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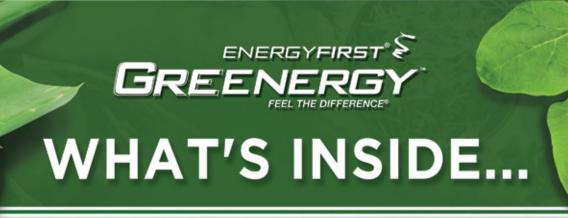
When it comes to the most powerful nutrients on the planet nothing beats greens. If you are looking to boost your energy and immunity, naturally, *Greenergy®* is the product for you! One scoop of Greenergy provides you with the equivalency of 5-7 servings of antioxidant rich nutrient packed vegetables which blast your bloodstream with vitamins and minerals to increase vitality, energy and strength.

Professional athletes, trainers, doctors and nutritionists all agree...Greenergy is the best product on the market...for them and their clients.

One of the best selling products consistently year after year, *ENERGYFIRST®* stands by *Greenergy®* and all of their products with a 100% Satisfaction Guarantee!







Greenergy® is the world's most effective green superfood powder, carefully crafted with natural, organic ingredients to noticeably boost energy and immunity. A single scoop of nutrient-dense Greenergy packs the potency of 5-7 servings of disease-fighting, antioxidant-rich vegetables. This blend contains a base of carefully selected, high-quality organic superfoods that are cold processed to retain vital nutrients, phytonutrients, and enzymes. Greenergy is not only a blend of green vegetables but also a variety of grasses (barley grass, alfalfa), sea vegetables, and algae (spirulina, chlorella).

Designed to promote healthy digestion, Greenergy is complete with digestive enzymes and 200 billion CFU of probiotic support. It is a wholesome product that is triple-tested for any impurities and is GMO, sugar, gluten, soy, and fat free. This plant-based product is completely vegan.

When looking for a quality green drink, many get bogged down when reading the ingredients list and wonder what their purposes are and if they are all necessary. Here is a breakdown of each ingredient and why we chose it. Our green drink recipe is based on the principles of quality, variety, and potency to pack the most nutrition per serving - exactly what to look for in a green drink product.

## PROPRIETARY GREENS & HERBAL BLEND

### Land & Sea Greens for Broad-Spectrum Antioxidant Protection

The rich nutrient and phytonutrient profile of various fruits and vegetables, such as apples, broccoli, kale, and spinach are included. The same mechanisms within apples that protect them from UV radiation are the antioxidants that fight free radicals in the body. Organic apples are also a great source of fiber to slow down carbohydrate digestion, preventing sugar from burdening the bloodstream.

Acai is a fruit native to tropical regions of Central and South America. It is superior to cranberries, raspberries, blackberries, strawberries, and blueberries when it comes to antioxidant concentration. Rich in anthocyanins, this fruit is able to mop up excessive free radicals floating around cells, thus preventing cancer and inflammation.

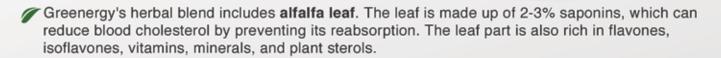
Another green powerhouse is **spinach**. Aside from its rich iron content to support oxygen supply throughout the body, spinach fights excessive inflammation and slows down cancer cell division with antioxidant nutrients such as **vitamin A**, **vitamin C**, **vitamin E and manganese**. It is also one of the richest vegetables in **vitamin K**, which is important for bone health. The phytonutrients lutein and zeaxanthin in spinach help improve vision and eye health. Emerging research is shining more light on glycoglycerolipids found in spinach molecules that can protect lining of the digestive tract from damage.

Two cruciferous vegetables and true superfoods, broccoli and kale, are introduced into our Greenergy recipe for their anticancer isothiocyanates and sulforaphane. These naturally-occurring chemicals reduce markers of inflammation and detoxify carcinogens before they can damage cells. Amongst cruciferous vegetables, broccoli is a concentrated source of vitamin C and kale of vitamin A. A great source of eye-protecting lutein and zeaxanthin, kale helps prevent cataracts and macular degeneration. Isothiocyanates in kale strengthen a 2-step detoxification process that occurs naturally in the body.

