



## Ultra Greens pH

Serving Size 8.4 g (1 scoop)  
Servings Per Container 30

	Amount Per Serving
Calories	20
Total carbohydrate	4 g
Sugars	2 g
Vitamin C (magnesium ascorbate, potassium ascorbate, sodium ascorbate and calcium ascorbate)	100 mg
Calcium (ascorbate, carbonate)	6 mg
Magnesium (ascorbate, carbonate)	17 mg
Zinc (amino acid chelate)	2 mg
Selenium (selenomethionine)	0.1 mcg
Potassium (ascorbate, bicarbonate)	35 mg
Barley grass powder ( <i>Hordeum vulgare</i> )	750 mg
Rye grass ( <i>Secale cereale</i> )	750 mg
Spirulina ( <i>Spirulina platensis</i> )	750 mg
Bee pollen powder	500 mg
Vegetable blend:	350 mg
Carrot, broccoli, tomato, Brussels sprouts, cauliflower, beet, celery, kale, spinach, radish, onion, leek, and yellow pepper.	
Enzyme blend:	100 mg
Amylase, glucoamylase, lactase, protease, acid protease, cellulase, lipase and invertase	
Atlantic sea kelp	100 mg

**OTHER INGREDIENTS:** Fructose, xylitol, natural flavors, malic acid and silica

**SUGGESTED USE:** As a dietary supplement, add 1 serving (1 scoop) to 8 ounces of water or juice and drink immediately. Best taken on an empty stomach. Dosage may vary from 1-3 servings per day or as directed by your healthcare professional.

### REFERENCES:

1. Clark CD, Bassett B, Burge MR. Effects of kelp supplementation on thyroid function in euthyroid subjects. *Endocr Pract.* 2003 Sep-Oct;9(5):363-9.
2. Cremer L, et al. A purified green barley extract with modulatory properties upon TNF alpha and ROS released by human specialized cells isolated from RA patients. *Roum Arch Microbiol Immunol.* 1998 Jul-Dec;57(3-4):231-42.

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\*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.

# ULTRA GREENS PH

SUPERFOOD POWDERED GREENS BEVERAGE RICH IN PHYTONUTRIENTS, ANTIOXIDANTS, AND SUPPORTIVE ENZYMES

- Grasses and sea vegetables provide a rich source of bioavailable micronutrients\*
- Supports healthy acid/alkaline regulation\*
- Broad-spectrum enzyme blend to support healthy digestion, circulation, and healing activity\*
- Blend of 13 different vegetables to help promote optimal nutritional status\*
- Great-tasting fruit punch flavor

**ULTRA GREENS PH** makes meeting daily nutrient intakes and supporting body pH levels easy. Ultra Greens pH combines micronutrients, grasses, sea vegetables, enzymes, and a vegetable blend in a great-tasting powdered formula. The term pH is used to describe acid/alkaline balance. The human body functions optimally at a slightly alkaline pH of 7.2 -7.4. When the body is too acidic, it can create a favorable environment for pathogenic yeasts, microbes, and viruses as well as promote bone loss and cardiovascular decline. Increasing intake of healthy greens through Ultra Greens pH is a simple and convenient way to support balanced body pH and improve overall nutritional balance.\*

**VITAMIN C (MINERAL ASCORBATES)** is a buffered form of vitamin C that is easily absorbed and will not cause gastric distress. Vitamin C is essential for cellular antioxidant support.\*

**CALCIUM AND MAGNESIUM (ASCORBATE)** Consumption of an acid-promoting diet has been shown to enhance bone resorption of alkaline minerals. Acidogenic diets appear to promote bone loss via increases in serum parathyroid hormone, bone resorption, and calcium excretion. Calcium and magnesium are alkaline ash minerals that help promote pH balance and healthy bone structure.\*

**ZINC (AMINO ACID CHELATE)** is involved in more than 200 zinc-dependent metalloenzymes. These enzymes are involved in metabolism of proteins and nucleic acids and energy production. Zinc has also been shown to have immune-modulating activity and supports gastrointestinal health.\*

