

SOLIS

SUPERFOODS BY Lifeplus



Pure potent plant power for natural vitality and wellbeing.◊

Lifeplus Solis Green Medley superfood powder is a complex formulation of nutrient-dense greens blended with vegetables and other botanicals, including adaptogens such as Maca, Rhodiola and Schisandra as well as freeze-dried fruits for natural flavor. These ingredients from six different categories combine to support every system in the human body.

The six primary categories are:

- Nutrient-dense greens
- Vegetable medley
- Botanicals
- Adaptogens
- Non-glycemic sweetener
- Food-derived flavor

Nutrient-dense Greens

The **nutrient-dense greens** include **spirulina** and **chlorella** (both single celled algae with broad and deep nutrient profiles), **kelp**, which is a complex sea vegetable that grows in large 'forests' harvested from pristine waters of the North Atlantic, and leaf powders from **nettles, watercress, dandelion, and moringa**.

Spirulina is a blue-green alga that became famous after it was successfully used by NASA as a dietary supplement for astronauts on space missions. This alga has a long history of use as food and it has been reported that it had been used during the Aztec civilization. Spirulina refers to the dried biomass of *Arthrospira platensis*, an oxygenic photosynthetic bacterium (classified as a cyanobacterium, but usually referred to as a microalgae) found worldwide in fresh and marine waters. It represents an important staple diet in humans and has been used

as a source of protein and vitamin supplement in humans without any significant side effects. Apart from the high (up to 70%) content of protein, it also contains vitamins, especially B12, beta-carotene and minerals, especially iron. It is also rich in phenolic acids, tocopherols and gamma-linolenic acid. Spirulina lacks cellulose cell walls and therefore it can be easily digested. It has been proposed as an ideal food for support of nutritionally deprived populations in the non-industrialized nations which periodically experience famine or nutritional deficiencies. It has many properties that make it useful in supporting healthy mast cells (which are responsible for many allergic symptoms when they are hyper-responsive). It has strong antioxidant activity, supports healthy inflammatory and immune responses, and can assist the body in detoxifying heavy metals, particularly arsenic. It also supports healthy blood lipids and healthy glucose metabolism, as well as healthy cardiovascular function.◊

Chlorella is among the most ancient microalgae species used in the human diet and its commercial utilization was introduced in 1961 by Nihon Chlorella Inc. in Japan. Chlorella was initially cultivated for its use as a health food particularly because it was found to contain beta-1, 3-glucan, a substance that supports healthy immune function.[◊] Chlorella biomass obtained by mass production exhibits a superior quality for consumption as a health food; it is rich in valuable phytochemicals and contains no contaminants when grown under controlled and protected conditions.

Chlorella provides powerful nutritional support for detoxification of many environmental contaminants, including fungal toxins (known as mycotoxins), dioxins, cadmium and other heavy metals including methylmercury, and binds endotoxin from unfriendly bacteria in the human microbiome. It also supports healthy blood lipids, and has been shown to support healthy liver function even in people who stress their livers with excessive alcohol consumption and/or poor diet—both of which can cause accumulation of fat in the liver, which can result in liver inflammation. Studies in smokers show a powerful effect in reducing oxidative stress and supporting a healthy inflammatory and immune response. Chlorella has also been shown to support healthy blood pressure, healthy glucose metabolism and healthy cardiovascular function. In animal models of neurodegenerative diseases, chlorella has been shown to support healthy brain and cognitive function. Chlorella is not only safe in pregnancy, it has been shown to support healthy pregnancy in women at risk for anemia, protein in the urine, and edema (all signs of a complication of pregnancy known as pre-eclampsia). Chlorella also is a rich source of the carotenoids lutein and zeaxanthin, which support eye health, and particularly the health of the macula, a crucial and sensitive portion of the retina.[◊]

It is important that all microalgae be grown in bioreactors or other protected spaces, as outdoor cultivation of microalgae in ponds, or harvesting from wild sources such as lakes, can easily be contaminated with wild cyanobacteria that contain a toxic amino acid abbreviated as BMAA (beta-methyl-amino-alanine). BMAA is known to contaminate

many outdoor water supplies and products derived from them, and has been implicated in a large number of human neurodegenerative diseases.

