



Premiere Greens Multi

Serving Size 1 level scoop (28 g)
Servings Per Container 14

	Amount Per Serving
Calories	100
Total Carbohydrate	14 g
Dietary Fiber	6 g
Sugars	6 g
Protein	10 g
Vitamin A (retinyl palmitate)	2,500 IU
Vitamin C (ascorbic acid)	30 mg
Vitamin D (cholecalciferol)	200 IU
Vitamin E (D-alpha-tocopheryl acetate)	15 IU
Thiamin (mononitrate)	.75 mg
Riboflavin	.85 mg
Niacin (niacinamide)	10 mg
Vitamin B6 (pyridoxine HCl)	1 mg
Folate (folic acid)	200 mcg
Vitamin B12 (cyanocobalamin)	3 mcg
Biotin	150 mcg
Pantothenic acid (D-calcium pantothenate)	5 mg
Calcium	10 mg
Iron	2.75 mg
Phosphorus	113 mg
Magnesium	5 mg
Zinc	.633 mg
Selenium	2 mcg
Copper	.6 mg
Manganese	80 mcg
Chromium	5 mcg
Molybdenum	46 mcg
Chloride	46 mg
Sodium	165 mg
Potassium	25 mg
Greens Super Complex:	16,000 mg

Greens Blend

Aloe vera leaf (source of mucopolysaccharides, plant sterols and anthraquinones), barley grass (source of bioflavonoids), wheat grass, alfalfa (source of beta carotene), dulse (source of oceanic trace minerals), green tea leaf extract (source of polyphenols), kombu seaweed (source of trace minerals), nori seaweed (source of trace minerals), wakame seaweed (source of trace minerals)

Prebiotic and Fiber Blend

Gum acacia, guar gum, oat fiber, xanthan gum, beet fiber, apple pectin

High ORAC Berry Blend

Cranberry concentrate (source of ellagic acid), bilberry fruit extract (source of anthocyanosides), blueberry (source of anthocyanins and ellagic acid), elderberry (source of flavonoids), raspberry (source of beta carotene, ellagic acid, catechins and monoterpenes)

continued on reverse

PREMIERE GREENS MULTI

GREAT-TASTING, ALL-IN-ONE APPROACH TO OPTIMAL NUTRITION*

- High-quality, vegan protein base
- Multivitamin and mineral
- Provides high ORAC blends of fruits, vegetables, unique greens, and specialty nutrients for antioxidant support*

PREMIERE GREENS MULTI is a complete superfood meal supplement beverage designed to nourish the body with the vital nutrition it needs. Leading a busy, active lifestyle can make it difficult for patients to meet their daily needs for all the necessary nutrients. Premiere Greens Multi provides a multivitamin/mineral core, fruit and vegetable blends, enzymes, and unique specialty nutrients for an all-in-one approach to supplementing your patients' nutritional needs to promote optimal health.*

PEA, CHLORELLA, AND SPIRULINA PROTEINS provide a unique and great-tasting protein base. Pea, chlorella, and spirulina all have a low-allergenic potential, but still provide a complete source of quality protein. Along with therapeutic efficacy, taste is also essential to help ensure your patients comply with your protocols. This unique protein blend gives the Premiere Greens Multi a great vanilla taste and creamy consistency.*

MULTIVITAMIN/MINERAL fortified to help patients meet their basic nutritional needs. In a USDA survey of 270,000 Americans, not one met 100% of the RDA for every single one of the essential vitamins and minerals. Supplementing with a multiple can help patients meet the recommended daily intake for all the micronutrients, a necessary first step to optimizing nutritional intake.*

FRUITS AND VEGETABLES are a rich source of antioxidants and essential nutrients. Unfortunately, many Americans struggle to meet the suggested five to nine servings of produce per day. Premiere Greens Multi contains a blend of nineteen different fruits and vegetables to help your patients meet their daily nutrition needs. Broccoli, kale, and brussels sprouts all provide a source of indole-3 carbinol. This compound may support disease prevention and healthy estrogen metabolism. In addition, both broccoli and cauliflower are sources of sulforaphane glucosinolate. This

