

TECHNICAL DATA SHEET



GENERAL DESCRIPTION:

TrueGreens is primarily positioned as a product for “anti-aging and life extension.” It’s a synergistic formulation of over 30 ingredients from specific food groups of whole foods and supportive elements. These ingredients are a combination of natural and certified organic sources, and are 100% vegan (vegetarian). TrueGreens contains only “natural source” vitamins and organic minerals, and contains nothing artificial, including vitamins, colors, flavors, or sweeteners.

INGREDIENTS:

The ingredients are listed in various groups by amount along with their nutritional value, including appropriate documented references:

Organic grasses & algae – Wheat, barley, alfalfa, and spirulina. They contribute to the immune system, cellular cleansing, and pH balancing. ^{1, 4, 5, 6, 16}

Grains and seeds – Soy, rice bran, flaxseed, and amaranth. They provide fiber, essential fatty acids, and contribute to improved circulation. ^{7, 8, 9, 10, 17}

Anti-oxidants – Extracts of grape seed (35 mg) and bilberry (25 mg). They provide several anti-oxidants including OPC (oligoproanthocyanidins), and

anthocyanosides. ^{1, 2, 3, 16}

Vegetable blend – Broccoli, spinach, carrot, kale, tomato, and shitake mushroom. Vegetables provide many phytonutrients (both known and unknown), which have been shown to be instrumental in fighting many diseases. ^{11, 12, 13, 14, 16, 18}

Fruit blend – Blueberry, papaya, pineapple, and noni. Fruits are also a rich source of phytonutrients. Two in particular, blueberry and noni (200 mg), have received a great deal of publicity for their anti-aging properties. ^{15, 16, 19, 20}

Others – Probiotics, FOS, enzymes, lecithin, tri-calcium phosphate, xanthan gum, and Stevia.

OVERALL BENEFITS:

TrueGreens, with its many components, is an excellent source of anti-oxidants and other anti-aging factors. It also has cellular cleansing and rebalancing properties as well as providing beneficial intestinal flora.

NUTRITIONAL FACTS:

Serving size = 2 rounded teaspoons, 30 servings per container. Each serving provides 25 calories (0 from fat), 1 gram of protein, 4 grams of carbohydrates, 0 gram of fat, < 1 gram of fiber. DVs = 4% vitamin C, 6% calcium, 8% iron.

SUGGESTED USE:

Mix 2 rounded teaspoons in 4-6 oz of any liquid, or sprinkle on food.

SHELF LIFE & STORAGE:

TrueGreens should be refrigerated after opening. Unopened containers have a shelf life of 1 year. Opened containers should be used within 3 months.

For use in the U.S. Market only



TRUEGREENS



REFERENCES:

- 1) "Dietary antioxidant flavonoids and risk of coronary heart disease: the Zutphen Elderly Study" Hertog et al., *Lancet*. Oct 23, 1993, 342(8878):1007-11.
- 2) "Flavonoids as super oxide scavengers and antioxidants" Chen et al., *Free-Radical-Bio-Med*. 1990, 9(1): 19-21.
- 3) "Bilberry Berry phenolics and their antioxidant activity." Khaknen, M. P. *Journal of Agricultural and Food Chemistry*, 2001. Volume 49, Issue 8:4076-4082.
- 4) "[Barley grass] Metabolic Vitamin B12 Status on a Mostly Raw Vegan Diet with Follow-Up Using Tablets." Donaldson, M.S. *Annals of Nutrition and Metabolism*, 2000. Volume 44, Issue 5-6:229-234.
- 5) "Alfalfa Grass Associative Effects of Supplementing Barley Straw Diets with Alfalfa Hay on Rumen." Haddad, S. G. *Animal Feed Science and Technology*, 2000. Volume 87, Issue 3-4:163-171.
- 6) "Wheat Grass Vegan Diet in Physiological Health Promotion." Hanninen, O. *Acta Physiologica Hungarica*, 1999. Volume 86, Issue 3-4:171-180.
- 7) "Flaxseed Studies on the Metabolizable Energy Content of Ground Full-fat Flaxseed Fed in Mash." Leeson, S. *Poultry Science*, 2001. Volume 79, Issue 11: 1603-1607.
- 8) "Metabolism and Nutrition – Studies on the Metabolizable Energy Content of Ground Full." Gonzalez-Esquerra, R. *Poultry Science*, 2000. Volume 79, Issue 11:1603-1607.
- 9) "Soybean Antitumor Effects of Soybean Hypocotyls and Soybeans on the Mammary Tumor Induction." Zaizen, Y. *Anti-cancer Research*, 2000. Volume 20, Issue 3A:1439-1444.
- 10) "Amaranth Evaluation of the Nutritional Value of the Amaranth Plant, Raw and Heat-treated." Andrasofszky, E. *Acta Veterinaria Hungarica* (Budapest. 1983). Volume 46, Issue 1:47-59.
- 11) "Tomato Antioxidant Capacity of Lycopene-containing Foods." Djuric, Z. *International Journal of Food Sciences and Nutrition*, 2001. Volume 52, Issue 2:143-150.
- 12) "Properties of Tomato Powders As Additives for Food Fortification and Stabilization." Hippeli, S. *Journal of Agricultural and Food Chemistry*, 2001. Volume 49, Issue 4:2037-2042.
- 13) "Spinach Bioavailability of Folate from Processed Spinach in Humans." van Dusseldorp, M. *Annals of Nutrition and Metabolism*, 2001. Volume 44, Issue 4:163-169.
- 14) "Spinach and Broccoli Influence of Feeding Different Vegetables on Plasma Levels of Carotenoids and Folate Van het Hof, K. H. *British Journal of Nutrition*, 1999. Volume 82, Issue 3: 203-212.
- 15) "Noni: An Immunomodulatory Polysaccharide-rich Substance from the Fruit Juice of Morinda Citrus." Hirazumi, A. *Ptr Phytotherapy Research*. 1999 August; 13 (5): pp 380-7.
- 16) "Phytonutrients' Role in Metabolism: Effects on Resistance to Degenerative Processes." Beecher, G.R. *Nutrition Reviews* Washington, 1999. Volume 57, Issue 9, Pt 2.
- 17) "Rice-bran Products: Phytonutrients with Potential Applications in Preventive and Clinical Medicine." Jariwalla, R. J. *Drugs Under Experimental and Clinical Research*, 2001. Volume 27, Issue 1: 17-26.
- 18) "The Cruciferous Choice: DIM or I3C? Phytonutrient Supplements for Cancer Prevention." Author: Zeligs, M. A. *Townsend Letter for Doctors and Patients*, 2001. Issue 217-218:47-56.
- 19) "Anthocyanin Content and Profile Within and Among Blueberry Species." Kalt, W. *Canadian Journal of Plant Science/Revue Canadienne de Phytotechnie*, 1999. Volume 79, Issue 4:617-623.
- 20) "Free Radical Scavenging Activity of Fermented Papaya Preparation and its Effect on Lipid Peroxide Level and Superoxide Dismutase Activity in Iron-induced Epileptic Foci of Rats." Imao, K. *Biochemistry and Molecular Biology International*, 1998. Volume 45, Issue 1:11-23.

PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF500
DESCRIPTION	30-day supply
QUANTITY	7 oz/210 g

For use in the U.S. Market only