

Ultra Supreme Greens™

An organically grown synergistic whole-food formulation, combining fruits, vegetables, sea vegetables, grains, grasses, herbs, and potent antioxidants. Ultra Supreme Greens' unique combination of ingredients will help to balance your body's pH level, while adding a naturally balanced ratio of proteins, minerals, and vitamins. Everything your body needs for all of its cells to function properly.

Receiving the proper amount of vitamins and minerals is not as easy as it used to be. Plants absorb many different ingredients from the soil, yet farmers reintroduce only a few of these when replanting, resulting in the average diet being nutrient deficient. **Ultra Supreme Greens** helps counter this deficiency with each serving equal to the nutritional value of 2 lbs. of fresh vegetables - that's 3 to 5 servings of vegetables.

Cell regeneration is vital to our bodies. It takes skin 30 days to regenerate. Without the necessary vitamins, minerals, and nutrients our bodies fall into a degenerative state, also known as aging. **Ultra Supreme Greens** introduces the necessary amino acids, minerals, proteins, and vitamins to revitalize proper cell regeneration.

Sickness and disease occurs when the pH level of the cell and human body becomes acidic when the cell is normally alkaline. In an acidic environment disease producing levels are at their highest points. **Ultra Supreme Greens** will naturally alkalize your body to help combat against such disease and sickness, leaving you healthy and feeling young.

General Information:

Can Ultra Supreme Greens help me lose weight?

Ultra Supreme Greens is an enhanced and organically grown food formulation, combining vegetables, grains, grasses, herbs and antioxidants, providing each serving with the nutritional value of 2 lbs. of fresh vegetables. With such a nutritional value it is possible to reduce your meal consumption, which may result in weight loss. Ultra Supreme Greens special formula also alkalizes the body to assist in losing weight and breaking down body fat.

Who should be consuming Ultra Supreme Greens?

Ultra Supreme Greens is for anyone who is concerned about his/her health and the nutrient deficiency in the average daily diet. Research shows that most of our population does not obtain the recommended three-five servings of vegetables per day. Adding Ultra Supreme Greens to your diet will help you more easily achieve the USDA recommended daily servings of fruits and vegetables.

When do I take Ultra Supreme Greens?

The optimal time is in the morning, on an empty stomach, prior to breakfast or if you prefer 30-45 minutes after meals.

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Why take Ultra Supreme Greens on an empty stomach? Will I get indigestion?

Ultra Supreme Greens is taken mixed into a liquid, and is assimilated more effectively when taken on an empty stomach. Ultra Supreme Greens is a 100% natural whole food supplement and should not upset your stomach.

Can I take Ultra Supreme Greens if I'm pregnant?

Expectant women should always consult with their health care professional before taking any nutritional supplement.

How does Ultra Supreme Greens taste?

Ultra Supreme Greens has a natural vegetable taste that is enhanced with the addition of peppermint. We receive many compliments on how well Ultra Supreme Greens tastes in purified water especially when compared to other green food products on the market today.

How often do I take Ultra Supreme Greens?

One serving, once per day is standard for most individuals. Some health enthusiasts may desire to consume additional doses throughout the day or after strenuous activities to replenish lost nutrients.

Will Ultra Supreme Greens interfere with any medications I am taking?

Ultra Supreme Greens has not demonstrated to have any contradictions with medications. If you have any concerns, you should consult with your health care professional.

I am allergic to wheat—will the grasses in Ultra Supreme Greens affect me?

No, our organic grass juice powders are gluten-free, which is a common cause of wheat allergies.

What is the quality of the ingredients in Ultra Supreme Greens?

The ingredients in Ultra Supreme Greens are of the purest and highest quality available. Our goal is to set the standard for nutritional supplements. The benefit Ultra Supreme Greens is that many of the nutrients our bodies need can be found in a daily serving. The value of consuming a whole food is in attaining the many phyto-nutrients that work together, making them much more effective and available. The necessary vitamins, minerals, antioxidants, enzymes, and nutrients are plentiful in Ultra Supreme Greens making it beneficial.

Should I take Ultra Supreme Greens daily?

We recommend taking Ultra Supreme Greens every day as a source of valuable nutrition.

Can I take too much Ultra Supreme Greens?

You can always take too much of a good thing, however, you can drink Ultra Supreme Greens several times each day without side effects.

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Do I need to take vitamins with Ultra Supreme Greens?

A high quality multivitamin or trace mineral supplement, like our [Liquid Power™](#), is always a good idea, however many people who take Ultra Supreme Greens use no other supplements or vitamins. We recommend that you consult your healthcare professional.

What is the shelf life of Ultra Supreme Greens?

Two years, since the ingredients in our Ultra Supreme Greens are cold temperature dried (rather than heat dried) their enzyme activity and phyto-nutrient bioavailability is preserved. Keeping Ultra Supreme Greens in the refrigerator after opening will help to assure freshness.

