

Giving Greens® is a whole-food veggie, nutritive powdered drink mix that makes it easy to fuel your body with vital phytonutrients, vitamins and minerals. This guilt-free nourishment features sprouted-seed nutrition, a probiotic and prebiotic system and an enzyme-rich superfruit blend that provides your body with essential nutrients to boost immunity, support cardiovascular health, fight free radicals and aid digestion.

2 SCOOPS. MIX. THRIVE.

A busy life makes it challenging to feed your body the nutrition it craves, but Giving Greens makes it easy. With only 15 calories per serving, simply mix Giving Greens' nutritive powder in water or blend in a smoothie and enjoy! This simple addition to your routine supports cardiovascular health, fights free radicals, aids digestion and boosts immunity.















2 LBS. OF VEGGIES IN EVERY SERVING

Just one serving includes spinach, alfalfa and chlorella, plus broccoli, carrot, tomato, beet, spinach, cucumber, brussels sprouts, cabbage, celery, kale, asparagus, green bell pepper, cauliflower and parsley for optimum nutrition. Try eating all of THAT in one day!

SPROUTED-SEED NUTRITION

Sprouted seeds are brimming with nutrition, and when harvested at the peak of the sprouting process, nutrition levels are maximized and healthy compounds are unlocked.

HARD-WORKING ENZYMES

Our premium enzyme blend includes highly active digestive enzymes that help your body unlock Giving Greens' wholesome goodness.









Supplement Facts

Serving Size: 2 scoops Servings per Package: 28

	Amount Serving	%DV*
Calories	15	1%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Total Carbohydrate	3 g	1%
Dietary Fiber	2 g	8%
Sugars	<1 g	**
Protein	1 g	**
Vitamin C (as Acerola fruit extract)	30 mg	33%
Sodium	17 mg	1%
Broccoli leaf powder, Cauliflower po powder, Kale leaf powder, Parsley p root powder, Carrot powder, Tomate Superfruit Blend (Blueberry fruit powder, Acai berry	oowder, Gree o fruit powde 200 mg	n Pepper powder, Beet er, Cabbage leaf powder) **
Organic Broccoli Sprouted Seed	150 mg	**
Enzyme Blend (Amylase, Protease, Glucoamylase,	15 mg Lipase, Cellu	ulase) **
Probiotics Blend (Bifidobacterium breve and Lactoba	4 billion cillius planta	** arum)
Alfalfa grass powder	550 mg	**
Coconut juice powder	200 mg	**
Chlorella (cracked cell wall)	100 mg	**
Cinnamon bark powder	50 mg	**
*Percent Daily Values are based on a 2,000 calorie diet ** Daily Value (DV) not established		

Other Ingredients: Gum acacia, Xylitol, Xanthan Gum, Stevia leaf extract, Citric acid and Malic acid.

Giving Greens®

TASTE THE DIFFERENCE

This guilt-free nutritional powerhouse helps ensure you and your loved ones get the veggies you need without the dinnertime fight. Superfruits goji berry, blueberry and acerola combine with cinnamon and a hint of stevia and xylitol to provide a naturally sweet flavor while giving you a happy antioxidant boost. Sweetened by nature, even kids give it two thumbs up!

THE 'GOOD GUY' STRAINS

4 billion probiotic bacteria join with acacia gum to make a full probiotic and prebiotic system that provides numerous benefits to your health. Together, they help improve nutrient absorption, support weight management, increase skin hydration and clearness, while supporting digestive health.







FREQUENTLY ASKED QUESTIONS

What does Giving Greens do?

Giving Greens is a tasty, nutrient dense powdered drink that features 2 lbs. of whole-food veggies, sprouted-seed nutrition, an enzyme-rich superfruit blend and a prebiotic & probiotic system. With just two scoops a day, give your body the nutrients it craves to help:

- · Support cardiovascular health
- Fight damage caused by free radicals
- · Aid digestion
- Support healthy immune function
- Improve nutrient absorption
- Increase skin hydration and clearness
- · Support weight management

What is the recommended dosage of Giving Greens?

