



**WORLDWIDE
HEALTH CENTER**
Natural Health Products & Remedies

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Last updated: 28.07.16

Super Greens Plus



Vegan

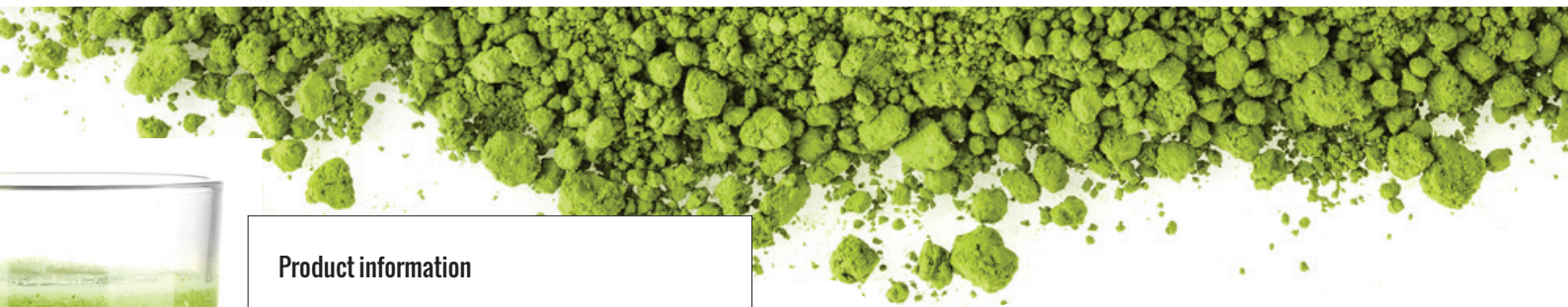


No ordinary green shake!

A **100% organic** superfoods combination powder, packed with **vitamins, minerals, antioxidants** and powerful **phyto-nutrients** (including chlorophyll) from the **15 superfood, superfruit and herbal ingredients**.

High in **vegetable-source proteins**, this unique powder blend also contains **over 20 natural enzymes** and **70 beneficial nutrients** - a nutritional powerhouse!

One of the most nutrient-dense superfood combinations per serving you will find!



Product information

Ingredients (dried, powdered): *Activated Pre-Sprouted **Barley**, *Apple, *Linseed / Flaxseed, ***Wheatgrass**, *Quinoa, ***Barley Grass**, *Alfalfa, *Seagreens® Ascophyllum (Kelp), *Spirulina, *Acai Berry, *Carrot, *Turmeric, *Bilberry Fruit, *Spinach Leaf, *Lemon Peel

* = *Certified organic ingredients*

ALLERGY ADVICE: for allergens see ingredients in **Bold**.

100% of the agricultural ingredients are produced in accordance with the rules of organic production. The herbs used in this food product are grown to the highest organic standards.

Suggested usage: Mix 1 or 2 heaped scoops or teaspoons (10g to 20g), 1 to 3 times per day. The powder can be added to water, fruit juice, vegetable juice or other liquids. It can also be added to fresh fruits and blended into a healthy smoothie.

Packed with vitamins, minerals and phyto-nutrients

Contains 15 superfoods, superfruits and herbs

With organic pre-sprouted barley

Contains over 20 enzymes and 70 nutrients

A 100% organic registered combination

High in vegetable-source proteins

Supports high energy levels

Supports natural cleanse and detox

Contains no added nasties



About the shake...