All Lifeplus microalgae are produced in bioreactors where they are fed a rich supply of nutrients, highly purified water, and protected from contamination by BMAA-containing cyanobacteria as well as all other environmental contaminants.

Kelp is a type of large brown seaweed that grows in shallow, nutrient-rich saltwater near coastal fronts around the world. It is a natural source of B vitamins, as well as vitamins A, C, D and E. It is also quite mineral rich providing zinc, iodine, magnesium, iron, potassium, copper and calcium. In fact, it contains the highest natural concentration of calcium of any food—10 times more than milk.

Iodine is a trace mineral vital for the operation of the thyroid gland which plays an important part in body development and metabolism. Many people have switched from using iodine-fortified salt to sea salt, which typically is not fortified with iodine, and may be at risk of not getting adequate iodine. The type of iodine provided in most nutritional supplements is potassium iodide. It is used by the body a bit differently from molecular iodine (2 atoms of iodine bound together), which is the form found in kelp and other sea vegetables. A 2008 study showed that the form of iodine in kelp reduces oxidative stress by effectively removing free radicals from human blood cells.[◊]

Additionally, a study done at the University of Newcastle concluded that alginates—a gelatinous compound contained within sea kelp—significantly reduced fat digestion and absorption. There is also evidence suggesting that dietary kelp can support healthy hair, as it contains nutrients involved in hair growth and strength.[◊]

Nettle, watercress, dandelion and moringa are all leaves which are highly nutrient rich and have been used as foods that have been recognized to particularly support health since antiquity.[◊] Nettle, when fresh, is ‘stinging’ when touched with bare skin. However, upon drying, freeze-drying, or cooking, this irritant property, which the plant uses to protect itself, disappears.

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Nettle leaves provide a treasure trove of nutrients: Vitamins A, C and K, as well as several B-vitamins, calcium, iron, magnesium, phosphorus, potassium and sodium; healthy fats including linoleic acid, palmitic acid, stearic acid and oleic acid, all of the essential amino acids; polyphenols including kaempferol, quercetin, caffeic acid, coumarins and other flavonoids; and important carotenoids including beta-carotene, lutein, luteoxanthin, and many others.

Like many other polyphenol-rich plants, nettles support a healthy inflammatory and immune response, and help stabilize mast cells which can give rise to allergies such as hay fever and asthma when overactive. Clinical studies have shown that nettle leaf supports healthy blood pressure and healthy glucose metabolism, as well as healthy liver function, especially when the liver is stressed by inflammation and/or exposure to toxins and heavy metals, though these activities have only been observed thus far in research animal models.[◊]

Watercress is a member of the brassica family of vegetables, which also includes kale, Brussels sprouts, broccoli, and cabbage. These are known for their ability to maintain health despite exposure to environmental and food-borne carcinogens by protecting DNA from genotoxicity, which has been demonstrated in many experiments using animal models. Watercress is an often-overlooked leafy green that packs a powerful nutrient punch. Once considered a weed, it was first cultivated in the UK in the early 1800s but is now grown in watery beds throughout the world. Watercress is particularly rich in vitamin K, with one cup supplying 100% of the recommended daily intake for this fat-soluble vitamin. In addition, it is mineral rich, particularly in the bone-supporting minerals calcium, magnesium, phosphorus, and potassium, so it is a powerhouse for supporting bone health as well.

Watercress is also quite rich in glucosinolates, which gives it its peppery flavor, and also is responsible for many of its health maintaining properties. Like the other members of the nutrient-dense greens, it provides potent free radical-scavenging activity (antioxidant effect), supports a healthy inflammatory and immune response, healthy blood lipids, healthy

blood sugar metabolism, healthy blood pressure (watercress is particularly rich in dietary nitrates that support healthy nitric oxide production, which maintains healthy arteries, circulation, and blood pressure). It is also rich in the important carotenoids for healthy retinal/visual function, these being zeaxanthin and lutein. Very low in calories, watercress is truly a nutrient-dense green food.[◊]