- Pea protein isolate makes this green drink mix complete with a great source of plant-based allergenfree protein high in branched chain amino acids glutamine, lysine, and arginine. It is easily digestible and aids muscle building, sports performance, and muscle recovery.
- This blend includes the high potency of **sea algae**, including **spirulina** and **chlorella**. Spirulina is so concentrated in nutrition that NASA and the ESA both recommended it as primary foods for long-term space missions. This blue-green algae is rich in chlorophyll and made up of 62% protein. Rich in vitamins (vitamin E, vitamin B complex, beta-carotene), minerals (zinc, copper, iron, selenium, manganese), and essential fatty acids (omega 3 and omega 6), this algae is an immune booster that increases the production of antibodies. It has antifungal, antibacterial, and anticancer properties. Spirulina works synergistically with other ingredients in the Greenergy blend, such as boosting the growth of L. acidophilus to promote healthy digestion and gut immunity.

Chlorella is a unicellular green alga rich in protein. Containing 60% protein, chlorella is a complete vegetable protein, including branched chain amino acids known to boost endurance performance and aerobic capacity. As its name suggests, it is a rich source of chlorophyll and antioxidants. It has been shown to help maintain normal blood pressure, keep cholesterol in check, boost immunity, and flush out toxins.

The green coffee bean extract used in this blend contains 50% of its main ingredient - chlorogenic acid. One study presented at the National Meeting & Exposition of the American Chemical Society found that daily consumption of less than an ounce of green coffee beans contributed to noticeable weight loss. It also helps reduce blood pressure, slow down memory loss, and boost the immune system's ability to fight bacteria and viruses.



Barley grass gives Greenergy a unique fiber source - beta-glucans. This unique type of soluble fiber slows the rate of food movement through the gastrointestinal tract, which contributes to stable blood sugar and insulin levels. Beta-glucans also help lower cholesterol and blood pressure. The disease-fighting properties of barley grass come from its lignans, an anticancer phytochemical.

Aloe vera's antioxidant power comes from its beta-carotene, vitamin C, and vitamin E content. It provides extra nutrition from vitamin B12, folic acid, choline, and most essential macro and microminerals. Eight enzymes found inside aloe vera help reduce excessive skin inflammation and aid metabolism and digestion. Its anti-allergic properties come from a glycoprotein called acemannan. Aloe vera has a dozen anthraquinones, substances that can inactivate viruses as well as improve digestion at the intestinal level. The anti-aging effect of aloe vera comes from mucopolysaccharides that help bind moisture to skin, make it more elastic, more soft, less wrinkled, and more radiant.

## Herbs for Immunity

- Maca root powder comes from a cruciferous plant from the Andes mountains used to enhance energy, athletic performance, memory, and as botanical therapy for sexual dysfunction. Maca root boosts the vitamin and mineral content of Greenergy and is a good source of slow-digesting carbohydrates.
- The potent immune boosting properties of milk thistle, an herb native to Mediterranean regions, come from a flavonoid known as **silymarin**. This strong antioxidant protects the liver by preventing buildup of toxins. Cancer cell division and reproduction is suppressed, cancer cell life spans are shortened, and blood supply to tumors is interrupted by silymarin.
- Amla extract, also known as Indian gooseberry, is one of the most effective herbs available for inflammatory diseases and to prevent oxidation of fats (the first sign of atherosclerosis development). Studies point to amla extract's ability to mimic the activity of statin drugs by interrupting the activity of an enzyme involved in cholesterol production.

