

# Super Greens™

Available now!

- Only 25 calories per serving
- Contains beneficial dietary fiber
- Delicious organic mint flavor
- 13 different digestive enzymes



- Powerful organic greens
- Raw antioxidant super fruits
- Fermented whole foods

#USYG300001

Net Wt. 255 g

**Suggested Use:** Adults, mix 1 level scoop in 8 ounces of water or juice one or more times daily.



## Not All Greens are Created Equal

It's no secret - Green vegetables are an important part of any healthy diet. Most vegetables are naturally low in calories and fat. Green, leafy vegetables contain plenty of digestive fiber and a variety of nutrients including antioxidants, potassium, Vitamin A, and Vitamin C.

These nutrients provide a range of health benefits. For example, diets that include potassium may assist with maintaining healthy blood pressure. Appropriate amounts of Vitamin A may help to benefit skin and eye health, while Vitamin C may support the body's ability to heal and absorb iron. Adding plenty of fruits and vegetables to a healthy diet may also help to reduce the risk of heart disease, heart attacks, and strokes.<sup>1</sup>



According to the Office of Disease Prevention and Health Promotion (ODPHP), about three-fourths of America's population follows eating patterns that are low in fruits and vegetables.<sup>2</sup> As a result, many valuable nutrients and beneficial chemicals are being left out of the average American's diet, including antioxidants.

Antioxidants are powerful chemicals naturally found within many foods. They help fight oxidation, a normal and daily metabolic process within the body that, when disturbed, can result in the production of free radicals.<sup>3</sup> These free radicals, or unstable molecules, attack other molecules and may ultimately lead to cell damage.<sup>4</sup> The power of antioxidants is in their ability to combat the effects of free radicals.

## Exceptional Nutrient Profile in Super Greens™

**Vitamin A** – may support skin and eye health.<sup>†</sup>

**Vitamin C** – may assist with the growth and repair of tissue and the production of collagen.<sup>†</sup>

**Potassium** – may benefit heart, digestive, and muscle function.<sup>†</sup>

### SUPERFOOD BOTANICAL BLEND

**Organic Flaxseed** – a great source of nutrients including vitamins, minerals, fiber and omega-3s, which may support cardiovascular and digestive health in addition to being a source of plant-based protein.<sup>†</sup>

**Organic Fermented Green Coffee** – a recognized antioxidant that may support a healthy metabolism and help combat oxidative stress during physical activity.<sup>†</sup>

**Digestive Enzyme Blend** – an array of powerful enzymes that may help the body metabolize nutrients and support an overall healthy digestive system.<sup>†</sup>

**Bacillus subtilis Probiotic** – a unique soil-based probiotic that delivers healthy gut bacteria and may support a healthy digestive and immune system.<sup>†</sup>

<sup>†</sup> These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Youngevity's **Super Greens™** harnesses the power of raw, antioxidant-rich fruits, vegetables and vitamins that can be mixed with liquid to create a delicious, healthy shake. Super Greens™ refreshing mint flavor makes it ideal for blending with almond milk, fruit juice, water, and Beyond Tangey Tangerine® 2.0!

- 1 "Nutrients and Health Benefits," USDA ChooseMyPlate.gov, last modified January 12, 2016, <https://www.choosemyplate.gov/vegetables-nutrients-health>.
- 2 Office of Disease Prevention and Health Promotion, Dietary Guidelines for Americans 2015-2020 8th Edition, "Current Eating Patterns in the United States," accessed March 14, 2017, <https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>.
- 3 Fontenot, Beth, "Antioxidants Explained: Why These Compounds Are So Important," last modified October, 30, 2011, <https://www.theatlantic.com/health/archive/2011/10/antioxidants-explained-why-these-compounds-are-so-important/247311/>.
- 4 Lobo, V., et al., "Free radicals, antioxidants and functional foods: Impact on human health," Pharmacognosy Reviews, July-December 2010, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249911/>.

Supplement Facts		
Serving Size: 1 scoop (8.5 grams)		
Servings Per Container: 30		
	Amount Per Serving	% DV*
<b>Calories</b>	25	
<b>Total Carbohydrate</b>	4 g	2%
Dietary Fiber	2 g	8%
Sugars	1 g	
<b>Protein</b>	2 g	4%
Vitamin A (as Beta Carotene)	190 IU	4%
Vitamin C	5 mg	9%
Potassium	260 mg	7%
Calcium	38 mg	4%
Iron	2 mg	11%
<b>Superfood Botanical Blend</b>	4400 mg	**
Organic Flaxseed (fiber and sprouted fermented seed), Organic Fermented Botanical Blend (Green Coffee (seed), Cinnamon (bark), Black Tea (leaf), Green Tea (leaf), Yerba Mate (leaf)), Digestive Enzyme Blend (cellulase complex, beta-glucanase, amylase, xylanase, protease complex, glucoamylase, phytase, pectinase, lipase complex, lactase, alpha-galactosidase, hemicellulase, invertase), Probiotic Blend - 2 billion cfu § ( <i>Bacillus clausii</i> , <i>Bacillus subtilis</i> )		
<b>Organic Greens, Vegetable and Fruit Blend</b>	3825 mg	**
Oat Grass Juice, Alfalfa Grass Juice, Beet (juice and root), Carrot (root), Spirulina, Wild Blueberry (fruit), Pomegranate (fruit), Goji (berry), Chlorella, Broccoli (stalk and flower), Spinach (leaf), Kale (leaf), Açai (berry), Elderberry (fruit), Noni (fruit)		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		
** Daily Value Not Established.		
§ At time of manufacture.		

**OTHER INGREDIENTS:** Organic Apple Cider Vinegar, Organic Peppermint Flavor, Stevia Extract, Organic Spearmint Flavor.