

Is GREENS FREEDOM for you?

GREENS FREEDOM is especially formulated for people who don't always have the time to eat the way they should or who simply need more energy to face the day. It's a safe, high-quality formula for chronic fatigue syndrome as well as those suffering allergies to wheat.

GREENS FREEDOM NOURISHES THE BODY, PROMOTES CLEANSING AND INTERNAL DETOXIFICATION, INCREASES VITALITY AND ENHANCES THE IMMUNE SYSTEM.

You can trust GREENS FREEDOM to:

- Nourish the body for constant regeneration
- Improve memory and mental capabilities
- Help digestion (decrease gas and bloating)
- Establish proper pH levels in the intestines
- Stimulate the body to detoxify itself naturally
- Increase and maintain the body's energy level
- Help balance levels of blood sugar in the body
- Enhance immune system performance
- Protect against free-radical damage
- Provide the highest level of probiotics available in a greens supplement; 10 different probiotics, 10 billion strength per serving.

Ingredients

Each serving – 8.8 g or 12 capsules – contains:

Pure Soy Lecithin (99% Oil-Free, 97% Phosphatides)	2186 mg
Organic Alfalfa, Barley, & Wheat Grass powder.....	1714 mg
Spirulina.....	1685 mg
Apple Pectin Fibre.....	1033 mg
Chlorella.....	425 mg
Organic Brown Rice powder	383 mg
10 Probiotic Cultures (10 billion per serving: <i>L. bifidus</i> , <i>L. acidophilus</i> , <i>L. helveticus</i> 8781, <i>L. plantarum</i> , <i>L. casei</i> , <i>Bifido longum</i> , <i>breve</i> and <i>infantis</i> , <i>S. thermophilus</i> , <i>L. bulgaricus</i> , with F.O.S. (fructo-oligosaccharides) and A.O.S. (arabino-oligosaccharides).....	565 mg
Royal Jelly (6% 10-HDA).....	150 mg
Bee Pollen (Multi-Flora)	150 mg
Licorice Root Extract 10% (Supplied by 116 mg of a 4:1 Extract Standardized to 10% Glycyrrhizin).....	464 mg
Acerola Berry Juice powder (Supplied by 115 mg of a 4:1 extract).....	460 mg
Milk Thistle (Supplied by 60 mg of a 20:1 Extract Standardized to Contain 80% Silymarin).....	1200 mg
Siberian Ginseng extract (Supplied by 60 mg of a 35:1 Extract Standardized to 0.8% Eleutherosides).....	2100 mg
Nova Scotia Organic Dulse.....	33 mg
<i>Ginkgo biloba</i> (Supplied by 20 mg of a 50:1 Extract Standardized to a 24% Ginkgo Flavonglycosides and 6% T. Lactones).....	1000 mg
Japanese Green Tea (Supplied by 15 mg of a 100:1 Extract Standardized to 65% Polyphenols).....	1500 mg
European Bilberry (Supplied by 10 mg of a 100:1 Extract Standardized to 25% Anthocyanidins).....	1000 mg
Whole Spectrum Grapeseed Extract (Supplied by 30 mg of a 5000:1 Extract Standardized to 95% Proanthocyanidins, 462 ppm Resveratrol, and 200 ppm Ellagic Acid).....	150,000 mg
Organic Beet Juice powder	65 mg
Broccoli Juice Concentrate Extract (Supplied by 38 mg of a 10:1 Extract).....	380 mg
Formulated in a base of vegetable enzymes (protease, lipase, amylase, cellulase, hemicellulase, phytase, lactase, maltase, pectinase, alpha galactosidase, glucoamylase, pepzyme, bromelain and invertase) and stevia.	

GREENS FREEDOM

Sold exclusively to finer Health Food Stores
1-800-268-9486 www.newrootsherbal.com

Getting your greens has never been easier.

GREENS FREEDOM ENHANCES ENERGY LEVELS AND PROMOTES GENTLE, DAILY DETOXIFICATION.



GREENS FREEDOM is a super food formula containing 50 high-quality ingredients full of nutraceuticals, vitamins, minerals, essential amino acids, vegetable proteins, antioxidants, 10 probiotics, phytonutrients, fibre and chlorophyll – all in a base of vegetable enzymes. It's the perfect way to fill your body with energy and a feeling of well-being. One serving of GREENS FREEDOM provides the equivalent of 6 servings of salad a day.

Improve your energy levels and get more out of life.

GREENS FREEDOM contains:

Pure Soy Lecithin
(99% oil free, 97% phosphatides)

Lecithin is an emulsifier of fats. It keeps the walls of the arteries clean preventing the accumulation of cholesterol and other fats. It also helps to dissolve fat deposits that already exist. It is essential for the health of the cell membranes especially in the brain, where lecithin improves memory, concentration, and general mental performance as well as muscular control. It also helps to absorb vitamins A and D in the intestinal tract.

Organic Alfalfa, Barley & Wheat Grass powders

The young grass of these organically grown cereals is picked at around 30cm long in order to get all the benefits that these young grasses provide. They contain a wide variety of enzymes essential to human metabolism, and they are very rich in chlorophyll which has an excellent capacity to clean, detoxify and oxygenate the blood as well as the liver. Chlorophyll also stops the growth of unfriendly bacteria and helps to fight infections. All of these grasses have a high content of alkalinity, especially the alfalfa. This is an important fact since the body maintains a higher level of energy and works better in an alkaline medium. These plants provide vitamins C, A, K, minerals like calcium, magnesium, iron, potassium, manganese, chromium and selenium. Wheat grass does not have any gluten because only the young grass is used and not the grain.

