



— PRODUCT GUIDE

Total Greens™

Daily Greens + Fruits Mix

Ultimate daily fruit and vegetable powder drink mix.

30 servings

NPN: 80116262

Why you'll love it

Total Greens™ is your daily fruit and vegetable powder drink mix, providing a full spectrum of antioxidant-rich ingredients plus a high source of fibre for maintenance of good health, all in one great-tasting, convenient drink mix.

FEATURES & BENEFITS

- Proprietary blend of 37 fruits and vegetables
- 4 g of dietary oat fibre for maintenance of good health
- Oat fibre and Acai provide a source of antioxidants
- Delicious Berry Green flavour with no added sugar
- Free from common allergens including dairy, soy, and gluten
- Vegan

HOW TO USE

Recommended Dose (Adults): Take 1 scoop once daily. Mix one scoop with 8 fl. oz. (235 ml) of water or juice. For best results, stir or shake vigorously. May also be added to your favorite smoothie. Use daily for maximum benefit. Take 2 hours before or after taking other medications and/or natural health products.

INGREDIENTS OVERVIEW



Oat Fibre

Comes from the fibrous husk of the oat and is gluten free. The husk is pure insoluble fibre which makes oat fiber almost indigestible.



Acai

Produced by the acai palm tree, Euterpe oleracea, native to the rainforests of South America, and supply more antioxidants than other commonly eaten berries.



Goji

Known to be a true antioxidant powerhouse.



Papaya

Native to tropical climates and offers a wide range of health benefits.



Matcha Green Tea

Matcha Green Tea is the unfermented leaf of Camellia sinensis L. or Thea sinensis L. The leaves have not undergone the same oxidation process used to make oolong and black teas.



Spirulina

A blue-green algae that grows in fresh and saltwater that is part of the bacteria kingdom.



Amaranth

Considered a pseudo cereal, a plant that produces fruits or seeds which are both consumed as grains.



Milk Thistle

Also known as Silymarin or Silybum marianum, is an herb used for several decades for its health benefits.

Medicinal Ingredients / Ingrédients médicinaux

Each scoop (10 g) contains / Chaque mesure (10 g) contient :	
Oat (Avena sativa, Seed hull fibre) / Avoine (Avena sativa, fibre d'écale d'avoine)	4345 mg
Spirulina (Arthrospira platensis, Whole) / Spiruline (Arthrospira platensis, entière)	310 mg
Grain amaranth (Amaranthus hypochondriacus, Seed) / Amarante (Amaranthus hypochondriacus, graine)	3 mg
Milk Thistle (Silybum marianum, Seed) / Chardon-Marie (Silybum marianum, graine)	3 mg
Acai (Euterpe oleracea, Fruit) / Açaï (Euterpe oleracea, fruit)	3 mg

Non-Medicinal Ingredients: Organic Maltodextrin, Acacia gum, Stevia leaf Extract, Berry flavour, Citric acid, Dried goji fruit, Carica papaya (Papaya) Fruit, Camellia Sinensis Leaf, Fruit and Vegetable Blend (Parsley leaf, Barley grass, Wheat grass, Pineapple fruit, Broccoli whole plant, Carrot root, Apple fruit, Orange fruit, Tomato fruit, Brussels sprouts, Cauliflower whole plant, Beet root, Blueberry fruit, Celery aerial parts, Grape fruit, Grapefruit fruit, Kale leaf, Plum fruit, Raspberry fruit, Spinach aerial parts, Strawberry fruit, Radish root, Watermelon fruit, Lemon fruit, Lime fruit, Cantaloupe fruit, Cherry fruit, Leek aerial parts, Onion bulb, Peach fruit, Pear fruit, Ginger root, Green pea seed)

Ingrédients non médicinaux : Maltodextrine biologique, gomme d'acacia, extrait de feuille de stévia, arôme de baies, acide citrique, fruit de goji séché, fruit de papaye carica (papaye), feuille de camélia sinensis, mélange de fruits et légumes (feuille de persil, herbe d'orge, herbe de blé, fruit d'ananas, brocoli [plante entière], racine de carotte, fruit de pomme, fruit d'orange, fruit de tomate, chou de Bruxelles, chou-fleur [plante entière], racine de betterave, fruit de bleuet, parties aériennes de céleri, fruit de raisin, fruit de pamplemousse, feuille de chou frisé, fruit de prune, fruit de framboise, parties aériennes d'épinard, fruit de fraise, racine de radis, fruit de melon d'eau, fruit de citron, fruit de citron vert, fruit de cantaloup, fruit de cerise, parties aériennes de poireau, bulbe d'oignon, fruit de pêche, fruit de poire, racine de gingembre, graine de pois vert)

Store at room temperature. / Conserver à température ambiante.

CAUTIONS AND WARNINGS: CONSULT A HEALTH CARE PRACTITIONER PRIOR TO USE IF YOU ARE PREGNANT OR BREASTFEEDING. KNOWN ADVERSE REACTIONS: STOP USE IF HYPERSENSITIVITY/ALLERGY OCCURS. MAY CAUSE MILD GASTRO-INTESTINAL DISCOMFORT (SUCH AS GAS, BLOATING, CRAMPS).

MISES EN GARDE ET AVERTISSEMENTS : CONSULTER UN PROFESSIONNEL DE LA SANTÉ AVANT L'UTILISATION SI VOUS ÊTES ENCEINTE OU VOUS ALLAITEZ. EFFETS INDESIRABLES CONNUS : CESSEZ L'UTILISATION EN CAS D'HYPERSENSIBILITÉ OU D'ALLERGIE. PEUT CAUSER DE LÉGERS TROUBLES GASTRO-INTESTINAUX (TELS QUE DES GAZ, DES BALLONNEMENTS OU DES CRAMPES).