Add two scoops to 8 oz. water, blend and enjoy once per day.

What are the key ingredients in Giving Greens?

A rich base of spinach, alfalfa and whole-plant, cracked-cell chlorella vulgaris provides vital phytonutrients, vitamins and minerals for optimum nutrition. Fresh broccoli sprouts are harvested at their peak to ensure maximum benefits, providing all nine essential amino acids. Superfruits goji berry, blueberry and acerola combine with cinnamon to provide a naturally sweet flavor while giving you a happy antioxidant boost. A prebiotic and probiotic system helps improve nutrient absorption, supports weight management, increases skin hydration and clearness. And five highly active digestive enzymes help your body unlock all of the nutritive value within.

What are probiotics?

Probiotics are live microorganisms which provide health benefits when consumed by improving or restoring the gut flora. Giving greens contains 4 billion probiotic bacteria comprised of two different strains: Lactobacillus Plantarum and Bifidobacterium breve.

L. Plantarum is a widely used probiotic that can be found in a variety of environments, including the respiratory, gastrointestinal and genital tracts of healthy humans as well as in many lactic acid fermented, plant-based foods. The species is particularly well studied in human clinical trials.

B. breve is a highly beneficial probiotic strain, one of the most beneficial strains for your health. This probiotic was originally discovered in infants, but it also resides in adult gastrointestinal tracts.

How are prebiotics different from probiotics?

Prebiotics are nutrients that promote growth of good bacteria that already exists within your body. Consider prebiotics to be the fertilizer needed to help beneficial bacteria flourish naturally. In comparison, probiotics are known to be beneficial when it comes to gut health and digestion, but are not naturally produced within the body.

What is cracked-cell chlorella vulgaris?

Chlorella vulgaris is a type of single-cell algae that grows in freshwater and is considered by many to be a superfood. Chorella's cell wall is thick and rigid, making it hard to break down and digest. The solution is to break, or crack, the cell wall before ingestion, making it more "bioavailable" so that all the nutrients are readily available to be absorbed into your body.

What is sprouted seed nutrition?

When sprouts are harvested at the peak of the sprouting process, nutrition levels are maximized and healthy compounds are unlocked. Broccoli sprouts pack 10–100 times more sulforaphane, shown to promote detoxification and strengthen antioxidant power.

What are digestive enzymes?

Digestive enzymes help your body properly and efficiently break down food so that you receive all of the nutrients from it. Our premium enzyme blend includes highly active digestive enzymes that help your body unlock Giving Greens' nutritive goodness.





FREQUENTLY ASKED QUESTIONS

Can Giving Greens help me lose weight?

Giving Greens is a healthy and satisfying shake that can help you get the nutrition your body needs without added fats and sugars. With just 15 calories per serving, simply mix in water or blend in a smoothie and you've got the perfect companion to your weight management plan!

Is Giving Greens sensitive to heat?

Giving Greens can be enjoyed cold or hot — as long as the temperature is no hotter than hot tap water, not to exceed $115^{\circ}F$ ($45^{\circ}C$).

How should I store Giving Greens?

Store in its sealed pouch in a cool, dry location.

What can I mix Giving Greens with?

Mix Giving Greens with water or your favorite nut milk. For a creamier shake and an added boost of protein, mix with $PureNourish^{TM}$.

Can I take Giving Greens if I am allergic to one of the ingredients or am taking medication?

Always consult a healthcare physician prior to beginning any new weight loss program or dietary supplement if you have allergies or are taking medication.

Can I take Giving Greens if I am pregnant or breastfeeding or have a medical condition?

Always consult a healthcare physician before beginning any new weight loss program or dietary supplement while pregnant or breastfeeding or if you have a medical condition.