

# 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.**

- GreensFirst is GUARANTEED DELICIOUS, or your money back!
- Only 30 calories and 3 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.
- 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.\*

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

GreensFirst is one of the "whole food" products in the Healthy Living Kit™

VITAL LIVING PRODUCTS



## Endorsements

"GreensFirst is the perfect nutritional foundation for almost every wellness, weight management, or therapy program."  
**Robert L. Gear, D.C., N.M.D., Phoenix, AZ**

"As a triathlete, I have noticed a definite increase in my endurance. It's good tasting, too!"  
**Michael J. Failla, D.C., Main-Line Medical, Milford, PA**

"I recommend GreensFirst as an essential part of my patient's lifelong maintenance program. I like it first thing in the morning because it gives me more energy!"  
**Duncan Shields, D.C., C.C.S.**

## Adding GREENSFirst 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 Weight Management
- No Sugar, Wheat, Dairy, MSG or Preservatives

**GREENSFirst is good for the whole family and best of all, it TASTES GREAT!**



Complete Essentials-Omega 3 • 6 • 9™

7 Habits of Healthy Living Book

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.

# 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

	Amount Per Serving	%DV		Amount Per Serving	%DV
<b>Greens Blend-Proprietary</b>	2500mg	†	<b>Probiotics (Non Dairy)</b>	200mg	†
Barley Grass Juice Powder (Certified Organic)			L. Acidophilus, B. Longum L. Casei, L. Rhamnosus		
Chlorella (Japanese Cracked Cell Wall)			<b>Sprouted Barley Malt</b>	200mg	†
Spirulina, USA (Certified Organic)			(Certified Organic)		
<b>Vegetable Blend-Proprietary</b>	1500mg	†	<b>Green Tea Extract (Decaffeinated)</b>	100mg	†
(Certified Organic)			(60% Polyphenols)		
Carrot Juice Powder, Broccoli Juice Powder, Cauliflower Juice Powder, Spinach Juice Powder, Parsley Juice Powder, Kale Juice Powder			<b>Quercetin (98% Dihydrate)</b>	100mg	†
<b>OxiSure™ Blend-Proprietary</b>	300mg	†	<b>ResveraMax™ Blend-Proprietary</b>	100mg	†
ActiveX™ Carrot and Carrot Powder, Green Tea Extract (Decaffeinated), Blueberry, Plum, Grape Seed Extract, Cranberry, Raspberry, Tart Cherry, Pine Bark Extract, Broccoli Powder, ActiveX™ Tomato, ActiveX™ Spinach, ActiveX™ Kale, ActiveX™ Brussels Sprout			Polygonum Cuspidatum Extract (25% trans-Resveratrol), Concord Grape Powder, Acerola Cherry Powder (Certified Organic)		
<b>Lecithin (Non GMO Soy)</b>	1800mg	†	<b>Milk Thistle Seed Extract</b>	75mg	†
Phosphatidylcholine, Phosphatidyl-ethanolamine, Phosphatidylinositol			(80% Silymarin)		
<b>Fiber Blend-Proprietary</b>	1950mg	†	<b>Red Beet Root (Certified Organic)</b>	50mg	†
Oat Betaglucon (Certified Organic)			<b>Cinnamon Powder (Certified Organic)</b>	50mg	†
Apple Fiber Pectin, Brown Rice Bran			<b>Aloe Vera Leaf Powder</b>	50mg	†
<b>Enzyme Blend</b>	200mg	†	(Certified Organic)		
Bromelain Extract (80 GDU Per Gram)			<b>Turmeric Rhizome Extract</b>	20mg	†
Papain Protease			(85% Curcuminoids)		
Amylase Lipase			<b>Atlantic Kelp Powder (Certified Organic)</b>	15mg	†
Cellulase Lactase			<b>Licorice Root Extract</b>	5mg	†
			<b>Other Ingredients:</b> Natural Flavors, Stevia, Citric Acid		
			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.		

## Nutrition Facts

Serving Size 9.4g (1 scoop) Servings Per Container: 30	
Amount Per Serving	Calories from fat 10
%Daily Value*	
Total Fat 1.2g	2%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 30 mg	2%
Total Carbohydrates 3g	1%
Dietary Fiber <2g	4%
Sugars 1g	
Protein 2g	
*Percent Daily Values are based on a 2,000 calorie diet +Daily Value not established	

Refrigerate after opening to maintain freshness.

**Suggested Usage:** 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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ASK FOR YOUR FREE SAMPLES



Wellness Watchers Systems, LLC, A VITAL LIVING COMPANY, Phoenix, AZ 85018 • 800-714-7746

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[Dr. Ingrid Pincott, ND](#)

300-1170 Shopper's Row • Campbell River, BC • V9W 2C8 • Ph. (250) 286-3655 • (800) 898-6699 • Fax (250) 850-2078