



## ENRICHING GREENS®

Energy-enhancing antioxidant

### SUPERIOR NUTRITION FOR HEALTHY AGING

The “nutritional status” of an individual is often thought to be the number one reason why some individuals develop sickness and disease while others don’t. Our daily diet plays a key role in healthy aging and preventing chronic disease including obesity, diabetes, cardiovascular diseases, cancer, and osteoporosis. It is never too late for good nutrition. Whatever your past and present nutritional and lifestyle practices, if you start now, much can be done to maintain good health and reduce your risk of chronic disease and disability in the future.

Only a small percentage of the population consumes the recommended intake of a variety of fruits and vegetables, providing vitamins, minerals, antioxidants, enzymes, phytonutrients and other nutrients. Phytonutrients are compounds which contribute to the colour, flavour, and disease resistance in plants. In humans they can have a beneficial effect because of the positive biological responses they elicit, often reducing the risk of chronic disease. Foods with high phytonutrient content are sometimes called “super foods” since they are known to have health benefits beyond those of most foods. Diets high in super foods are known to decrease the risk of heart disease, cancer and age-related chronic diseases. Fruits and vegetables come in many colours. “Red foods”, such as tomatoes, contain lycopene which is involved in maintaining prostate health and decreases the risk of heart disease, while “green foods” such as broccoli are associated with a decreased risk of cancer and other chronic diseases (Heber).

### ENRICHING GREENS: A NUTRITIONAL POWERHOUSE

Green drinks are a staple amongst consumers of natural health products. Once driven primarily by personal testimonies, belief in the health benefits of this ever-growing product category has been strengthened by scientific studies. Green drinks provide a full spectrum of nutrients that can help prevent virtually every chronic disease.

Natural Factors Enriching Greens is a highly-concentrated and comprehensive nutritional powerhouse specially formulated to provide daily nutritional support, increase mental and physical energy, detoxify, improve well-being, and promote healthy aging. Enriching Greens is a 100% natural blend of more than 40 health-promoting ingredients including the super foods spirulina, alfalfa, chlorella, barley, and wheat grass, as well as extracts or powders of carrot juice, beet root, broccoli, tomato and the unique BlueRich™ and BerryRich™ whole berry fruit concentrates. This powerful

combination of nutrients provides a broad spectrum of vitamins, minerals, antioxidants, phytonutrients, fibre and protein, whose roles in supporting optimal health are backed by solid scientific research.

Enriching Greens also contains digestive enzymes, probiotics, PGX® (a proprietary polysaccharide complex), apple pectin, lecithin, and energy-enhancing herbal, fruit and vegetable extracts, all of which work synergistically with the other ingredients to promote healthy gastrointestinal function.

The digestive enzymes maximize nutrient absorption. The probiotics address gastrointestinal disorders, strengthen the immune system, and modulate inflammation. The probiotics in the Enriching Greens formula are in a prebiotic base of fructooligosaccharides (FOS), which work with the high levels of natural fibre in PGX and apple pectin to stimulate the growth of beneficial bacteria (probiotics) in the intestinal tract. The unique combination of probiotics, prebiotics, plant enzymes, fibre, lecithin and chlorophyll found in Enriching Greens aids digestion and promotes long-term gastrointestinal health. The carefully-chosen and balanced selection of beneficial herbal, fruit and vegetable extracts include standardized extracts of ginkgo biloba, ginseng, milk thistle, green tea, dandelion, beet root, carrot, black currant and mango, to further support digestion and detoxification, modulate the stress response, optimize brain and nerve function, and support cardiovascular health. The herbal extracts in particular have been used to aid digestion for centuries, and are well-known for their antioxidant characteristics and their ability to protect the liver and kidneys against the damaging effects of drugs and toxins (Post-White, *et al*, Schutz, *et al*).

Compared to other green drinks, Enriching Greens contains more green foods per serving and has greater antioxidant activity. Clinical research in humans found that Enriching Greens helps maintain healthy levels of antioxidants and cholesterol (Ziccarelli, *et al*). High cholesterol is a key risk factor in the development of cardiovascular disease. Supplementing with Enriching Greens helps maintain optimal cardiovascular health and protect the body against the damaging effects of toxins, oxidation, and aging.

### SUPER FOODS FOR ENERGY AND OPTIMAL HEALTH

Enriching Greens contains significant amounts of highly-absorbable nutrient-dense whole food greens, including spirulina, the original green super food (sometimes called blue-green algae), chlorella, alfalfa, barley and wheat grass. Spirulina is a rich source of nutrients, containing up to 70% high quality protein (containing all essential eight amino

acids in balanced amounts as well as significant amounts of non-essential amino acids), B complex vitamins, gamma-linolenic acid, carotenoids, iron and numerous other minerals. Spirulina modulates the immune system and has been shown to stimulate antibody production, increase the number of disease-fighting cells (such as natural killer cells), and regulate fat and carbohydrate metabolism. Evidence suggests spirulina may: regulate blood glucose and lipid levels in diabetes; inhibit the development of cancer; help prevent viral infection and suppress viral load in individuals infected with viruses (including herpes, influenza virus and HIV); and detoxify the liver and kidneys (Khan, *et al*). Chlorella, alfalfa, barley and wheat grass provide significant amounts of healthy lipids, protein, chlorophyll, carotenoids, vitamins, and minerals.