Although **dandelions** are often thought of as a nuisance when they sprout in the middle of manicured lawns, it would be far better to harvest them for the evening salad, than to douse them with herbicides, as so many people are in the habit of doing. In traditional herbal medicine practices, dandelions are revered for their wide array of health-giving properties. Dandelion greens can be eaten cooked or raw and provide an excellent source of vitamins A, C and K. They also contain vitamin E, reduced folates and small amounts of other B-vitamins. Like watercress, dandelion greens additionally provide a substantial amount of minerals, including calcium, iron, magnesium, potassium and vitamin K, thus contributing to supporting bone health. Like the other members of this crew, dandelion greens are potent antioxidants, support healthy blood sugar metabolism, healthy inflammation and immune function, healthy blood pressure and cardiovascular health through supporting healthy blood lipids and a healthy inflammatory response, meaning that it helps inflammation resolve after it's done its healing work. Dandelion greens also show particularly strong activity in helping to support healthy digestion, and support a healthy microbiome. Dandelion also shows strong ability to support a healthy liver, helping to reduce liver fat storage, and protecting it against toxins.[◊]

Moringa leaf comes from a fast-growing tree which has been cultivated and used for food for thousands of years, especially in India and Africa where it originated. The leaves are dried and powdered and used for food because of their remarkable nutritional profile of 25% plant protein, including all nine essential amino acids, 24% fiber, rich source of vitamins A, E, and K, as well as calcium and iron, and also very active antioxidant compounds, including vitamin C, carotenoids, quercetin, and chlorogenic acid (one of

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the major antioxidants present in coffee). Moringa is a very potent antioxidant, with its activity measured as very close to that of matcha green tea.

Moringa also supports healthy blood sugar metabolism—one study done with 30 women showed that taking 1.5 teaspoons (7 grams) of moringa leaf powder every day for three months reduced fasting blood sugar levels by 13.5%, on average. Another small study in six people with diabetes found that adding 50 grams of moringa leaves to a meal reduced the rise in blood sugar by 21%. Scientists believe these effects are likely related to plant compounds known as isothiocyanates.[◊]

Like many of the other members of the team in Green Medley, moringa supports healthy blood lipids, and animal studies suggest that it also helps support a healthy inflammatory and immune response. Akin to several other members of the nutrient-dense greens category, research has indicated that moringa can also support the body in removing heavy metals, particularly arsenic. Studies in rats suggest it may improve sexual function in males by increasing testosterone levels, though this use has not been proven in human studies.[◊]

Vegetable Medley

The **Vegetable Medley** component of the Green Medley consists of powdered **kale**, **spinach**, **parsley**, and **broccoli sprout powder**. These vegetables carry on a similar theme to that of the above members of the nutrient-dense greens. Though most people are quite familiar with kale, spinach and parsley, many people don't include them in their diet regularly.

Broccoli sprout powder deserves special mention however, as it is the richest natural source of a compound known as sulforaphane. Broccoli seed and broccoli sprouts both contain the precursor compounds to sulforaphane, at about 50 times the amount present in broccoli florets (the part of broccoli most commonly eaten). The activity of an enzyme known as myrosinase is necessary to release the sulforaphane from its precursor compounds. Broccoli sprouts contain myrosinase, and it is also present in the kale powder ingredient in the Vegetable Medley component of Green Medley

(all members of the Brassica family express varying levels of this enzyme), so everything is set up in Green Medley to produce and release sulforaphane in your body.

Sulforaphane has been shown in studies to be health supporting in many different ways. It has been found to be supportive to healthy glucose metabolism in both animal and human studies (<https://stm.sciencemag.org/content/9/394/eaah4477.short>), healthy liver function, neurological function (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4217462/>) and immune function.

In hypertensive rats, sulforaphane, given by mouth, is very powerful in restoring normal blood pressure. Also, as a potent antioxidant, it, like so many of the ingredients in Green Medley is likely to support a healthy inflammatory response. Sulforaphane also activates a pathway in the body called Nrf2, which stimulates strong antioxidant responses within the body—an effect shared by several other natural compounds such as curcumin, resveratrol, and vitamin D. This stimulation of the Nrf2 pathway in the human body by sulforaphane has also been found to contribute to protection of the skin from photoaging by the UV portion of the solar spectrum, thereby supporting skin health.[◊]

Botanicals

The **Botanical** section of Green Medley contains seven ingredients. These are **horsetail** (*Equisetum arvense*), **Aloe vera** (*Aloe barbadensis*), **milk thistle seed extract** (*Silybum marianum*), **rose hips** (*Rosa canina*), **cleavers** (*Galium aparine*), **Gotu kola** (*Centella asiatica*), and **ginger** (*Zingiber officinale*).

