

Greens FIRST®

Your Entire Body Will Love It. Taste Buds Included!

GreensFIRST® is not only great for you, but great tasting too.

Eating five to ten servings of fruits and vegetables daily is ideal. However, it isn't always possible. Now you can ENJOY many of the phytonutrient benefits of a fruit and vegetable rich diet of vibrant colors and dark greens... everyday.

- Only 45 calories and less than 6 grams of carbohydrates per serving.
- Mixes easily without a blender.
- Contains 49 super foods, extracts and concentrates including super greens, vegetables, fruits, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids, enzymes and lecithin.
- *GreensFIRST®* contains no wheat, dairy, MSG or preservatives and has no added sugar.



GreensFIRST® is GUARANTEED DELICIOUS, or your money back!

- Sold through health care practitioners only.
- Each 9.4 gram scoop mixed with 6 to 8 oz. of water is proven to have the antioxidant power of 10 plus servings of fruit and vegetables.*

Experts agree that adding fruits and vegetables to your diet may help:

- Boost Energy
- Promote a Healthy Heart
- Improve Digestion
- Boost the Immune System
- Alkalize and Balance pH
- Support Normal Blood Sugar
- Fight Aging
- Promote Normal Cholesterol
- Assist in Weight Management

GreensFIRST® is one of the "whole food" products in the Healthy Living Kit™.

VITAL LIVING PRODUCTS

Dream PROTEIN™



Greens FIRST®



CompleteESSENTIALS™ Omega 3-6-9



7 Habits of Healthy Living Book

GreensFIRST® is good for the whole family and best of all, it TASTES GREAT!

*Antioxidant value determined via an independent ORAC analysis (Oxygen Radical Absorbance Capacity)

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Read What The Experts Say:

"... the current evidence collectively demonstrates that fruit and vegetable intake is associated with improved health, reduced risk of major diseases, and possible delayed onset of age related indicators." *Diane Hyson, Ph.D., M.S., R.D. The Health Benefits of Fruits and Vegetables: A Scientific Overview for Health Professionals*

- **Eating fruits and vegetables, particularly dark green leafy vegetables, appears to have a protective effect against coronary heart disease.** *Annals of Internal Medicine, 2001, Vol 134, No 12, pp 1106-1114*
- **Men and women whose diets were high in fruits and vegetables were shown to have lower rates of angina, arthritis, asthma, bronchitis, cirrhosis, gallstones, heart attack, kidney stones, and peptic ulcers.** *Epidemiology, 1998, Vol 9, No 2, p 208*
- **Green barley juice contains 13 times more carotene than carrots, 55 times more vitamin C than apples, and 5 times more iron than spinach. "Young barley grass is one of the most nutritionally balanced foods in nature."** *Yoshihide Hagiwara, M.D., Associate Professor, Department of Environmental Toxicology, UC Davis*
- **Spirulina increased antibody responses and the activity of natural killer cells, which destroy infected and cancerous cells in the body.** *UC Davis Health System, Weekly Update, Dec., 2000, pp 1-2*
- **Chlorella is the most significant breakthrough I've seen in over 25 years! There is nothing better for finally helping you feel the way you want to feel.** *Michael Rosenbaum, M.D., Director of Orthomolecular Health Medical Society*
- **We recommend trying lecithin for reducing the risk of coronary heart disease, fatty liver, and to improve mild memory impairment.** *D.W. Johnson, Ph.D.; D.J. Molker, Ph.D., Department of Physiology and Pharmacology, College of Osteopathic Medicine, University of England*
- **Green tea has been demonstrated to protect against chronic gastritis and stomach cancer.** *International Journal of Cancer, 2001, Vol 92, No 4, pp 600-604*
- **Resveratrol was able to inhibit the initiation and promotion of tumors, and cause pre-cancerous cells to return to normal.** *Science Journal, 1997, Vol 275, No 5297, pp 218-220*

Supplement Facts	
Serving Size 9.4 g (1 Scoop)	
Servings Per Container: 30	
Amount Per Serving	
Calories 45	Calories from Fat 17
% Daily Value*	
Total Fat	<2 g <3.1%
Saturated Fat	<.05 g 2.5%
Trans Fat	0 g
Cholesterol	0 g 0%
Sodium	17 mg 0.8%
Total Carbohydrates	<6 g 2.0%
Dietary Fiber	<1 g 4.1%
Sugars	<1 g †
Protein	1 g 2.7%
Amount Per Serving %DV	
Greens Blend - Proprietary	2500mg †
Barley Grass Juice Powder (Certified Organic), Chlorella (Japanese Cracked Cell Wall), Spirulina (Certified Organic).	

Amount Per Serving %DV	
Vegetable Blend - Proprietary	1500mg †
(Certified Organic) Carrot Juice Powder, Cauliflower Juice Powder, Broccoli Juice Powder, Spinach Juice Powder, Parsley Juice Powder, Kale Juice Powder	
OxiSure™ Blend - Proprietary	300mg †
Carrot Powder, Green Tea Extract, Blueberry Powder, Plum Powder, Grape Seed Extract 95%, Cranberry Powder, Raspberry Powder, Tart Cherry Powder, Pine Bark Extract 95%, Broccoli Powder, 'HiActives' Tomato Powder 2000, 'HiActives' Carrot Powder 1200, 'HiActives' Spinach Powder 700, 'HiActives' Kale Powder, 'HiActives' Brussels Sprout Powder.	
Fiber Blend - Proprietary	1950mg †
Oat Betaglucan (Certified Organic), Apple Fiber Pectin, Brown Rice Bran	
Lecithin (Non GMO Soy)	1800mg †
Enzyme Blend	200mg †
Bromelain Extract (80 GDU Per Gram), Papain, Protease, Amylase, Lipase, Cellulase, Lactase.	

Amount Per Serving %DV	
Probiotics (Dairy Free)	200mg †
L. Acidophilus, B. Longum L. Casei, L. Rhamnosus	
Sprouted Barley Malt	200mg †
(Certified Organic)	
ResveraMax™ Blend - Proprietary	100mg †
Polygonum Cuspidatum Extract (25% trans-Resveratrol), Acerola Cherry Powder (Certified Organic), Concord Grape Powder.	
Green Tea Extract (Decaffeinated)	100mg †
(60% Polyphenols)	
Quercetin (98% Dihydrate)	100mg †
Milk Thistle Seed Extract	75mg †
(80% Silymarin)	
Red Beet Root (Certified Organic)	50mg †
Cinnamon Powder (Certified Organic)	50mg †
Aloe Vera Leaf Powder	50mg †
Turmeric Rhizome Extract	20mg †
(85% Curcuminoids)	
Atlantic Kelp Powder	15mg †
(Certified Organic)	
Licorice Root Extract	5mg †
Other Ingredients: Stevia, Citric Acid, Natural Flavors	

Mixing Instructions:
Mix one level scoop (provided in bottle), with 6-8 ounces of water. Stir briskly or shake in a closed container and enjoy one or more times a day.

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† Daily Value Not Established
* Percent Daily Values are based on a 2,000 calorie diet
Contents sold by weight not volume.
Some settling will occur.
This product has been sealed for your protection.
Do not use if seal on cap is broken.

ASK FOR YOUR FREE SAMPLE!

Carefree Health Path & Med Spa
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