

# GreenZone (Bulk and capsules)

250 grams, Bulk herbal combination, Stock No. 1095-4

100 capsules, Herbal combination, Stock No. 1097-7

**Coeliac alert:** This product contains gluten.

**G**reenZone is Nature's Sunshine's green light to better nutrition. Today, with so many demands on our bodies, the extra nutrition found in Nature's

Sunshine's GreenZone is essential for nutritionally conscious Canadians. Nature's Sunshine has included the nutritional benefits of several green foods—long recognized for their antioxidant richness and amazing nutritive value—in this specially formulated blend. GreenZone supports the body's nutritional needs and immune system with several healthful ingredients that provide balanced nutrition to maximize the body's ability to burn fat and release energy.

## *Did you know?*

GreenZone provides balanced nutrition in accordance with the "40-30-30" principle that the body best utilizes food in the ratio of 40 percent of calories coming from carbohydrates, 30 percent from proteins and 30 percent from fat.

## *NSP Advantage*

A "superfood" supplement.

**Bulk Herb:** 28 – 9-gram servings in a container of 250 grams.

**Ingredients:** Contains the finest blend of whole foods: spirulina blue-green algae (*Spirulina spp.*), amaranth (*Amaranthus hypochondriacus*) powder, lemon juice powder, soy lecithin powder, chlorella (*Chlorella regularis*) powder, wheat grass (*Triticum aestivum*) powder, alfalfa (*Medicago sativa*) juice powder, barley grass (*Hordeum vulgare L.*)

herb, apple (*Malus spp.*) pectin, lemon grass (*Cymbopogon citratus*) herb, acerola cherry (*Malpighia glabra L.*) extract, bee pollen powder, spinach (*Spinacia oleracea*) powder, ginger (*Zingiber officinale*) rhizome, astragalus (*Astragalus membranaceus*) root, echinacea (*Echinacea purpurea*) root, milk thistle (*Silybum marianum*) seed powder, papaya (*Carica papaya*) fruit, shitake mushroom (*Lentinula edodes*) mycelia, beet (*Beta vulgaris*) powder extract, flaxseed (*Linum usitatissimum*) powder, stevia (*Stevia rebaudiana*) leaf powder, orange bioflavonoids, royal jelly, rosemary (*Rosmarinus officinalis*) leaf, hawthorn (*Crataegus oxyacanthoides*) berries, elderberry (*Sambucus nigra*) 5:1 extract, red grape skin (*Vitis vinifera*) extract, brown rice (*Oryza spp.*) powder, bladderwrack (*Phaeophyta div.*) powder, Siberian ginseng (*Eleutherococcus senticosus*) root, sodium copper chlorophyll, rhodenol (*Rhododendron caucasicum*) root, ginkgo biloba (*Ginkgo biloba L.*) leaf concentrate, polyphenol catechins (from green tea leaves [*Camellia sinensis*]) and licorice (*Glycyrrhiza glabra*) root.

**Recommendation:** Stir 1 heaping tablespoon of GreenZone powder into 6-8 oz. of pure water or juice (Vegetable juice blends are an excellent choice.) Drink one serving daily for the first three days, then increase to two or three servings daily.

## **100-Capsule Bottles:**

**Ingredients:** 545 mg combination of the finest blend of whole foods: spirulina blue-green algae (*Spirulina spp.*), amaranth (*Amaranthus hypochondriacus*) powder, soy lecithin pow-

# GreenZone (continued)

der, chlorella (*Chlorella regularis*) powder, wheat grass (*Triticum aestivum*) powder, alfalfa (*Medicago sativa*) herb, barley grass (*Hordeum vulgare* L.) herb, apple (*Malus spp.*) pectin, lemon grass (*Cymbopogon citratus*) herb, acerola cherry (*Malpighia glabra* L.) extract, bee pollen powder, spinach (*Spinacia oleracea*) powder, ginger (*Zingiber officinale*) rhizome, astragalus (*Astragalus membranaceus*) root, echinacea (*Echinacea purpurea*) root, milk thistle (*Silybum marianum*) seed powder, papaya (*Carica papaya*) fruit, shitake mushroom (*Lentinula edodes*) mycelia, beet (*Beta vulgaris*) powder extract, flaxseed (*Linum usitatissimum*) powder, stevia (*Stevia rebaudiana*) leaf powder, orange bioflavonoids, royal jelly, rosemary

(*Rosmarinus officinalis*) leaf, hawthorn (*Crataegus oxyacanthoides*) berries, elderberry (*Sambucus nigra*) 5:1 extract, red grape skin (*Vitis vinifera*) extract, brown rice (*Oryza spp.*) powder, bladderwrack (*Phaeophyta div.*) powder, Siberian ginseng (*Eleutherococcus senticosus*) root, sodium copper chlorophyll, rhodenol (*Rhododendron caucasicum*) root, ginkgo biloba (*Ginkgo biloba* L.) leaf concentrate, polyphenol catechins (from green tea leaves [*Camellia sinensis*]) and licorice (*Glycyrrhiza glabra*) root.

**Recommendation:** Take 2 to 3 capsules with a meal three times daily. Supports the body's nutritional needs.

## Health Benefits

- GreenZone's chlorophyll, amino acids, enzymes, vitamins and minerals are recommended for everyone. The various herbs and nutritional ingredients in GreenZone support all the body's key systems. Following are a few examples:
- Several of the herbs in GreenZone have been used traditionally to support the immune system, such as astragalus, Echinacea and shitake mushroom.
- Provides the body with the benefits of cleansing and detoxification and promotes good digestion and elimination (ginger, bladderwrack, flax seed, milk thistle, papaya, apple pectin, beet powder).
- Several of the ingredients in GreenZone have been used traditionally to support energy, endurance and stamina, for example royal jelly, bee pollen and Siberian ginseng.
- Many of the herbs in the formulation have significant antioxidant potential: Elderberries, milk thistle, polyphenol catechins from green tea, acerola, orange bioflavonoids and red grape skin extract.
- Ginkgo and hawthorn have been used traditionally to nutritionally support the circulatory system. Studies have shown these herbs to enhance concentration and help lower cholesterol levels, respectively.
- Many people have reported that "green" foods such as those in GreenZone help to stabilize blood sugar levels and reduce the desire for sweets and sugar.