Horsetail is an herb rich in bioavailable silicon, which is an important mineral for ligaments, hair, skin, and nails. It also supports healthy detoxification, particularly via the kidneys, and supports the kidneys in elimination of excess fluid.[◊]

Aloe vera produces a clear gel which, when freeze-dried, generates a powder that is rich in large molecular weight polysaccharides, primarily made from the sugar known as mannose. These polysaccharides rehydrate when taken into the

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body, and bind to any irritated mucous membranes, where they stabilize growth factors, thus supporting healthy tissue repair. Aloe vera has been used for thousands of years, and the fresh gel is well known for its rapid relief of burns when applied to the skin. Taken internally, it is equally beneficial for our ‘inner skin’ which lines the entire 30 feet of our intestinal tract.[◊]

Milk thistle seed extract is best known for its ability to support healthy liver function. It also has been long used to support healthy brain function, especially with aging. There are some laboratory studies that support this, but no human clinical studies have been done with it in this setting yet. Laboratory and animal studies also suggest that milk thistle seed extract (known as silymarin) may also support healthy bone function, but this also has not yet been studied in humans. One clinical study has indicated that it can boost milk production in lactating mothers by 60% after two months of intake. There is also evidence that silymarin can support healthy skin. In one study, people with acne who took 210 mg of silymarin per day for eight weeks experienced about a 50% improvement in acne. Milk thistle seed extract also supports healthy blood sugar, as do many of the components of Green Medley, although more clinical studies are needed to be certain about this. Like many of its fellow ingredients in this product it has also been shown to promote healthy blood lipids, such as cholesterol and triglycerides.[◊]

Rose hips are one of the richest sources of vitamin C, containing more than 60 times as much as an orange, gram for gram. They also contain phenols, flavonoids, ellagic acid and lycopene, along with other key nutrients like vitamin E and even omega-3 fatty acids, all of which contribute to its powerful antioxidant properties. Rose hips have long been known to support healthy joints, and support healthy immune function, specifically supporting the production and enhancing the function of a type of white blood cell called lymphocytes, which are key components of our immune defenses. Like many of the other ingredients in Green Medley, rose hips also support healthy blood lipids, healthy blood sugar metabolism, and healthy skin.[◊]

Cleavers has traditionally been used by herbalists to support a healthy lymphatic system (which is responsible for both detoxifying the body as well as supporting healthy immune function), and to support healthy kidney function. It also helps to calm both the intestinal tract and the urinary tract. Cleavers tea also supports healthy blood pressure.[◊]

Gotu kola, often called the “herb of longevity,” has been a staple in traditional Ayurveda, Chinese, and Indonesian culture for thousands of years. This plant has traditionally been regarded as having the ability to boost support for healthy skin, brain, liver, and kidney—and some modern scientific studies seem to agree.[◊]

In humans, Gotu kola has been shown to promote healthy cognitive function, and in mice has been shown to help maintain healthy cognitive function with aging.

Mice that were given Gotu kola for five consecutive days before undergoing sleep deprivation experienced significantly less anxiety-like behavior than those that did not receive the botanical prior to sleep deprivation. They also experienced improved locomotor activity and less oxidative damage.[◊]

Gotu kola also appears to support healthy vein function and circulation.[◊]

In animal models, Gotu kola appears to support healthy joints,[◊]

Ginger is a flowering plant that originated from China. It belongs to the Zingiberaceae family, and is closely related to galangal, turmeric, and cardamom. The root is the part commonly used as a spice. It has been used to help digestion, reduce nausea and help support the immune system to name a few. Gingerol is the main bioactive compound in ginger, responsible for many of its healing properties. It has powerful antioxidant effects, and supports a healthy inflammatory and immune response.[◊]

Ginger supports healthy muscle function in the face of unaccustomed or strenuous exercise that would otherwise cause soreness. The effect is most pronounced when ginger is taken continuously for several weeks before beginning strenuous exercise.

