

ProGreens®

with Advanced
Probiotic Formula

plus **LIFE**
www.pluslife.com.sg

#1 Doctor recommended combination super food



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 (80% 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

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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.

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.