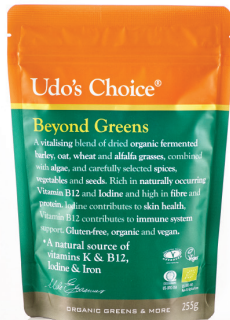


Reasons to Recommend

Udo's Choice® Beyond Greens

The Udo's Choice range was developed by Udo Erasmus, an industry expert in healthy fats and nutrition. The range tackles four of the most neglected areas of nutrition in the typical diets of western populations; essential 'healthy' fats, greens, microbiotics and digestive enzymes.



- Contains fermented grasses. The fermentation process acts like 'pre-digestion'. The 'good' bacteria help break down the fibrous cell walls of the greens and vegetables leading to less chance of indigestion, gas and bloating as well as better bioavailability of nutrients
- A convenient way to get greens in to you because our diets often lack the recommended 5-9 portions per day due to hectic lifestyles or diet choices
- An organic source of the most complete nutrition: protein, enzymes, vitamins & essential fatty acids
- Rich in phytonutrients & food sourced antioxidants, B12, Vitamin K, iron and iodine to support skin health, tiredness & fatigue
- Unlike most greens powders it contains digestive herbs such as alfalfa, ginger root, cinnamon bark, for gut health and almond & vanilla for flavour
- 2 year shelf life & last 90 days once opened
- Lightly processed raw greens provide antioxidants, fibre & prebiotics
- One serving is 8g (approx.. 1 tablespoon). 8g of Beyond Greens is equivalent to 33g of organic fresh vegetables & contains 2g Protein & 3.4g fibre



Vegetarians & vegans have a higher risk of vitamin B12 deficiency & iodine deficiency, have up to 50% lower blood and tissue concentrations of omega 3 EPA and DHA and slightly lower blood zinc levels than omnivores. Beyond Greens contains B12, iodine, EFAs & zinc to address these potential deficiency



VEGAN



ORGANIC



GLUTEN
FREE



SUSTAINABLY
SOURCED



PLANT
BASED



FAQ's

Who is Beyond Greens suitable for?

- People deficient in iodine, zinc, B12, vitamin K and iron
- Suitable for breastfeeding & pregnant women
- Suitable for athletes to offset negative side effects caused by typical athletes diets
- Not recommended to children under the age of 12 years – because of the high fibre content.

Is the product gluten free, organic and soy free?

Yes.