In addition to supporting healthy muscle function, ginger also supports healthy joint function.[◊]

Due to its strong free radical-scavenging effect, Ginger also supports healthy blood sugar metabolism, healthy blood lipids, and aids in preserving blood lipids against oxidation. It also supports healthy digestion, healthy intestinal motility and healthy menses in women (one gram per day for the first three days of menses). In addition, it supports a healthy oral microbiome.[◊]

Ginger supports healthy brain and cognitive function. In a study of 60 middle-aged women, ginger extract was shown to improve working memory and reaction time. Numerous studies in animals show that ginger supports healthy brain function throughout the aging process.[◊]

Adaptogens

Maca Root (*Lepidium meyenii*), a native to the Andean region, has been cultivated for at least 2000 years, where it has been a staple food for the indigenous people. Botanically it is a member of the brassica family, which includes cabbage, broccoli, cauliflower, and watercress. As an herb, maca is classified as an ‘adaptogen’, meaning that it normalizes functions, and increases resilience toward stress of any type.[◊] Normalizing means that physiological parameters that are too high are lowered, and those that are too low, are raised.

Maca root is rich in fiber, a large number of essential amino acids, fatty acids, and other nutrients, including vitamin C, copper, iron, and calcium. Besides these essential nutrients, this root contains bioactive compounds responsible for benefits to the human body, which has caused a considerable increase in its consumption in the last 20 years worldwide. In 1961, the first secondary metabolites were determined, reporting the presence of glycosides, tannins, alkaloids, and saponins, and later, also the macamides and the macaenes. Animal and human studies of maca have shown evidence for support of healthy brain and cognitive function, reduction of oxidative stress, support of a healthy inflammatory response, and support of healthy skin in high-altitude ultraviolet radiation. In

animal models of diabetes, maca showed the ability to support healthy glucose and insulin metabolism, healthy blood lipid metabolism, healthy free radical-scavenging, and healthy production of endogenous antioxidants such as glutathione. In animal models, maca supported healthy brain function as evidenced by spatial learning, and memory functions. In both animals and humans, maca increased sexual desire (after eight weeks of daily intake), as well as fertility, sperm counts and volume of ejaculation. In athletes, maca increased physical performance by 10%, and oxygen consumption was increased by 30% after 60 days of supplementing with 1.5 grams of maca. Studies with rats forced to swim to the point of exhaustion showed that those given higher levels of maca could swim longer, and markers of oxidative stress (superoxide dismutase and catalase enzymes, lactate dehydrogenase, lipid peroxides) were lower after 30 days of maca supplementation. Antioxidant capacity and the ability to produce ATP were both increased in the maca group.[◊]

Rhodiola (*Rhodiola rosea*) was named by the great Swedish naturalist Linnaeus, who first published its description in 1725. Traditional systems for supporting health in Asia have used the “golden root” since the time of the Chinese emperors, who sent expeditions to Siberia to obtain it. Siberians transported the herb down ancient trails to Georgia (in the Caucasus mountains) where they traded it for Georgian wines, honey, garlic, and fruit. The Vikings were reported to have used the herb to enhance their endurance and physical and mental strength. Research since World War II has revealed that the roots of this plant are a treasure chest of powerful **adaptogens**—defined as substances that nonspecifically support innate resistance to physical, mental, emotional, and environmental stress, without disturbing normal biological measurements or functions. Only plants of the proper species (there are many species of *Rhodiola*), grown in the proper cold, mountainous environment, harvested at the proper time, and carefully extracted to exacting specifications, contain the precise ratios of six distinct groups of complex phytonutrient components necessary for full activity.[◊]

Research in Russia and Bulgaria have suggested that Arctic Golden Root extract has the ability to

activate an enzyme with the ability to break down fat, called *hormone sensitive lipase*. This enzyme is activated by exercise, and normally requires at least an hour of moderate exercise, such as brisk walking, to be activated—after which its activity persists for about 12 hours. Soviet clinical studies have shown that the combination of *Rhodiola rosea* extract together with physical exercise can be a powerful tool in the activation of this lipase enzyme, resulting in enhanced breakdown of stored fat. A clinical trial done in Bulgaria randomized 121 subjects to either *Rhodiola rosea* extract or a placebo, and tested serum-free fatty acid levels at rest, and after one hour of exercise. The *Rhodiola* group had a 6% greater serum fatty acid level at rest, and a 44% greater level after exercise, indicating increased activation of lipase (fat-busting enzyme) by the combination of *Rhodiola* and exercise vs exercise alone. The extract also has shown synergy with a calorie-restricted diet. Another placebo-controlled clinical study done at the Georgian State Hospital (in the former Soviet Union) with 130 obese patients showed that the intake of tablets of *Rhodiola rosea* extract led to a mean weight loss of 19 pounds (11% reduction of body fat), compared to only an 8-pound loss by the placebo group on exactly the same diet.[◊]