At a glance

Super Greens Plus

Nutrition

Typical values	100g contains	Per 10g serving	%RI* per serving
Energy	1620kJ 385kcal	162kJ 38.5kcal	2% 2%
Fat	7.9g	0.7g	1%
of which saturates	1.06g	0.1g	1%
of which monounsaturates	4.48g	0.44g	-
of which polyunsaturates	1.96g	0.19g	-
Carbohydrate	72.8g	7.2g	3%
of which sugars	12.4g	1.2g	1%
Fibre	13.1g	1.3g	-
Protein	12.3g	1.2g	2%
Salt	0.05g	0.005g	0%

- 100% organic
- 15 superfoods
- Nutrient-dense

- Only 38.5 calories per serving
- Over 70 beneficial nutrients
- Over 20 natural enzymes
- High in vegetable proteins
- High in antioxidants
- High in chlorophyll
- Supports high energy levels
- Supports natural cleanse & detox

Good to know

- ✓ Dairy-free
- ✓ No added sugar
- ✓ Vegetarian
- ✓ Vegan
- ✓ Yeast-free
- ✓ No artificial additives, preservatives, colours, fillers, binders, flow agents or GMOs



About the ingredients...

Activated pre-sprouted barley: Pre-sprouted barley utilises the latest patented scientific food technology, whereby all the natural active **enzymes** and nutrients in the barley grain are captured just prior to sprouting (the most nutrient- and enzyme-rich stage). The pre-sprouting stage also provides access to a wide variety of vitamins, minerals, amino acids and essential fatty acids.

The pre-sprouted barley used in organic GreenNourish Complete also has the following benefits:

- Totally organic
- Generates 400% more energy than ordinary barley
- Complex carbohydrates for slow and steady energy
- Contains only 0.28% gluten (virtually gluten-free)
- Contains all essential amino acids
- The amino acid profile ratio virtually mirrors that of the human body
- High in plant protein (11%)
- High in soluble fibre - ideal for stable and steady release of energy
- Contains SOD, a powerful antioxidant which acts against free radicals
- Vitamins and minerals available in easily assimilated food form
- Contains beneficial Omega oils.



Apple, bilberry fruit, carrots, lemon peel and spinach: These organic fruits and vegetables have been added to contribute to this all-in-one nutritious formula, with their high levels of **vitamins, minerals, trace elements, enzymes** and natural **dietary fibre**.



About the ingredients cont...



Linseed / flaxseed: These seeds are rich in **Omega 3** and **Omega 6** essential fatty acids (beneficial oils) and lignans. They assist in energy generation and the fibre also adds bulk to stools in the bowel.

Wheatgrass: Wheatgrass has such a high nutrient-to-calorie ratio that it is considered to be a complete food in itself - or a '**superfood**'. In fact, one pound of fresh wheatgrass is equivalent in nutritional value to 23 pounds of fresh garden vegetables!

One of the main reasons for the excellent nutritional value of wheatgrass is the presence of **chlorophyll** - a green pigment (and powerful phyto-chemical) formed in plants in the presence of sunlight, by the process of photosynthesis. Wheatgrass contains up to 70% chlorophyll. A typical analysis includes the following:

- **vitamins** (including vitamin A, all the B vitamins, vitamin C, vitamin E and vitamin K)
- **minerals** (including iron, phosphate, boron, copper, selenium, calcium, magnesium, potassium, chromium, manganese, phosphorous, silicon and zinc).

Aside from chlorophyll, wheatgrass is also a very good source of:

- **dietary fibre**
- **complete plant protein:** Wheatgrass contains a surprising amount of complete protein, as is the case with many other fresh leafy greens. What's more, because it is a plant-based protein, it is also nutrient-dense and lean - it doesn't contain the high levels of saturated fat, cholesterol and calories usually found in animal / dairy sources.
- **natural enzymes:** Wheatgrass contains a high number of beneficial exogenous enzymes (enzymes not made in the human digestive system), namely: oxidase, lipase, protease, amylase, catalase, peroxidase, tranhydrodinase and superoxydismutase (SOD). These enzymes support efficient digestion - a complex process which involves literally hundreds of thousands of specific enzymes.



Quinoa: This grain has a **high protein content** and has been added to GreeNourish Complete blend to support the amino acid profile of the pre-sprouted barley and wheatgrass.

