

**IMPROVE**  
your **Energy**  
& **Vitality**  
with the complete  
nutritional support of  
**Vital GREENS**  
**Liquid!**



Join the liquid greens revolution and discover the superior absorbability and effectiveness of Naka's Vital Greens. Vital Greens liquid is a great-tasting formula that features over 40 herbs and superfoods for vitamins, antioxidants and more! It's the ideal choice to help energize, detoxify, stop cravings plus aid digestion. It provides a strong foundation to aid weight loss by helping to prevent cravings, balance pH levels, plus support better elimination and increased energy. Vital Greens liquid is unlike any other supplement you've

tried before. It is filled with whole-food, easy-to-absorb nutrition derived directly from natural food sources. This means your body recognizes it as food and easily absorbs the nutrients. Vital Greens contains chlorophyll, siberian ginseng, ginkgo biloba, licorice, spirulina, and chlorella as well as a superfood and vegetable juice complex you can feel working within you to bring out your best health and vitality. Within just one month, you should notice a real improvement in your energy, vitality, memory, and mood!

The  
liquid  
advantage

- Liquids are quickly and readily absorbed, as they do not first need to be broken down
- Liquids contain no fillers, binders or coatings that may interfere with proper dissolution
- Liquids are fully dissolved upon ingestion, and allow for absorption of key nutrients along the entire gastrointestinal tract
- Liquids are a welcome alternative for people who have trouble swallowing solid pills, particularly children, the elderly and those who are ill or convalescing
- Due to enhanced absorption of nutrients, liquids may allow for lower general dosing than with solid pills

**Don't Have Time to Juice? Vital Greens Saves You Time, Money, and Energy!**

For optimum nutrition, nothing beats the health benefits of juicing vegetables and fruit each day. Produce juiced at home is simply the best way to ensure optimum nutrition. However, most Canadians just don't have the money to invest in the type of juicer that would effectively press all the vital nutrients from the food. Furthermore, it can also be very difficult to find the time to select, purchase, wash, cut, and juice this produce each day.

When you choose Vital Greens, it's like investing all of the time and money you would have to spend on vegetable juicing into a simple bottle of healing supplements.

WHAT COULD BE EASIER THAN THAT?



# Vital Greens is Packed with Nutrition Your Body Can Really Use



## Siberian Ginseng

Siberian ginseng is unlike American panax ginseng. Siberian ginseng contains eleutherosides thought to stimulate your immune system to prevent frequent colds and flu. Siberian ginseng is also known as an adaptogen; a substance that helps your body better cope with everyday physical and mental stress. Scientific studies have shown that regular consumption of Siberian ginseng helps boost your killer T-cells, which keeps your immune system strong. Siberian ginseng has even been shown to be effective in reducing the duration and severity of herpes outbreaks. Furthermore, this medicinal herb has been shown to boost your memory, athletic performance, and endurance.



## Ginkgo Biloba

Ginkgo biloba is one of the longest-living tree species in the world and it has been used medicinally for thousands of years. Ginkgo biloba regulates blood flow to your brain, which has been shown to improve memory and cognition. This not only helps prevent everyday memory lapses, it may also ease the symptoms of Alzheimer's disease and dementia. In addition to supporting brain health, ginkgo biloba has also been shown to improve the health of your eyes by preventing common eye diseases like glaucoma and macular degeneration.



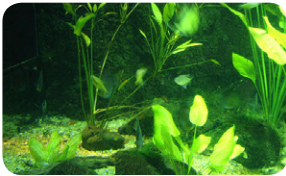
## Licorice

Scientists at the Max Planck Institute for Molecular Genetics in Berlin, Germany identified a group of healing natural compounds within licorice root called amorfrutins. In laboratory studies, these compounds were shown to help reduce the blood sugar spikes and inflammation associated with type II diabetes. Licorice has also been shown to be effective in the prevention and treatment of ulcers and acid reflux disease. Licorice is a strong anti-inflammatory that can also help treat autoimmune disease and chronic pain.



## Spirulina

Spirulina is a type of sea algae that is quite high in protein and essential nutrients. It contains chlorophyll, which helps flood your body with nutrients while helping to remineralize your teeth. Spirulina has been shown to be effective in treating type II diabetes, cardiovascular disease, and chronic neurogenerative disorders. **It also seems to have a profound benefit against radiation exposure, making it an ideal natural treatment for those receiving chemotherapy or radiation treatments. The radioprotective benefits of spirulina is so effective, it was even used to successfully treat child-victims of Chernobyl!**



## Chlorella

Chlorella is a single-cell green algae that helps detoxify your body of pesticides, heavy metals, and other harmful environmental toxins. It has been shown to be effective in binding to radioactive particles so they can be safely flushed from your system. Chlorella has also been shown to lower high blood pressure, treat fibromyalgia pain, lower cholesterol, and reduce the severity of ulcerative colitis.