One study investigated the effects of *Rhodiola* extract in 100 people with life- and work-related stress, using 400 mg per day for four weeks. Improvements in symptoms of stress, such as fatigue, exhaustion and anxiety, were noted within three days, and improvements continued throughout the study. *Rhodiola* has been shown to improve symptoms of burnout, often a sequella of chronic stress. In a study of 118 people with stress-related burnout, *Rhodiola* improved many associated symptoms. A four-week study in 60 people with stress-related fatigue looked at *Rhodiola*'s effects on quality of life and symptoms of attention fatigue. Participants were randomized to 575 mg of *rhodiola* or placebo daily—positive effects on attention and fatigue levels compared to placebo were noted.

Several randomized placebo-controlled trials of *Rhodiola rosea* vs placebo have documented not only activity to support healthy mood, but also support of healthy brain function during stressful

conditions, such as doctors working night shifts, and military cadets performing night duty. *Rhodiola* has also been documented to improve physical performance and decrease perceived exertion.[◊]

Schisandra (*Schisandra chinensis*). Traditional use as a tonifier in China led to research for this effect, predominantly in the former Soviet Union where it was defined as an “adaptogen”—substances that reinforce the nonspecific resistance of the body against physical, chemical or biological stressors and enhance the body's general physiological adaptive responses nonspecifically to stress of any sort.[◊]

The ability of an extract of the dried fruit to support healthy mental and physical activity in humans was reported in numerous studies conducted in the 1950s. In these studies, improvement was seen in activities that required concentration, coordination, and endurance. As an example, a study of telegraphists demonstrated that *Schisandra* (5–10 mg/kg) was able to prevent fatigue and increase the correctness of telegraphic transmission and reception by 22%. In another experiment, healthy young male adults were given a *Schisandra* preparation (dose and form not stated) and were then asked to pass a fine thread through a needle while at the same time taking a message delivered through headphones. As compared to other stimulants (undefined), *Schisandra* increased the accuracy and quality of work (Sandberg 1993).[◊]

In another study, a decrease in fatigue and an acceleration of recovery after exercise were reported for athletes, such as long-distance runners, skiers, and gymnasts, after consuming 1.5–6 grams of *Schisandra* per day over a period of two weeks (Lupandin and Lapaev 1981).[◊]

Several small double-blind studies took the approach of measuring the presence of nitric oxide (NO) in human saliva as a measure of adaptogenic potential to heavy exercise. The presence of NO in the saliva of beginner athletes was found to increase after exercise. Levels of NO in the saliva of well-trained athletes was already high and did not further increase after exercise. *Schisandra* extract tablets (91.1 mg standardized to 3.1 mg schizandrin and γ -schizandrin) were given twice daily for eight days.

An increase in pre-exercise levels of NO (nitric oxide) in both beginners (n = 17) and athletes (n = 46) was reported, a statistically significant increase ($P < .05$).[◊]

Schisandrin C, one of the compounds in Schisandrin fruit extract has been shown to support healthy liver function.

36 menopausal women were given Schisandrin fruit extract and followed for one year. Researchers found that Schisandrin significantly reduced heart palpitations, hot flashes, and sweating.[◊]

Non-glycemic sweetener

Stevia (*Stevia rebaudiana*). Today, scientific evidence on stevia supports its historic precedent in the support of healthy levels of blood sugar and insulin. Steviosides (the compounds responsible for the sweet taste of Stevia extracts) increase insulin sensitivity, and also slow the production of sugar by the liver, a process known as 'gluconeogenesis'. A key finding from a study on steviosides was that participants eating stevia felt satisfied with fewer calories and did not eat more food throughout the day to compensate.

Food-derived Flavors

Lemon grass, lemon, natural lemon flavor, freeze-dried raspberry powder, freeze-dried pineapple powder.