Barley grass: This has been added to enhance the formula's **enzyme potential**. This aids the utilisation / assimilation of the nutrients.



Alfalfa: Rich in **vitamins and minerals** such as pro-Vitamin A (B-carotene), B6, C, D, E, K, P. Alfalfa also yields 10 times more mineral value than an average grain. It also contains **chlorophyll** and contains 8 essential **enzymes**.

Seagreens® Ascophyllum (kelp): This is a large, common brown alga (Phaeophyceae) in the family Fucaceae, being the only species in the genus Ascophyllum. It is seaweed of the northern Atlantic Ocean, and is also known as kelp. It is common on the north-western coast of Europe (from Svalbard to Portugal) including east Greenland and the north-eastern coast of North America. Seagreens® Ascophyllum nodosum is sourced from the Scottish Outer Hebrides and is the highest of Seagreens® species in terms of **iodine** levels - typically 700mcg iodine per 1g. Ascophyllum nodosum is rich in both **macro-nutrients** (e.g. nitrogen, phosphorus, potassium, calcium, magnesium, sulphur) and **micro-nutrients** (e.g. manganese, copper, iron, zinc etc). It is also host to cytokinins, auxin-like gibberellins, betaines, mannitol, organic acids, polysaccharides, amino acids, antioxidants and proteins, which are all highly beneficial.

Spirulina: As with kelp, this sea plant is naturally harvested and has been included in the GreeNourish blend as it offers an exceptionally wide range of vitamins, minerals, trace elements and amino acids.



About the ingredients cont...

Acai berry: A South American berry high in **antioxidants** and (in the pulp) dietary fibre. Açai is also rich in important Omega 6 and Omega 9 **essential fatty acids**, plus B-complex **vitamins**, vitamin C and many **minerals** including iron, calcium and zinc. Açai is often referred to by health experts as the "perfect superfood".



Turmeric: Known as the "spice of life", turmeric has been used for thousands of years as part of the Ayurvedic system of medicine practised by Indian healers. Curcumin, derived from turmeric is a strong **anti-inflammatory** and potent **antioxidant**, which also helps to inhibit the degradation of **essential fatty acids**. Turmeric is also used to reduce inflammation of the liver and strengthen liver function.



Beneficial for:

- Immunity
- Cleanse and detox
- Body alkalising
- Energy levels
- Nutrient intake
- Inflammatory conditions
- Antioxidant levels
- Healthy heart
- Stable blood sugar levels
- Vegetarians and vegans
- Weight loss
- Healthy diet
- Active lifestyle
- Gentle colon cleansing

Why you should choose organic standard products

Standards: Organic products and producers are accredited and certified by the Soil Association, under its strict regulations and standards aimed at protecting the consumer and keeping food natural.



Health: Organic farming produces healthier and more effective food-based nutrients as required by our bodies, without all the harmful chemicals, pollutants and other toxins which are so often found in non-organic foods. Reviewing 41 published studies comparing the dietary value of organically evolved and conventionally grown fruits, vegetables, herbs and grains, a nutrition specialist concluded there was a significantly higher level of nutrients present in natural crops, including: 27% more vitamin C, 21.1% more iron, 29.3% more magnesium and 13.6% more phosphorus. Additionally, organic products had 15.1% less nitrates.

Environment: A large amount of the UK's greenhouse emissions are created by farming. By choosing local, organic and seasonal produce, you can help to reduce our carbon footprint. Organic farming also restricts the use of artificial pesticides and prohibits the use of chemical fertilisers and other toxins, which can pollute both our food and the environment.

Genetic modification: Genetically Modified (GM) crops and ingredients known as 'Frankenstein foods' are banned under organic standards.

Animal welfare: Animals bred through organic means have to be kept in the open for a specified amount of time and there are guidelines for the general care of the animals. Routine use of antibiotics is also prohibited, addressing concerns about the associated risks to human health from their high level of use by non-organic farmers.