Royal Jelly: 6% - 10 HDA

A very rich nutrient containing a wide variety of vitamins, minerals, essential amino-acids, as well as some antibiotic substances. It is well known for its support of the immune system.

Spirulina, Chlorella
Nova Scotia Organic Dulse

These 3 types of algae are a very rich source of protein and chlorophyll and they have a high content of different nutrients. They are a rich source of B12, B1, B2, B6, E, K, beta-carotene, essential amino-acids, absorbable iron, GLA and essential fatty acids. They contain great amounts of minerals and trace minerals such as calcium, zinc, iodine, phosphorous, magnesium, manganese, sodium, potassium, copper, selenium and chromium. Chlorella is especially high in RNA and DNA.

Acidophilus + F.O.S. and A.O.S.

10 Probiotic cultures (10 billion per serving): *L. bifidus*, *L. acidophilus*, *L. helveticus* 8781, *L. plantarum*, *L. casei*, *Bifido infantis*, *Bifido longum*, *Bifido breve*, *S. thermophilus*, *L. bulgaricus* with F.O.S. (fructo-oligosaccharides) and A.O.S. (arabinogalactans). This combination of friendly probiotics helps to restore and keep a balanced flora in the gastrointestinal tract. It improves the function of the intestines, helps the digestion process and the assimilation of nutrients, and enhances immune function by implanting friendly bacteria and reducing pathogenic organisms. F.O.S. is a non-digestible carbohydrate complex of vegetable origin that nourishes, and provides an optimal environment for the breeding of friendly bacteria. A.O.S. encourages probiotic growth and also stimulates immune reactions.

Bee Pollen (multi-flora)

It has a high content of S.O.D., 16 vitamins, 16 minerals, 19 enzymes. It is excellent for the nervous system and the brain, fights against fatigue and stress. It enhances stamina, and increases energy.

Licorice Root
(standardized extract 10%) 4:1 Extract

Licorice has a significant antiviral activity. This adaptogen herb is used to help the body adapt to stress by supporting the adrenal system. It has antibacterial properties, helps fight digestive and respiratory infections, and it also boosts the immune system. It has anti-inflammatory and soothing properties for the digestive and respiratory systems. It is also beneficial for chronic fatigue, asthma, allergy disorders, depression, and more.

Acerola Berry Juice powder (4:1 extract)

Acerola berries are one of the most potent source of natural vitamin C and bioflavonoids known. The natural vitamin C facilitates the absorption of quercetin, an important bioflavonoid. Vitamin C is an antioxidant that helps fight viruses and bacteria, and also maintain our skin elasticity.

Organic Beet Juice powder

It is a good source of iron, carotenes, enzymes, B complex vitamins, fibre, calcium, phosphorus and potassium. It stimulates the kidneys and the lymphatic system and facilitates digestion.

Milk Thistle (80% Silymarin)

Silymarin, the main active ingredient of this plant strengthens the liver and promotes the growth of new liver cells. It detoxifies the liver and acts as an antioxidant.

Siberian Ginseng Extract (0.8% Eleutherosides)

It is well known as a tonic and stimulant for the whole body. It has anti-fatigue properties, increases stamina and the ability to cope with stress. This root also aids mental functions.

Ginkgo biloba Extract
(24% Ginkgo Flavonglycosides
& 6% T. Lactones)

Research has shown that this herb has potent actions on the cardiovascular system. It acts as a circulatory stimulant, improves blood flow to the brain and periphery circulatory system, therefore helping memory and concentration. It has antioxidant properties.

Grape Seed Extract (95% proanthocyanidins)

This extract is one of the most potent antioxidants known. Its antioxidant properties are 50 times higher than vitamin E and 20 times higher than vitamin C. Grape seed extract is absorbed very quickly by the body. It reduces capillary fragility, prevents collagen destruction and helps to restore elasticity in connective tissue.

Japanese Green Tea (65% polyphenols)

High in polyphenols and catechins, it is considered an excellent antioxidant. It contains significant amounts of vitamin C and P. It has antibacterial and antiviral properties and helps to fight digestive and respiratory infections, it also boosts the immune system. It assists digestion and the proliferation of friendly bacteria in the intestines.

Plant Digestive Enzymes

We have added plant digestive enzymes for better absorption of this regenerating formula.

Apple Pectin Fibre, Organic Brown Rice powder

These are a natural source of soluble and insoluble fibres that contribute to the health of the gastrointestinal system, stimulating and cleansing the intestinal tract and also lowering cholesterol levels.

Bilberry (25% Anthocyanidins)

The berries and its pigments are believed to have many benefits to the human body. The active ingredient of these berries (anthocyanidins) makes them a good antioxidant. Bilberry helps to maintain healthy capillaries reducing fragility, it protects the veins and arteries and it is of benefit in vascular disorders. Clinical studies show that Bilberry has a very positive effect on eye conditions, it improves visual acuity and night blindness.

Broccoli Extract 10:1

Very rich in quercetin it is a good antioxidant. It is a good source of pro-vitamin A, carotenoids, fibre, sulforaphane, glucosinolates, and vitamin C and K.

Suggested Use

As a dietary supplement, take 1 serving a day on an empty stomach with 8 oz of water, 15 minutes before breakfast and take an extra 8 oz of water after.

1 serving = 8.8 g = 3 teaspoons = 12 capsules