Is your Ultra Supreme Greens expensive?

If you were able to locate and purchase all the ingredients in one bottle of Ultra Supreme Greens, your cost would be approximately \$130. Many people add up the price of the supplements they are currently taking and find that the expense far exceeds the equivalent cost of Ultra Supreme Greens without many of the ingredients or benefits.

Potential Benefits of Ultra Supreme Greens:

Sustained energy all day long - most people have ups and downs throughout the day. With **Ultra Supreme Greens** you will find a renewed vigor that you haven't felt since you were 21. Most people find a constant energy from morning till night.

Natural weight loss - Whether you have a lot of weight to lose or it's those stubborn last few pounds **Ultra Supreme Greens** can help you lose weight easily and naturally just by bringing your body back into its natural balance through our alkalizing **Ultra Supreme Greens**. When your body is in balance (proper levels of acid/ alkaline), excess fat will just fall off in its effort to normalize body weight.

Other potential benefits form our Ultra Supreme Greens:

- Aids in Digestion
- Improved Elimination
- Provides Mental Clarity
- Oxygenates the Cells
- A Powerful Blood Purifier and Detoxifier
- Natural Enzyme Activity
- A Natural Anti-Aging Formula

"The alarming fact is that foods (fruits, vegetables and grains) now being raised on millions of acres of land that no longer contains enough of certain minerals, are starving us – no matter how much we eat. No man of today can eat enough fruits and vegetables to supply his system with the minerals he requires for perfect health because his stomach isn't big enough to hold them."

"The truth is that our foods vary enormously in value, and some of them aren't worth eating as food ... Our physical well-being is more directly dependent upon the minerals we take into our system than upon calories or vitamins or upon the precise proportions of starch, protein or carbohydrates we consume."

U.S. Senate Document No. 264 (1936).

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Supplement Facts:#

- **Calories:** 39
- **Calories from Fat:** 14
- **Total Fat:** 2 g (4% DV)
- **Total Carbohydrates:** 4 g (2% DV)
- **Dietary Fiber:** 1.5 g (6% DV)
- **Sugars:** 1.5 g (** DV)
- **Sodium:** 25 mg (2% DV)
- **Protein:** 2 g (4% DV)
- **Vitamin A:** (beta-carotene) 2,450 IU (50% DV)
- **Vitamin K:** 35 mcg (45% DV)
- **Vitamin B-12:** 4 mcg (65% DV)
- **Calcium:** 125 mg (10% DV)
- **Iron:** 3 mg (16% DV)
- **Iodine (from Kelp):** 90 mcg (60% DV)
- **Magnesium:** 23 mg (6% DV)
- **Zinc:** 160 mcg (2% DV)
- **Proprietary Phyto-Nutrient Blend:** 5,850 mg (DV**) [Kelp Powder, Spirulina (organic Hawaiian), Alfalfa (juice concentrate), Wheat Grass (organic powder), Barley Grass (organic powder), Carrot Powder, Barley Malt Powder, Broccoli Powder, Brown Rice Bran, Apple Fiber, Apple Pectin, Oat Bran, Chlorella Powder, Red Beet Powder & Aloe Vera (whole plant)]
- **Lecithin Powder:** 2,000 mg (DV**)
- **Panax Ginseng:** (organic root) 250 mg (DV**)
- **Eleuthero (eleutherococcus senticosus root):** 100 mg (DV**)
- **Peppermint Powder:** 150 mg (DV**)
- **Green Tea (camellia sinensis - 40% Catechins):** 100 mg (DV**)
- **Royal Jelly (min. 5% 10-HDA):** 100 mg (DV**)
- **Fructooligosaccharides (FOS):** 100 mg (DV**)
- **Trace Minerals (72 plant mineral sources):** 100 mg (DV**)
- **Milk Thistle Extract (80% Silymarin):** 80 mg (DV**)
- **Ginkgo Biloba (extract - leaves - 24% ginkgoflavonglycosides):** 20 mg (DV**)
- **Grape seed Extract (95% Polyphenols - vitis unifera):** 20 mg (DV**)
- **Bilberry Extract (25% Anthocyanidins):** 20 mg (DV**)
- **Vegetable & Plant Enzymes (Protease, Amylase, Lipase, Cellulase, Lactase, Papain & Bromelain):** 375 mg (DV**)
- **Coenzyme Q10:** 12 mg (DV**)
- **Alpha Lipoic Acid:** 10 mg (DV**)
- **Cinnamon (bark):** 10 mg (DV**)
- **Pau d'Arco:** 10 mg (DV**)
- **Stevia Extract (leaves):** 15 mg (DV**)

*(% D.V.) Percent Daily Values based on 2000 Calorie diet.

**Percent Daily Value not established.

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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