

## SevenPoint2 Greens – Ingredients & Benefits

### ➤ Alkalizing Grasses Blend

- Organic Certified Barley Grass
- Organic Certified Wheatgrass
- Organic Certified Alfalfa Leaf
- Organic Certified Oat Grass

### ➤ Green Fiber Energy Blend

- Organic Certified Brown Rice Solids
- Organic Certified Inulin
- Organic Certified Parsley Powder
- Organic Certified Cabbage Powder
- Organic Certified Dandelion Leaf Powder
- Organic Certified Carrot Powder
- Organic Certified Kale Powder
- Organic Certified Spinach Powder
- Organic Certified Broccoli Sprouts Powder
- Organic Certified Broccoli Powder

### ➤ Fully Function Flavor Blend

- Organic Certified Apple Flavor
- Organic Certified Raspberry Flavor
- Organic Certified Guar Gum
- Lo Han Berry Extract



## ***Organic Certified Barley Grass***

- 4x the calcium of milk
- At least 5x the iron of spinach
- As much protein per ounce as steak
- Loaded with every essential amino acid
- 23% of Barley Grass is digestible protein
- Packed with 13 vitamins and 12 minerals
- A True “Superfood”

## ***Organic Certified Wheatgrass***

- Provides vitamins, minerals, enzymes, amino acids and chlorophyll
- Contains over 90 minerals, including the most highly alkaline (potassium, calcium, magnesium & sodium)
- More vitamin C than oranges
- More vitamin A than carrots
- Contains 19 amino acids, the building blocks to protein

## ***Organic Certified Alfalfa Leaf***

- 35% Protein
- Used as an herbal remedy by the Chinese since the 6<sup>th</sup> century
- Loaded with vitamins and minerals
- Known as the “Father Of All Plants” due to its ability to benefit nearly every system in the body

## ***Organic Certified Oat Grass***

- GREAT source of beta carotene, vitamins C & K, folic acid, B vitamins, protein, fiber and calcium
- Believed to increase energy and stamina
- Been consumed as a food by humans since prehistoric times

## ***Organic Certified Brown Rice Solids***

- Provides a sustained supply of energy
- Rich in essential and non-essential amino acids
- Contains high level of potassium and magnesium
- Hypo-allergenic
- Easily digestible
- Pleasantly sweet without increased blood sugar levels

## ***Organic Certified Inulin***

- Soluble fiber from Chicory root
- Promotes digestive health
- Great pre-biotic
- Also helps keep good pro-biotic bacteria alive and functioning

## ***Organic Certified Parsley***

- Packed with anti-oxidants
- Potent anti-inflammatory
- Helps support your immune system
- Helps the heart by controlling homocysteine levels
- Cultivated for over 2,000 years
- The world's most popular herb

## ***Organic Certified Cabbage***

- Loaded with folic acid, vitamin C, beta-carotene and fiber
- Powerful anti-inflammatory
- Rich in iron and sulfur
- Contains sulforaphane, which simulates the production of glutathione
- Said to promote healthy weight loss

## ***Organic Certified Dandelion Leaf***

- Helps promote healthy gall bladder and liver function
- Natural source of calcium, potassium, phosphorous, zinc and iron
- Provides vitamins A, B, C and D
- Acts as a blood purifying agent
- Natural diuretic and mild laxative

## ***Organic Certified Carrot***

- Helps reduce risk of stroke according to Harvard University research
- Said to help improve vision (rich in beta-carotene)
- Powerful anti-oxidant
- Assists in cardiovascular health

## ***Organic Certified Kale***

- Potent anti-oxidant
- Loaded with fiber
- Curbs appetite
- Anti-inflammatory
- Rich in calcium, copper, iron and manganese

## ***Organic Certified Spinach***

- High in fiber
- Shown to effectively lower blood pressure
- Loaded with antioxidants
- Boosts immunity
- Helps build strong bones

## ***Organic Certified Broccoli Sprouts***

- Contains sulforaphane which aids in cancer prevention according to researchers at Johns Hopkins University
- Helps reduce inflammation
- Helps protect against H. pylori

## **Functional Flavor Blend:**

### ***Organic Certified Apple Flavor***

Research shows that apples:

- Lower cholesterol
- Reduce cancer risk
- Protect the brain from Alzheimer's
- Aid in healthy weight loss

### ***Organic Certified Raspberry Flavor***

- Many health benefits but used primarily for flavor in our Greens

### ***Organic Certified Guar Gum***

- Natural laxative & good source of fiber
- Creates a sense of fullness, decreasing appetite

### ***Lo Han Berry Extract***

- Non-glycemic – does not raise blood sugar levels
- Promotes heart health
- Strong anti-oxidant properties
- Called “The Longevity Fruit” by Chinese monks as far back as the 13<sup>th</sup> century
- Said to be roughly 200x sweeter than sugar