PREMIERE GREENS MULTI

High ORAC Vegetable Blend

Broccoli (source of indole-3-carbinol, sulforaphane and beta carotene), carrots (source of beta carotene), tomato (source of lycopene, coumaric acid and chlorogenic acid), Brussels sprouts (source of indole-3-carbinol and sulforaphane), cauliflower (source of sulforaphane), beet, celery, kale (source of indole-3-carbinol, sulforaphane and beta carotene), spinach (source of beta carotene, lutein and quercetin), radish, leek or yellow pepper, onion (source of allyl sulfides, quercetins and saponins), cabbage (source of indole-3-carbinol and sulforaphane), garlic (source of allyl sulfides)

Plant-Based Enzyme Blend

Amylase, lactase, neutral protease, lipase, cellulase

Sweetener Blend

Stevia leaf extract, cherry juice crystals, orange juice crystals, lo han guo fruit extract

B. coagulans 300 million CFU

OTHER INGREDIENTS: Protein blend (pea, spirulina and chlorella), natural flavors, citric acid, malic acid, silica.
 Contains wheat (from wheat grass).

SUGGESTED USE: As a dietary supplement, blend, shake or briskly stir one serving (one level scoop) into 8 oz. of water or beverage of choice one time per day or as directed by your healthcare professional.

REFERENCES:

1. Auburn, KJ. "Lifespan is prolonged in autoimmune-prone (NZB/NZW) F1 mice fed a diet supplemented with indole-3-carbinol." *J Nutr.* 2003 Nov;133(11):3610-3.
2. A. Yanaka, et al. "Dietary Sulforaphane-Rich Broccoli Sprouts Reduce Colonization and Attenuate Gastritis in Helicobacter pylori-Infected Mice and Humans." *Cancer Prev Res (Phila).* 2009 Apr;2(4):353-60.
3. Donohoe DR, et al. "The microbiome and butyrate regulate energy metabolism and autophagy in the mammalian colon." *Cell Metab.* 2011 May 4;13(5):517-26.
4. De Vuyst L, Leroy F. "Cross-feeding between bifidobacteria and butyrate-producing colon bacteria explains bifidobacterial competitiveness, butyrate production, and gas production." *Int J Food Microbiol.* 2011 Mar 28. [Epub ahead of print]

*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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sulfur-containing compound has been shown to support gastrointestinal health and promote normal cellular differentiation.*

ENZYMES are the catalysts in all endogenous biochemical reactions. As humans have switched to a diet that focuses primarily on processed foods, dietary consumption of enzymes from raw foods has declined, creating the need for supplementation. Enzyme supplementation can support proper digestion and overall body communication. Another known benefit of enzyme therapy is promoting rapid post-injury tissue recovery. Proteolytic enzymes help improve the circulation and delivery of nutrients to damaged tissue for enhanced healing capabilities.*

FIBER BLEND provides six grams of dietary fiber per serving, making it a significant source of dietary fiber. This fiber blend contains both soluble and insoluble fibers which support the health of the intestinal tract. The blend also provides a balanced ratio of short-chain fatty acids including the all-important butyric acid, which acts as a primary fuel source for the intestinal colonocytes, and promotes the health of beneficial intestinal bacteria and the healthy regulation of cholesterol.*

ANTIOXIDANTS promote health by donating electrons to free radicals, a process sometimes referred to as quenching. Pollution, toxins, and even normal metabolic activity all have the potential to generate free radicals, and these damaging compounds have the ability to cause widespread tissue and DNA damage if left in circulation. Premiere Greens Multi provides a high antioxidant berry blend that promotes balanced cellular activity, disease prevention, and healthy aging.*

GREENS provide a source of antioxidants, plant sterols, and trace minerals. Barley grass and aloe vera are sources of 6 β -sitosterol, a compound that appears to inhibit cholesterol absorption in the small intestine. Sea vegetables, such as nori, kombu, and wakame, all provide a source of trace minerals and unique antioxidant compounds.*