## SUPERIOR ANTIOXIDANTS FIGHT AGING

Although there are many categories of antioxidants, researchers often measure antioxidant activity according to its ORAC value (Oxygen Radical Absorbance Capacity). ORAC is a method of quantifying the antioxidant capacities of different foods. The higher the ORAC value, the more capable that food is of destroying free radicals, thus retarding the onset of age-related diseases. The average North American diet provides less than 1,000 ORAC units per day. However nutritional experts recommend we consume 3,000 to 5,000 ORAC units daily, from a variety of sources. Enriching Greens is a high-ORAC whole-food supplement, largely due to BlueRich and BerryRich. These unique berry blends contain high amounts of antioxidant flavonoids and powerful phytonutrients which help protect against the development of nutrition-related diseases including aging, heart disease, cognitive impairment, obesity, and cancer.

Each serving of Enriching Greens provides the recommended daily amount of antioxidants and is the antioxidant equivalent of eight servings of fruits and vegetables. This superior formula can fight the damaging effects of oxidation. The production of free radicals and reactive oxygen species is a common factor in the development of

neurological disorders and is associated with symptoms of brain aging such as declining cognitive and motor function, and memory loss. Antioxidants are involved in several important biological processes, including protecting against tissue damage, providing immune support, and protecting against the development of inflammation, cardiovascular disease and age-related deficits in cognitive and motor function (Willcox, *et al*).

## THE ACID-ALKALINE BALANCE

For vibrant health we must consume and maintain a balance of both alkaline and acidic foods every day. Unfortunately, the average North American diet promotes unhealthy acid levels which can cause oxidative stress and negatively impact gastrointestinal and immune function. Enriching Greens contains all of the necessary nutrients (such as whole food greens, soy lecithin, probiotics, beet juice powder, artichoke extract, and herbs) to reduce excess acidity immediately. The long-term health benefits of a proper acid-alkaline balance include increased energy levels, enhanced cognitive function, and healthy digestion.

## DOSAGE

Enriching Greens is available in both unflavoured and blueberry-flavoured powders. The unflavoured product is also available in convenient vegetarian capsules.

*Recommended Adult Dose – Powder:* Shake or stir 2 scoops into 1 cup (250 mL) of water or juice. Drink once daily preferably between meals or as directed by a health care practitioner. Begin with 1 scoop daily and gradually increase to 2 scoops. For a cool, refreshing smoothie, blend with 1 cup (250 mL) apple juice, ½ a banana and ice. To ensure optimum freshness, keep product away from heat and humidity and store in refrigerator after opening. For extra nutrition or as a “meal in a glass”, Enriching Greens can be combined with fruit, juice, yogurt, protein powder, flaxseed, fibre supplements or other healthy foods.

*Capsules:* 12 capsules daily with water, preferably between meals, or as directed by a health care practitioner. Begin with 6 capsules and gradually increase to 12 capsules.

## SAFETY

Enriching Greens has been formulated to provide safe levels of ingredients and is not known to have elicited any adverse reactions. However, individuals may be sensitive or allergic to one or more of the botanical ingredients and should consult their health care practitioner for possible cautions and contraindications. Enriching Greens contains no artificial colours, flavours, sweeteners or preservatives.

*Pregnancy and lactation:* Not recommended during pregnancy or lactation unless recommended by a health care practitioner

*Children:* Suitable for children at one-half the adult dose or as recommended by a health care practitioner

*Drug Interactions:* Enriching Greens contains botanicals, including ginkgo biloba extract, which may interact with anticoagulant or anti-platelet-aggregating drug therapy. Consult your health care practitioner if taking these or similar medications

*Contraindications:* None known

Enriching Greens is a high quality green drink providing an abundance of anti-aging nutrients that nourish, detoxify and energize. A single serving of Enriching Greens can supply more nutrients in an absorbable form than the average individual's typical daily diet, and is the antioxidant equivalent of eight servings of fruits and vegetables. Whether you want extra energy, greater protection against disease, or just to increase your intake of essential vitamins, minerals, protein, fibre, and antioxidants, Enriching Greens is an excellent addition to any diet.

## KEY REFERENCES

- Heber D., "Vegetables, Fruits and Phytoestrogens in the Prevention of Diseases," *J Postgrad Med*, 50 (2): 145-149; 2004
- Khan Z., *et al*, "Nutritional and Therapeutic potential of Spirulina," *Curr Phar Biotechnol*, 6 (5): 373-379; 2005
- Post-White J., *et al*, "Advances in the use of milk thistle (*Silybum marianum*)," *Integr Cancer Ther*, 6 (2): 104-109; 2007
- Schutz K., *et al*, "Taraxacum – a review on its phytochemical and pharmacological profile," *J Ethnopharmacol*, 107 (3): 313-23; 2006
- Willcox J.K., *et al*, "Antioxidants and prevention of chronic disease," *Crit Rev Food Sci Nutr*, 44 (4): 275-295; 2004
- Ziccarelli E.V., *et al*, "An *in vivo* study of the antioxidant potential of a plant food concentrate," *Journal of the American College of Nutrition*, vol 22, No 4, 277-282; 2003