## Superfood Complex

Vital Greens contains wheat grass, barley grass, alfalfa leaf extract, apple pectin fibre, sprouted barley malt, brown rice bran, bee pollen, pineapple juice powder, Nova Scotia Dulse, fructooligosaccharides, beet juice powder, oat grass, rye grass, grape seed extract, peppermint leaf, royal jelly, acerola juice powder, rhubarb juice powder, aloe vera leaf, ginger root, and bilberry leaf. These nutrients improve your digestion and reduce inflammation so you can experience complete healing, wellness, and vitality.

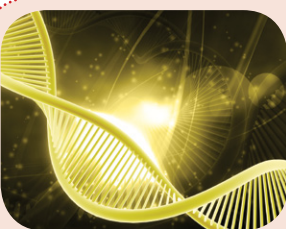
## Vegetable Juice Complex

Vital Greens contains broccoli juice, carrot juice, tomato juice, beet juice, spinach juice, cucumber juice, Brussels's sprout juice, cabbage juice, celery juice, kale juice, asparagus juice, green bell pepper juice, cauliflower juice, parsley juice, wheat grass juice. This gives you the nutrition you want and need without the need to invest your time and energy in juicing.

Vital Greens contains no added artificial colouring, flavouring, animal products, dairy products, fish products, yeast, nuts or eggs.

## DNA Damage Control

Evidence suggests that *chlorophyll* may protect against some of the damaging effects of radiation exposure, both from low-level sources such as sunlight and X-rays, and from the high levels used for cancer treatment. Excess radiation can produce DNA mutations, immune suppression and radiation sickness. Research indicates that chlorophyll increases crucial immune system cells (T cells, B cells and macrophages) during recovery from radiation as well as phagocyte (white blood cell) activity after radiation. The findings suggest chlorophyll may allow for more effective doses of radiation in cancer therapy, while helping to protect surrounding healthy tissue from damage.





## Vital Greens is a liquid scientifically formulated to provide **faster** and **superior** absorption!

Other leading green products are powder-based. In-vitro studies using an experimental model demonstrate how the grainy fibre and nutrients they contain are not fully absorbed by the body.

In a controlled in-vitro experiment scientists tested the absorbability of Vital GREENS liquid preparation versus (2 & 3) two leading brands of powdered greens. All three preparations were diluted in their recommended dosage of water.

The solutions were then poured through 25 micron filters. This method was used as an experimental model to simulate the physiological process of absorption. The filter acts much as the small intestine's specialized cells that act as filters to facilitate absorption.

### The following observations were made after a five minute period.

- A** The leading brands of powdered products (2 & 3) did not dissolve totally leaving nutritional residue in the filters.
- B** The thick, grainy residue in the powdered brands (2 & 3) slowed the rate of absorption through the filters.
- C** Only Vital GREENS (1) emptied completely into the beaker, leaving minimal nutritional residue in the filter.

Unlike the powdered greens brands, Vital GREENS liquid retained most of its nutritional value after filtration.

*Vital GREENS liquid provides faster, superior absorption for maximum results!*



..... Try our great Vital Greens smoothie recipe! .....

## Mint-licious

- ▶ 1 cup almond milk unsweetened
- ▶ 1/2 cup of frozen blueberries
- ▶ 1/2 cup of frozen strawberries
- ▶ 1 cup yogurt with probiotics
- ▶ 1 scoop of protein powder
- ▶ 15 ml Vital Greens



*Blend it up for a great energy boost.*

If fatigue, pain, and poor health have been a problem for you, you no longer have to live that way. Adding Vital Greens to your supplement regimen can help give you back that feeling of health and well-being that you've been missing. After a short time, you may notice that those familiar aches and pains have become a thing of the past.

You may even find that you no longer need to rely on as many stimulants and painkillers as you used to get through your day. When this happens, you'll know Vital Greens is the right choice for your health.



**Gluten FREE**



**Energize**

**Detoxify**

**Revitalize**



"I recently had a sample of *Vital GREENS* and it was AMAZING!! I am a world ranked powerlifter and *Vital GREENS* has completely surpassed my expectations by increasing my energy and focus. *Vital GREENS* is the best on the market!"

► **Barry A.** – Powerlifter



"*Vital GREENS* was promoted to me when I was co-organizing a Triathlon. Since then, I've been taking *Vital GREENS* in the morning and I have a lot more energy than I used to. I won't go without this product any day!"

► **Genevieve L.** – Triathlon co-organizer

**Maximize your sport and work performance with *Vital GREENS* liquid**

- Ginseng to help energize
- Chlorophyll to detoxify & deodorize
- Nutrients & botanicals help with digestion
- Superfood Complex to aid pH balance & help stop cravings

**No mixing of goopy powders!**

**Superior liquid bioavailability**