- Acerola cherry, rosehip, and ascorbic acid are excellent, bioavailable sources of the antioxidant vitamin C. The synergistic effect of various nutrients and antioxidants in rose hip enhances superoxide dismutase activity, one of the body's most powerful antioxidant enzymes and an internal defense system against serious cell damage.
- The same pigment that gives orange and yellow fruits and vegetables their rich hues is included in Greenergy for healthy skin, vision, and immunity against chronic illnesses.

  Beta-carotene, a potent pigment and efficient precursor to vitamin A protects the macula (the part of the retina responsible for central vision) from oxidative damage, reduces risk of cardiovascular disease, and helps lower measures of body and blood fat.

# PROPRIETARY DIGESTIVE AND IMMUNITY BLEND

#### Fibers for Gastrointestinal Health

Greenergy is a great source of just enough fiber from organic apples, pectin, guar gum, and inulin to promote regularity, prevent constipation, and lower cholesterol. The fiber content offers glucose absorption control, appetite control, and intestinal health.

### Digestion and Immunity

- Echinacea purpurea is one of the most preferred species of Echinacea for boosting immunity. The extract used in this blend comes from the ground portion of the echinacea plant. Research suggests the roots are the most immunologically active parts of the plant. Echinacea purpurea is rich in polysaccharides and alkylamides that strengthen the immune system and reduce pain and other symptoms associated with inflammation.
- Digestive enzymes are crucial for extracting the benefits from all the superfoods packed in Greenergy or from a meal. The added digestion and absorption support from digestive enzymes boosts the impact of all other ingredients within Greenergy. This specific blend of a variety of digestive enzymes is optimal for working efficiently in a variety of different pH ranges, thus making it more effective.
- Papain is an enzyme from papaya that breaks down proteins. It is used for pain and swelling related to inflammation, diarrhea, psoriasis, and for treatment of tumors. Bromelain is an enzyme from pineapple juice or stems that also reduces inflammation, helps burn fat, slows blood clotting, and can interfere with tumor cell growth. Fungal protease and amylase, enzymes for proteins and carbohydrates respectively, help speed up the breakdown of food.

#### **Probiotics**

Probiotics are the "friendly" gut bacteria that help keep the gut healthy. Lactobacillus acidophilus is added to Greenergy to keep cholesterol in check, promote healthy digestion, and to maintain a healthy balance of gut bacteria. An effective concentration of 200 billion CFU of L. acidophilus inhibits growth of unwanted bacteria and prevents gastrointestinal discomfort and diarrhea.

## PROPRIETARY ENERGY BLEND

#### Tea Time

Our green tea extract is a concentrated source of epigallocatechin gallate (EGCG) - the most abundant and powerful antioxidant in green tea for cancer prevention. EGCG also works synergistically with ginseng compounds to prevent growth of colon cancer cells. EGCG is just one of the many catechins found in green tea that boost energy and metabolism, help with weight and body fat loss, stabilize blood sugar, slow down aging, and protect DNA from UV damage and oxidation.

Matcha green tea stands out among other green teas for its unique concentration of epigallocatechin gallate (EGCG) - about 137 times greater than the conventional green tea. Matcha antioxidants protect against liver damage from chemicals, infections, glucose, triglycerides, and cholesterol. Matcha offers natural energy without spiking insulin levels and leaving no jittery after-effect.

### Raw Natural Energy

What makes **siberian ginseng** root stand out from its cousin, Panax ginseng, is its ability to fight stress and fatigue and restore energy. The active ingredient, eleutherosides, is taken from the root of this plant. Studies show it can boost the number of T-cells in healthy individuals to strengthen the immune system. Siberian ginseng stimulates the adrenal glands and enhances the body's ability to handle physical stress (physical labor, motion sickness, working with speed), improve mental alertness and to resist disease. Research shows its energy-boosting powers have been shown to be useful and effective for those with a burdensome work schedule.

