



Get even more of the alkalizing, energizing, and detoxifying Greens you love in a larger size that's perfect for sharing. With Greens Value Size, you can give your friends a sample of your body-balancing secret, share a late afternoon energy boost with your coworkers, and no more arguing with your spouse over who used the last scoop!

Greens' pH-balancing blend includes an acidity-fighting combination of magnesium and potassium for an alkaline body that's healthier and more energized. A cutting-edge probiotic helps you maintain that healthy balance by keeping your digestive system regular and toxins flowing out. With 8+ servings of fruits and vegetables and a blend of 38 herbs and nutrient-rich superfoods, Greens provides naturally occurring, bioavailable vitamins, minerals, antioxidants, phytonutrients, and enzymes to give your already well-balanced diet a nutritional boost.

## GREENS™ VALUE SIZE BERRY FLAVOR Alkalizing Drink Powder

### PRODUCT INFORMATION

It's maximum support for your best health, all in a sweet berry flavor.

- Detoxify, alkalize, and promote pH balance within the body
- Acidity-fighting magnesium and potassium blend
- Cutting-edge probiotic support for digestive health
- 38 herbs and nutrient-rich superfoods
- 8+ servings of fruits and vegetables in every scoop
- Free radical-fighting antioxidants
- Sweet berry flavor
- Larger size for three times the Greens™

### SUGGESTED USE

As a dietary supplement, mix two scoops with 8 fluid ounces of water or juice. Mix thoroughly. Avoid using 3-4 hours prior to bedtime.

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

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## FREQUENTLY ASKED QUESTIONS

### WHAT IS GREENS™?

Greens is an energizing, detoxifying, and alkalizing blend of 38 herbs and nutrient-rich superfoods that provides vitamins, minerals, phytonutrients, and enzymes you need for your best health. The nutrients found in Greens are at their highest naturally occurring, bioactive, bioavailable form to ensure maximum absorption by your body.

The natural blend of ingredients in Greens, including an acidity-fighting combination of magnesium and potassium, is designed to alkalize the body and restore pH balance. With restored alkalinity, your body is better equipped to fight off sickness with improved immune system health and increased energy. A cutting-edge probiotic helps you maintain that healthy balance by keeping your digestive system regular and toxins flowing out.

Raw fruits and vegetables are the best foods for combating acidity and restoring alkalinity in the body. Greens gives you the nutrients of 8+ servings of fruits and vegetables in every scoop!

### CAN I SKIP SOME OF MY SERVINGS OF FRUITS AND VEGETABLES IF I TAKE GREENS EVERY DAY?

It can be hard to get enough servings of the fruits and veggies you need in all of your meals every single day. With the equivalent of 8+ servings of fruits and vegetables and a blend of 38 herbs and nutrient-rich superfoods, Greens gives a big nutritional boost to your already healthy diet. Greens is not intended to be a substitute for the fresh fruits and vegetables that are so important to your health.

### WHY IS MAGNESIUM AND POTASSIUM IMPORTANT FOR ALKALIZING THE BODY?

All fresh fruits and vegetables have important alkalizing benefits, but a diet of those highest in potassium is best for maintaining an alkaline, pH-balanced body. Each serving of Greens provides 250 mg of potassium in the form of potassium citrate, the strongest alkalizing agent found in citrus fruit.

## US LABEL

### Supplement Facts

Serving Size: 2 level scoops (4.25 g)

Servings Per Container: 90

	Amount Per Serving	%DV
Calories	10	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Total Carbohydrate	<1 g	<1%*
Magnesium (as dimagnesium malate)	50 mg	12%*
Potassium (as potassium citrate)	260 mg	7%*

Proprietary Blend: 2,231 mg \*\*

Soy lecithin (97% phosphatides), soy protein isolate, *Spirulina pacifica*, apple fiber, barley grass, eleuthero root extract, brown rice flour, alfalfa leaf, barley malt, beet juice powder, royal jelly, *Bacillus coagulans* (LactoSpore®), acerola, chlorella, milk thistle seed, astragalus root extract, green tea leaf extract, *Ginkgo biloba* leaf extract, dulse, bilberry extract, and aloe vera gel

Proprietary Blend: 330 mg \*\*

Broccoli, black walnut leaf powder, blackberry fruit, blueberry fruit, corn silk stylus, cranberry, dandelion leaf, goldenseal herb (aerial parts), kale, lemon grass, marshmallow root, meadowsweet herb (aerial parts), oat straw (aerial parts), papaya leaf, parsley, pau d'arco bark, plantain leaf, red raspberry leaf, rose hips, rosemary leaf, slippery elm bark, spinach, strawberry fruit, tomato, turmeric root, watercress, white willow bark, and okra

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

Other Ingredients: Natural flavors, malic acid, citric acid, stevia leaf extract, and silica.