**SELENIUM (SELENOMETHIONINE)** supports healthy antioxidant and detoxification activity. Selenium is necessary for the activity of selenium-dependent glutathione peroxidase, an enzyme used in the detoxification of toxins as well as the elimination of free radicals.\*

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## REFERENCES:

3. Kulshreshtha A, et al. Spirulina in health care management. *Curr Pharm Biotechnol*. 2008 Oct;9(5):400-5.
4. Macdonald HM, et al. Low dietary potassium intakes and high dietary estimates of net endogenous acid production are associated with low bone mineral density in premenopausal women and increased markers of bone resorption in post menopausal women. *American Journal of Clinical Nutrition*, 2005 Apr;81(4):923-33.
5. Ohtake H, et al. Studies on the constituents of green juice from young barley leaves. Effect on dietary induced hypercholesterolemia in rats. *Yakugaku Zasshi*. 1985;105:1052-7.
6. Ramina, J. et al. Dietary acid-base balance, bone resorption, and calcium excretion. *Journal of the American College of Nutrition*. 2006 Jun;25(3):224-30.
7. Rylander R, Remer T, Berkemeyer S, et al. Acid-base status affects renal magnesium losses in healthy, elderly persons. *Journal of Nutrition*. 2006 Sep;136(9):2374-7.
8. Sebastian, A. et al. Improved mineral balance and skeletal metabolism in postmenopausal women treated with potassium bicarbonate. *The New England Journal of Medicine*. 1994 Jun 23;330(25):1776-81.
9. Tarayre JP, Laressergues H. Advantages of a combination of proteolytic enzymes, flavonoids and ascorbic in comparison and non-steroidal anti inflammatory agents. *Arzneim Forsch* 1977;27(6):1144-9.
10. Taussig SJ, Batkin S. Bromelain, the enzyme complex of pineapple (*Ananas comosus*) and its clinical application. An update. *J Ethnopharmacol*. 1988 Feb-Mar;22(2):191-203.
11. Yu YM, Chang WC, Liu CS, Tsai CM. Effect of young barley leaf extract and delay on plasma lipids and LDL oxidation in hyperlipidemic smokers. *Biol Pharm Bull*. 2004;27:802-5.

**BARLEY GRASS (*HORDEUM VULGARE*)** consists of the young, micronutrient-rich green leaves of the barley plant. Barley grass has been clinically used for immune support, promotion of healthy blood lipid levels, as an antioxidant, and as an anti-inflammatory agent. The cholesterol-supporting effects of barley grass are believed to be attributed to 6  $\beta$ -sitosterol, a compound that appears to inhibit cholesterol absorption in the small intestine. In animal models, barley grass supplementation was shown to positively support blood lipid profiles and reduce the progression of plaque development. Barley grass has potent free radical scavenging capabilities due to its high concentration of polyphenolic compounds. Barley grass has also been shown to reduce inflammatory activity while the high chlorophyll content of barley grass has also led to its use in immune support and as a biological source of magnesium.\*

**SPIRULINA (BLUE GREEN ALGAE) (*SPIRULINA PLATENSIS*)** is one of nature's most complete sources of nutrition. Spirulina is a photosynthetic microorganism that provides high doses of therapeutic nutrients including B-complex vitamins, minerals, proteins, gamma-linolenic acid and antioxidants such as beta-carotene, vitamin E, and a number of unexplored bioactive compounds. The rich nutrient density of spirulina has led to its use in a variety of health conditions, including immune support, allergy therapy, and modulation of nutritional imbalances.\*

**SEA KELP** is best known as a valuable source of vegetable-protein bound organic trace minerals. However, it is also an excellent source of protein, B vitamins, and lignans. Intake of kelp has been shown to support healthy thyroid activity, mainly attributed to its high iodine content.

**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. Ultra Greens pH contains a blend of 13 different vegetables to help your patients meet their daily nutrition needs. Research has shown that a diet high in fruits and vegetables correlates with reduced risk of many chronic diseases.\*

**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, overall body communication, and promote rapid post-injury tissue recovery. Proteolytic enzymes help clear fibrin clot deposits and promote circulation and delivery of nutrients to damaged tissue for promoted healing capabilities.\*