

# Greens PLUS

*Detox/chelator/energy support*

## Delivering the equivalent of one serving of fruits and vegetables

**BioOne Greens Plus** is a great-tasting greens food made with over 90% organic ingredients. Increasing our intake of leafy greens and high-antioxidant vegetables and fruits is key to good health but aren't always easy in our busy lives. Just one serving of Greens Plus delivers the equivalent to one serving of fruits and vegetables in a convenient powder that mixes quickly and easily into your favorite beverage. It can be combined with juice, smoothies, protein shakes, or even just plain water.

The modern Western diet tends to be high in meat and grains. While our healthy, robust ancestors thrived on animal protein, their diets also included large amounts of nutrient-rich vegetables and fruits and were extremely low in grains—when grains were consumed at all. In our industrialized diet, grains (such as wheat and corn) have displaced these more nutritious plant foods. Additionally, the vegetables we do consume are often limited to grains and legumes we incorrectly think of as vegetables—like corn and peas, and white potatoes in the form of French fries and baked or mashed potatoes.

The skewing of our diets toward heavy grain consumption and far fewer vegetables results in our bodies having a larger net acid load than is suitable for optimal health. Research suggests this may be one of the many factors contributing to modern degenerative illnesses. Greens Plus is designed to help restore the body's balance of acidity and alkalinity.

### **Highlights:**

The ingredients in **BioOne Greens PLUS** are a powerhouse blend of fruits, vegetables, vegetable juice powders, and extracts designed to nourish the body from the cellular level up, resulting in sustained energy, enhanced recovery from exercise, support for mental clarity and overall well-being.\*

**Fruits:** High-antioxidant berries, such as cranberry, raspberry, and blueberry

**Vegetables:** Sulfur-rich cruciferous vegetables (broccoli, kale, cauliflower, collards); colorful and high phytonutrient vegetables (beet, carrot, tomato, spinach)



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**Greens and Juices:** Spirulina, chlorella, barley grass, and wheat grass juice powders

**ORAC Blend:** Proprietary blend of grape seed and grape skin extracts, with guaranteed high ORAC (oxygen radical absorption capacity) content. The ORAC score is a measurement of a food's potential for neutralizing the damaging free radicals implicated in aging and physical degeneration.

**Greens PLUS** is superior to many commercially available greens powders for several reasons:

- Over 90% organic ingredients
- **Greens PLUS** contains no grain/legumes fibers or components and is designed to be the least allergenic.
- **Greens PLUS** contains no alfalfa, a common ingredient in all other leading brands.
- **Greens Plus** is made using a special gentle process that retains potency and it has a Proven ORAC (Oxygen Radical Absorbency Capacity) value
- Great taste, with no added sugar





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Consult with your Integrative Holistic Health Coach or other healthcare provider about your specific circumstances and any questions you may have.

\*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, but may be beneficial as part of a total health program.

To contact BioOne Sciences, please call us at 1-888-378-4441, visit us on the web at [www.BioOneSciences.com](http://www.BioOneSciences.com), or via email at [support@bioonesciences.com](mailto:support@bioonesciences.com)