Contains soy.

An acidic body is not only low in potassium, but likely low in magnesium as well, as magnesium is important for regulating your body's potassium levels. When your body is unbalanced and overly acidic, it tries to counteract that acidity by releasing calcium and magnesium from the bones to promote an alkaline pH, which can lead to a magnesium deficiency within the body.

Greens' alkalizing blend of potassium and magnesium helps to restore adequate supplies of both of these vital minerals that your body needs to maintain a healthy pH balance.

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## HOW IS THE PROBIOTIC IN GREENS IMPORTANT FOR DETOXIFICATION?

A healthy digestive system is crucial to keeping the body balanced and detoxified by adequately removing toxins and waste. Greens includes LactoSpore®, a cutting-edge probiotic to help the body maintain an optimal balance of healthy bacteria in the digestive tract, helping to keep your digestive system regular and maximizing nutrient absorption within the body.

## HOW IS GREENS DIFFERENT FROM REGULAR™?

With a cutting-edge probiotic, 38 natural herbs, and the equivalent of 8+ servings of fruits and vegetables, Greens is the foundation for good digestive health and your best overall health. Regular more specifically supports healthy colon function and ensures daily removal of toxins and waste. For those with digestive health concerns, Greens and Regular together provide superior digestive support.

## WHAT KINDS OF BERRIES ARE IN THE BERRY FLAVOR GREENS?

Both the orange and berry flavors of Greens contain fruit from blackberries, blueberries, cranberries, strawberries, and red raspberry leaf as part of the blend of 8+ servings of fruits and vegetables. The berry flavored Greens contains natural flavoring to give it a sweet berry taste.

## WHAT DOES THE BERRY FLAVOR GREENS TASTE LIKE?

The new Greens berry flavor gives your 8+ servings of fruits and veggies a delicious berry blend taste, sweetened with natural stevia leaf extract.

## THE LABEL SAYS TO AVOID TAKING GREENS 3-4 HOURS BEFORE BEDTIME. WHY IS THAT?

All of the high-quality vitamins, minerals, phytonutrients, and enzymes within Greens are invigorating to the body. Many people feel quite energized after taking Greens and have a difficult time settling down to sleep. For that reason, we recommend that you not take Greens 3-4 hours prior to bedtime.

## WHY IS THE SERVING SIZE AND NET WEIGHT FOR THE BERRY FLAVOR GREENS HIGHER THAN THE ORANGE FLAVOR?

The berry flavor contains additional natural ingredients, such as stevia leaf extract, for flavor and taste.

## HOW LARGE IS THE VALUE SIZE JAR COMPARED TO THE REGULAR GREENS JAR?

The Greens Value Size is three times as large as the Greens jar. The Greens berry flavor jar is 4.5 OZ. (127.5 g) with 30 servings, while the berry flavor Value Size is 13.5 OZ. (382.5 g) with 90 servings.

## WITH A LARGER JAR, DOES THIS MEAN I CAN TAKE EVEN MORE GREENS EVERY DAY?

We advise you follow the suggested usage and recommended serving size stated on the packaging, which is consistent for all of the Greens berry flavor products.

## CAN I TAKE GREENS IF I AM PREGNANT?

We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

## CAN I GIVE GREENS TO MY CHILDREN?

Greens is designed for adult use and is not recommended for children. Always consult your pediatrician before giving any supplements to children.

## DOES GREENS CONTAIN GLUTEN?

Yes, it does contain a small amount of gluten.

## ARE THE INGREDIENTS IN GREENS NON-GMO?

Yes, the ingredients in Greens are non-GMO.