Although lemon grass (also known as citronella) does contribute a lemon flavor to teas and foods (it is widely used as a flavoring agent in Asian cuisine), it is a remarkable herb in its own right. A potent antioxidant, it promotes a healthy inflammatory and immune response, promotes healthy digestion,

healthy blood pressure, and healthy blood lipids. As a tea it is often used to promote healthy detoxification. Natural lemon flavor is derived from lemons, and lemons are a health food in their own right. Freeze-dried raspberries and freeze-dried pineapple contribute flavoring, but also low carbohydrate, high-nutrient density, particularly of polyphenolic compounds. Freeze-dried pineapple also has active bromelain, a potent protein-digesting enzyme that contributes to a healthy inflammatory response, and healthy circulation.[◊]

Summary

Together, all 27 ingredients in Green Medley make a powerful and versatile superfood blend that can dramatically improve the nutritional profile of any diet—preferably a whole food, plant-rich diet. The biggest shortcoming of most people's diets is that they don't have enough variety. The average westerner, consuming typical diets, eats an average of five foods. Analysis of gastric contents of well-preserved ancient humans indicated that they ate hundreds of different foods. Although they were vulnerable to injury and infection, which often shortened their lives, all the evidence we have is that they were far stronger, more robust and resilient to harsh environmental conditions than we, their descendants, are. Increasing the variety of foods, particularly foods chosen for their remarkable ability to support resilience, along with choosing a diet of whole natural foods rich in plants, an active lifestyle, avoiding toxins as much as possible, rich social connections, and high-quality dietary supplements, such as the Lifeplus superfood blends, is one way to restore years to our life and life to our years.[◊]

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Supplement Facts

Serving Size One 15 cc Scoop (5.7 g)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	24	
Total Carbohydrate	6 g	2%*
Dietary Fiber	0 g	0%*
Total Sugars	0 g	
Includes 0 g Added Sugars		0%*
Chlorella Single Cellular Algae	540 mg	**
Moringa Leaf	540 mg	**
Spirulina Phytoplankton	540 mg	**
Microalgae		
Nettle (Stinging) Leaf	480 mg	**
Raspberry Fruit	420 mg	**
Maca Root	300 mg	**
Spinach Leaf	300 mg	**
Aloe Vera Leaf	240 mg	**
Kale Leaf	240 mg	**
Watercress Leaf	240 mg	**
Lemon (Whole Fruit)	210 mg	**

Amount Per Serving	% Daily Value	
Pineapple Fruit	180 mg	**
Cleavers Herb Aerial Parts	150 mg	**
Horsetail Aerial Parts	150 mg	**
Dandelion Leaf	120 mg	**
Gotu Kola Aerial Parts	120 mg	**
Rhodiola Rosea Root	120 mg	**
Broccoli Sprout	114 mg	**
Kelp Whole Plant	60 mg	**
Schizandra Berry	60 mg	**
Ginger Rhizome	30 mg	**
Milk Thistle Seed	30 mg	**
Rose Hips (Dog Rose) Fruit	30 mg	**
Lemon Grass Leaf	18 mg	**
Parsley Leaf	18 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS: †Chlorella Single Cellular Algae, †Moringa (*Moringa oleifera* L.) Leaf, †Spirulina Phytoplankton Microalgae, †Nettle Leaf, †Natural Lemon Flavor, †Raspberry Fruit, †Maca (*Lepidium meyenii* Walp.) Root, †Spinach Leaf, †Aloe Vera Leaf, †Kale Leaf, †Watercress Leaf, †Lemon Whole Fruit, †Pineapple Fruit, †Cleavers Herb Aerial Parts, †Horsetail Aerial Parts, †Dandelion Leaf, †Gotu Kola Aerial Parts, †Rhodiola Rosea Root, †Broccoli Sprout, †Kelp Whole Plant, †Schizandra Berry, †Ginger Rhizome, †Milk Thistle Seed, †Rose Hips Fruit, †Lemon Grass Leaf, †Parsley Leaf, †Stevia Leaf Extract.

†certified organic ingredient.

US.SF2.MOD 2

As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication.

This product is processed in the same facility as products containing fish, shellfish, soy and dairy.

Not tested on animals.

Store in a cool, dry place.

Suitable for Vegans

Gluten Free

DIRECTIONS: Mix one level 15 cc scoop (5.7 g) once per day with 4–6 oz (120–180 ml) of cold water or other beverage.

⚠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.

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