

ProGreens®

with Advanced
Probiotic Formula

NutriCology®

#1 Doctor recommended combination super food^{Nutri}



Q Why are
so many
people taking
ProGreens®?

ProGreens®

ProGreens® with Advanced Probiotic Formula
One Scoop (Approx. 8.8 grams) Contains:

Green Organic Gluten-Free Grasses

| | |
|----------------------|--------|
| Wheat Grass Powder | 350 mg |
| Barley Grass Powder | 350 mg |
| Alfalfa Grass Powder | 350 mg |
| Oat Grass Powder | 350 mg |

Blue Green & Sea Algae

| | |
|--------------------------|---------|
| Spirulina | 1000 mg |
| Chlorella (Cracked-Cell) | 350 mg |
| Dunaliella salina | 40 mg |
| Nova Scotia Dulse | 30 mg |

Probiotic Cultures (Dairy-Free)

5 Billion

Lactobacillus Group (L.rhamnosus A.,
L.rhamnosus B., L.acidophilus, L.casei,
L.bulgaricus)

3.5 Billion

Bifidobacterium Group (B.longum, B.breve)

1.0 Billion

Streptococcus thermophilus

0.5 Billion

Natural Fiber

| | |
|------------------------------|---------|
| Flax Seed Meal | 500 mg |
| Apple Pectin & Fiber | 1000 mg |
| Fructooligosaccharides (FOS) | 500 mg |

Standardized Bioflavonoid Extracts

| | |
|---|-------|
| Milk Thistle Extract (80% Silymarin) | 60 mg |
| Ginkgo biloba Extract (24% Flavonglycosides & 6% Terpene Lactones) | 20 mg |
| Green Tea Extract (60% Catechins) | 20 mg |
| Grape Pip Extract (92% Proanthocyanidins) | 20 mg |
| Bilberry Extract (25% Anthocyanidins) | 20 mg |

Adaptogenic & Support Herbs

| | |
|---|--------|
| Licorice Root | 100 mg |
| Siberian Ginseng (Eleutherococcus senticosus) | 60 mg |
| Suma (Pfaffia paniculata) | 60 mg |
| Astragalus membranaceus | 60 mg |
| Echinacea purpurea | 60 mg |
| Ginger Root Powder | 5 mg |

Nutrient-Rich "Super Foods"

| | |
|-----------------------------------|---------|
| Soy Lecithin (99% Oil-Free) | 2000 mg |
| Wheat Sprout Powder (gluten free) | 350 mg |
| Acerola Berry Juice Powder | 200 mg |
| Beet Juice Powder | 200 mg |
| Spinach octacosanol | 150 mg |
| Royal Jelly (5% 10-HDA) | 150 mg |
| Bee Pollen | 150 mg |
| Vitamin E Succinate | 100 IU |

NutriCology®

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- People like ProGreens® because it's energizing, satisfying and satiating - it makes them feel good.
- It's one of the most comprehensive nutritional supplements available today.
- It's convenient and easy to use - either in powder or capsule form.
- It's cost effective - much cheaper than buying each ingredient separately.
- And it's a great way to start the day!

Pro Greens®

A bioavailable source of essential nutrition

Who Should Take ProGreens®?

Anyone who is concerned about the lack of proper nutrition in today's diet.

What Kind Of Ingredients Are In ProGreens®?

ProGreens® is a mixture of 32 ingredients, including the "super green" powders (all gluten-free), herbs, non-dairy probiotics and other nutrients (see complete list of ingredients on reverse).

Is ProGreens® Organic?

Most of the ingredients are certified organic, however, the Ginkgo biloba, milk thistle and bee pollen are not certified organic.

I Am Allergic To Wheat. Will I React To The Wheat Sprouts & Grasses In ProGreens®?

No. Our wheat sprouts and grass powders are free of gluten, which is a common cause of wheat allergies.

When Should I Take ProGreens®?

We suggest taking it in the morning on an empty stomach.

How Often Should I Take ProGreens®?

It can be taken once a day in the morning, and after strenuous workouts to replenish lost minerals.

Do I Need To Take ProGreens® Everyday?

We suggest taking ProGreens® every day as a source of valuable nutrition, however some herbalists suggest skipping 1 or 2 days every 3 weeks or so.

Why Should I Take ProGreens® On An Empty Stomach?

Because it digests more quickly when taken without additional food.

How Many Calories Are In ProGreens®?

Less than 40 calories per serving.

"I have studied nutrition for over 25 years. When I take ProGreens® daily, I know I've done one of the best things I can possibly do for my health each day."

Jesse Hanley, M.D.
Malibu Health & Fitness Center
Los Angeles, California

Is ProGreens® A Weight Loss Product?

Although ProGreens® was not designed to be a weight loss product, many people use it as such because of its energizing and appetite suppressing effects, which are probably due to its nutrient density.

Should ProGreens® Be Refrigerated?

To preserve probiotic and enzyme activity, we suggest keeping ProGreens® refrigerated after opening.

What Is The Shelf Life Of ProGreens®?

The shelf life is two years unopened and 6 months after opening if refrigerated.

How Does ProGreens® Taste?

It has a neutral taste that takes on the flavor of the liquid you mix it with.

Can I Premix ProGreens® In Advance?

ProGreens® is enzymatically live and fully active when you mix it with liquid. To maintain full potency, we suggest mixing it fresh each time.

Can I Take Too Much ProGreens®?

Although you can always take too much of a good thing, you can drink ProGreens® several times each day without side effects.

Will ProGreens® Interfere With Medications?

ProGreens® has not been shown to interfere with medications. However, it is best to consult your healthcare professional.

Can Children Take ProGreens®?

Yes, beginning at about 3 yrs of age, children can start with 1/4 tsp. per day; at 10 yrs., 1 tsp. per day; and at 14 yrs., full serving.

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