevent disease and keep your both functioning properly.

Coenzyme Q10

Coenzyme Q10 is a compound found in our bodies, particularly in our heart, liver, kidneys and pancreas, which is essential in energy production. As we age, Coenzyme Q10 decreases as we age and as a result of poor eating habits, impairment or excessive use of the body. Healthy levels of this compound can help to lower systolic blood pressure, benefit heart conditions due to its antioxidant and anti-inflammatory properties and slow the progression of certain diseases.

Bee Pollen

Bee Pollen is one of nature’s most nourishing foods and contains nearly all of the nutrients the human body requires. Bee-gathered pollens are rich in proteins, free amino acids, vitamins, and folic acid.

Effectiveness

The unique combination of effective ingredients found in HolistiGreens™ results in increased energy, improved detoxification, and enhanced over all well-being. These ingredients are grown and processed to maximize their benefits and contain a full spectrum of naturally occurring, absorbable and non-toxic vitamins, minerals, all the essential amino acids (protein), antioxidants, thousands of phytonutrients, and a plethora of other synergistically bound nutrients.

With just a couple of servings per day... you will feel energized, improve your over all health, combat disease, promote healthy immune and digestive systems, reduce inflammation and feel great.

Burn Baby Burn
**Fat Burning
 Lemonade™**



**“BURN
 BABY BURN”**

Fat Burning Lemonade®

This “behind the scenes” product is Greg’s secret weapon which has helped his clients get in shape fast, naturally and safely. It is an integral part of the HolistiCleanse™ Program. You can choose between non-stimulant original + the new Energy Blend formula with natural caffeine and all natural berry flavors.

- **Supports the body to turn fat into energy**
- **Transports fatty acids enhancing metabolism**
- **Excellent to use during exercise, energize every workout**
- **Enhances fat oxidation promoting energy**
- **An antioxidant & free radical scavenger**
- **Cleanses & Detoxifies the Body**
- **30 servings, one month supply**

Queen of the Greens
HolistiGreens™

GET THE PRODUCT THAT CELEBRITIES SWEAR BY

