

## **\*NEW FORMULA\***

### **78 Vital Ingredients | 14 Billion Probitoics from 4 Strains**

Vital Greens was developed in 2000 by two Sydney based naturopaths. Vital Greens is a carefully balanced blend of nutrient dense greens, vegetables, fruits, PLUS additional herbs, vitamins and minerals, powerful antioxidants, pre and probiotics, essential fatty acids, fibre, PLUS a uniquely alkalising pea protein. Vital Greens is suitable for the whole family and is great for anyone wanting to maintain optimal health. Vital Greens is ideal for vegans and vegetarians. Vital Greens is ideal for people with dietary restrictions, gluten, wheat and dairy free. This great tasting powerful multinutrient powder is sweetened with organic Thaumatin, a completely natural patented sweetener. Vital Greens ingredients are correctly proportioned to work in synergy for maximum effect; they provide the optimum nutrient levels to help support detoxification, digestion, intestinal health, immunity and provide optimal nutrient levels to assist vitality and energy

Vitamin supplements should not replace a healthy diet. Do not take whilst on warfarin therapy without medical advice. We recommend consulting with a health care professional whilst pregnant or lactating.

#### **Vital Greens** Product Summary

- Maximum absorption and bio-availability of nutrients in this form compared to tablets and capsules.
- Comprehensive, synergistic 78 ingredients.
- Majority of nutrients are food sourced.
- Certified organic ingredients.
- Correct ratio of minerals and trace elements.
- Enhances acid/alkaline balance.

**Vital Greens** works as a:

- Detoxifier/Cleanser - detoxifying and gently cleansing your colon, liver and working on every single cell in the body. The unique combination of nutrients will help your body progressively eliminate waste which builds up on the bowel walls, cleansing the liver which is the body's main filter organ and emulsify fat helping to maintain healthy cholesterol and blood pressure levels.
- Energiser/Alkaliser - **Vital Greens** contains many **superfoods** to help give you more energy, feel more vibrant and less sluggish and stressed. Alkalinity is promoted which results in feeling more balanced and alive!
- Well-Being Promoter - **Vital Greens** contains potent antioxidants, adaptogenic herbs boosting stamina, endurance and the immune system. Powerful phyto-nutrients building **health** from the very basics of the cell. There are no less than 2 pro-biotics in **Greens**.
- Mental Acuity Sharpener - **Vital Greens** contains Lecithin, Rosemary and Co-Enzyme Q-10 which may help increase mental acuity, focus and concentration.

### **Features**

- The essential nutrients include naturally occurring whole food source vitamins and both macro and trace minerals. Together with powerful antioxidants, pro-biotics for intestinal **health**, essential amino acids, essential fatty acids (both Omega 3 and 6), digestive enzymes, cell pigments, plant sterols and fibres.
- The great tasting powder form ensures maximum absorption and enzyme activity. Up to 3 times more nutrients are absorbed this way compared to tablets and capsules.
- All these nutrients combine synergistically to provide a true **superfood**; a balanced nutritional support from real food that's alive instead of synthetically made vitamin pills.

- This combination will supply the body with the raw material it needs daily for optimum **health** and vitality.

### Ingredients (per serve 10g (two heaped teaspoons))

## GREENS, VEGETABLES & HIGH NUTRIENTS

Greens, vegetables and high nutrients fruits contain antioxidants which protect cells against free radical damage caused by pollutants, radiation, stress, pesticides and junk food. Improvements in acid-alkaline balance can boost vitality & wellbeing & help relieve pain. Real Natural foods support cleansing & provide essential nutrients for optimal energy & vitality.

Ingredient	Qty	Ingredient	Qty
Organic Spirulina	1000mg	Organic Barley Sprouts	200mg
Bilberry Fresh Fruit Extract	200mg	Licorice Root	67mg
Organic Apple	200mg	Acerola Fruit	267mg
Rosehip Fruit	168mg	Wolfberry (Goji) Fruit Extract	33mg
Organic Chorella	333mg	Carica Papaya(with papain)	250mg
Red Beet	167mg	Hawthorne Fruit Extract	29mg
Organic Kale Sprouts	100mg	Organic Broccoli Sprouts	150mg
Carrot Root	83mg	Kelp Whole Plant	8mg
Organic Wheatgrass	333mg	Pineapple Fruit Juice Extract	240mg
Spinach Leaf	67mg		

## ANTIOXIDANT & IMMUNE SUPPORT

As an immune modulator, Beta Glucans has been clinically tested to improve immunity & fight disease.

The added cumulative effect of immune supportive herbs helps fight infections & stay protected.

Ingredient	Qty	Ingredient	Qty
Citric Acid (Anhyrous)	150mg	Cocoa Bean (45% Polyphenol)	100mg
R, S Alpha Lipoic Acid	67mg	Rosemary Leaf	68mg
Astragalus Root Extract	67mg	Beta Glucans (from Saccharomyces)	50mg
Grapeseed Extract	67mg	Reishi Mushroom Powder	21mg
Green Tea Extract	67mg	Shiitake Mushroom Powder	21mg
Resveratrol	10mg		

## PROBIOTICS AND PREBIOTICS, DIGESTIVE SYSTEM & ENZYMES

Improves intestinal health to maximise nutrient absorption. Helps to relieve bloating & flatulence.

Good gut health is essential to improve immune function & energy.