Grape seed extract (GSE) helps stop cognitive decline in its tracks with its main ingredient - proanthocyanidins. Highly concentrated in the antioxidant vitamin E, it helps prevent cardiovascular disease, cancer, and diabetes. GSE is recognized as an anti-obesity agent that helps clean up the deleterious effects of a high-fat diet, including the accumulation of fat in cells, excessive oxidation and free radical damage, and inflammation.

Rhodiola rosea, also known as "golden root", is a "tonic" herb generally used for fighting physical and mental fatigue. Its main ingredient, rosavins, also gives it antidepressant properties. A study published in the International Journal of Sports Nutrition and Exercise Metabolism found that a single dose of rhodiola rosea can improve endurance in exercise. It also boosts complex functions of the brain involving memory, concentration, perception, cognition, and calculation.

## The Golden Spice of Life

It's more than just a spice - it's nature's medicine. **Turmeric's** overwhelming list of benefits begin with the pigment that deserves all the merit - curcumin, rightly nicknamed "cure"-cumin. This pigment does more than just give turmeric its vibrant yellow color. It plays many roles - antioxidant, anti-cancer, antibacterial, antiviral, antifungal, and anti-inflammatory.



Curcumin's anti-inflammatory properties help conditions such as inflammatory bowel disease, pancreatitis, arthritis, and even acne. Curcumin kills numerous types of cancer cells at the mitochondrial level while protecting the mitochondria of healthy cells. It even protects the brain from depression and degenerative diseases.

#### The "Universal Antioxidant"

Alpha lipoic acid is one hardworking vitaminlike antioxidant. Not only is this immune booster significantly more potent than vitamins C and E, but it also recycles these antioxidants and many more. It penetrates everything from nervous system tissue to heart tissue because it is both fat and water soluble. Alpha lipoic acid complements the activity of B vitamins in extracting energy from proteins, carbohydrates, and fats of ingested food. It's a memory booster, a cancer preventer, and a detoxifier (especially after exposure to poisons, heavy metals, and toxic industrial chemicals).

<b>Supplement Facts:</b> Serving Size 1 Scoop (9g) Servings Per Container: 33		
	Amount Per Serving	% Daily Value*
Calories	30	
Total carbohydrates	7 g	2%
Dietary fiber	2 g	8%
Sugars	0 g	+
Protein	0 g	†
Vitamin A (as Beta-carotene)	2000 IU	40%
Vitamin C (as Acerola Cherry Extract and Ascorbic Acid)	30 mg	50%
Iron	0.85 mg	4%
Vitamin E (as alpha-tocopherol acetate)	30 IU	100%
Sodium	10 mg	0%
Potassium	20 mg	1%
Percent Daily Values are based on a 2000 calor     Daily value not established	ie diet.	

## Ingredients:

### Proprietary Greens & Herbal Blend

2830

Organic Spirulina, Spirulina, Chlorella, Organic apple powder, Pea protein isolate, Alfalfa leaf powder, Organic spinach, Barley Grass, Spinach, Green coffee bean (50% chlorogenic acid), Organic kale powder, Monocalcium phosphate, Alpha Tocopherol Acetate (Vitamin E source), Organic maca root powder, Milk thistle extract (80%), Acai powder extract (4:1), Amla extract, Ascorbic acid (Vitamin C source), Aloe vera, Beta-carotene, Acerola cherry (Vitamin C source), Rose hip, Organic broccoli powder

### Proprietary Digestive & Immunity Blend 1.38 g

Organic Inulin, Inulin, Guar gum, Pectin, Echinacea purpurea, Lactobacillus acidophilus (200 billion CFU), Papain, Fungal protease, Fungal amylase, Bromelain

#### Proprietary Energy Blend

376 mg

Matcha green tea extract, Siberian ginseng root (Eleutherococcus Senticosus), Alpha lipoic acid, Grape seed extract (standardized to 95% proanthocyanidins), Rhodiola rosea extract (standardized to 4% total rosavins), Turmeric (standardized to 95% curcumininoids), Green tea extract (50% EGCG)