Ingredient	Qty	Ingredient	Qty
Globe Artichoke	500mg	Aloe Vera Gel Extract	500mg
Inulin (FOS Prebiotics)	800mg	Lactobacillus Acidophilus	5billion

Ingredient	Qty	Ingredient	Qty
Ginger Rhizome Powder	67mg	Bifidobacterium Bifidum	3billion
Bifidobacterium Lactis	5billion	Bifidobacterium Longum	1billion
Bromelain	65mg	Papain (Carica Papaya & Pineapple)	

### HERBS FOR NERVOUS SYSTEM SUPPORT

Siberian ginseng has shown clinically to relieve anxiety, boost energy & prevent infection.

Adaptogenic herbs improve your ability to adapt to physical & emotional stress. Tonify & nourish the adrenal glands to improve energy & mood.

Ingredient	Qty	Ingredient	Qty
Siberian Ginseng Extract	1000mg	Gotu Kola Leaf Extract	67mg
Lecithin (95% Phosphatides)	725mg	Organic Flaxseed	400mg
Withania Somnifera (Ashwaganda) Extract	67mg		

### ADDITIONAL VITAL VITAMINS & MINERALS

Ingredient	Qty	Ingredient	Qty
Citrus Bioflavonoid	500mg	Magnesium (Magnesium Citrate)	42mg
Vitamin B5 (Calcium Panotothenate)	3.5mg	Pro-vitamin A (Beta-carotene)	2mg
Selenium (Selenomethionine)	30µg	Vitamin C (Ascorbic Acid)	333mg
Vitamin B3 (Nicotinamide))	2mg	Vitamin B6 (Pyridoxine Hydrochloride)	3.2mg
Manganese (Manganese Amino Acid Chelate)	1.4mg	Vitamin B12 (Cyanocobalamin)	28µg
Calcium (Calcium Citrate)	132mg	Silica (Colloidal Anhydrous)	14mg
Vitamin B1 (Thaimine Hydrochloride)	2.8mg	Vitamin B7 (Biotin)	330µg
Chromium (Chromium Picolinate)	10µg	Potassium (Potassium Phosphate di-basic)	104mg
Zinc (Zinc Amino Acid Chelate)	10mg	Vitamin B2 (Riboflavine)	2mg
Vitamin B9 (Folic Acid)	300µg	Vitamin D2 (Ergocalciferol)	3.8µg
Vitamin E (D-alpha Tocopheral Succinate)	100mg	Co-Enzyme Q-10 (Ubidecarenone)	8mg
Vitamin B3 (Nicotinamide)	2mg	Copper (Copper Gloconate)	225µg

### LIVER SUPPORT HERBS

For a healthy gut & digestion by helping elimination of waste and cleansing improves liver function which supports the endocrine system & boosts energy & vitality.

Ingredient	Qty	Ingredient	Qty
Rice Bran Powder	500mg	Milk Thistle Extract	67mg
Dandelion Root Extract	33mg	Burdock Root Extract	21mg

### ALKALISING VEGETABLE PROTEIN

Amino acids are the building blocks of protein which preserve muscle mass & assist with weight and appetite control whilst helping to regulate blood sugar.

Ingredient	Qty
100% Vital Pea Protein Isolate	1000mg

### NATURAL SWEETENER PROFILE

Natural Vanilla Flavour, Natural Pineapple Flavour, Thaumatin, Stevia, Monk Fruit and Xanthan Gum.

**Directions:**

**ADULTS** Dissolve 10g into 200-300ml of water, juice (eg. apple or blackcurrant) or milk of your choice, once a day. If taking Vital Greens for the first time, we suggest halving the dose to 5g for 2-4 weeks before starting the full 10g daily dose. Do not heat or add to heated liquid as it can affect the potency of the probiotics. Add Vital Greens to your smoothie or sprinkle on your cereal.

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**(300 grams container pictured and available)**

**78 natural ingredients you need a full basket of ORGANIC Vegetables, Herbs, and vitamins to replace what you can get in 2 heaped teaspoons of VITAL GREENS**

Vital Greens, now named Vital All-In-One, was the first product developed under the Vital Brand in early 2000. The formula is an easily absorbed, carefully balanced powder blend of essential nutrients that have been extracted from natural dense vegetables and fruits plus the addition of probiotics, herbs, vitamins and minerals. Recently the formula was renamed Vital All-In-One to highlight the product is more than greens, emphasising it is a comprehensive supplement. Just two teaspoons daily of Vital All-In-One delivers 78 vital ingredients that are loaded with probiotics, prebiotics, vitamins, minerals, antioxidants, essential fatty acids, fibre and a unique high alkalising pea protein.

We recommend you add VITAL GREENS into your amino acid formula we already have in the URBAN MUSCLE range.

**VITAL GREENS** is the perfect partner for our sports and Health range of amino acids. I use Vital Greens personally, and since putting my elderly parents on VITAL GREENS dad is 90 years young and Mum is 85 years young they are both strong advocates of Vital Greens now especially my 85 years old mother honestly, my brother said to me "what have you got mum on SHE LOOKS 10 YEARS younger" the fact is ladies and gentlemen the body is self healing IF YOU SUPPLY THE BODY A BALANCED NUTRITIONAL MIX and VITAL GREENS IS THE GOLD STANDARD and has been in Australia and overseas for over 20 years. At Healy's Health we only recommended what we take personally that way we are 100% confident in what we recommend.

Graham Heay

Founder Healys Health

Master personal Trainer 40 years experience .

Diplomats in sports coaching & Fitness

Qualified TAFE teacher

former Qld Olympic weightlifter 1976

(coached by 2 times Olympian Nev Perry Rome & Mexico Games)

current studies in progress:

(Dr of Chiropractic clinical science bachelors degree/Masters)

8th Dan Martial Arts master

