



## INGREDIENTS LISTING FOR ENVY GREENS

TO KEEP ENVY GREENS GREEN DRINK A LOW OR NO ALLERGY PRODUCT AND GLUTEN FREE, HEALTHY ENVY HAS EXCLUDED ALFALFA, WHEAT, CORN AND SOY.

**BARLEY GRASS:** CONTAINS POTASSIUM, CALCIUM, MAGNESIUM, IRON, COPPER, PHOSPHORUS, MANGANESE, ZINC, BETA CAROTENE, VITAMINS B12, B1, B2, B6, C, FOLIC ACID, AND PANTOTHENIC ACID.

**SPIRILINA:** A COMPLETE PROTEIN SOURCE, WITH ESSENTIAL FATTY ACIDS, B VITAMINS INCLUDING B12, VITAMIN D, E AND COMPLETE TRACE MINERALS.

**CRACKED CELL CHLORELLA:** COMPLETE IN PROTEIN, ZINC, MAGNESIUM, AND B VITAMINS.

**SEA ALGAE:** THYROID AND ADRENAL BOOSTING, DETOXING TO THE LIVER AND LYMPH, OFFERS TRACE MINERALS, B VITAMINS AND VITAMIN C.

**SPINACH LEAF:** CONTAINS CALCIUM, IRON, ANTIOXIDANTS, MAGNESIUM, LUTEIN, VITAMINS A, E AND C.

**BROCCOLI POWDER:** RICH IN CALCIUM, FIBER, VITAMIN C, SELENIUM, AND MAY HAVE ANTI-VIRAL/BACTERIAL PROPERTIES.

**GREEN TEA:** HIGH IN ANTIOXIDANTS, POLYPHENOLS, AMINO ACID L-THEONINE AND CAFFEINE. MAY ALSO AID IN WEIGHT LOSS.

**PARSLEY LEAF:** RICH IN VITAMINS AND MINERALS, ESPECIALLY A AND C. CONTAINS COMPOUNDS THAT CLEAR TOXINS AND CONTAIN HISTAMINE INHIBITORS AND FREE RADICAL SCAVENGERS.

**WATERCRESS:** MAY PREVENT DNA DAMAGE TO LYMPHOCYTES AND HAS HIGH CALCIUM AND IRON CONTENT. A GREAT SOURCE OF FOLIC ACID, VITAMINS A, C AND ANTIOXIDANTS.

**RICE BRAN:** RICH IN DIETARY FIBER, OMEGA FATTY ACIDS, PROTEIN, MINERALS AND VITAMINS. GOOD GRAIN SOURCE FOR THOSE ON GLUTEN FREE DIETS.

**COCONUT MILK POWDER:** PROPERTIES THAT MAY BE ANTI-VIRAL, ANTI-BACTERIAL AND ANTI-FUNGAL.

**GOLDEN FLAX SEED:** HIGH IN OMEGA FATTY ACIDS, FIBER AND LIGNANS. MAY OFFER CANCER FIGHTING PROPERTIES.

**HEMP PROTEIN:** CONTAINS ALL ESSENTIAL AMINO ACIDS, ESSENTIAL FATTY ACIDS LINOLENIC AND LINOLEIC, ENZYMES, CHLOROPHYLL TO BALANCE PH AND FRIENDLY BACTERIAL FOR INTESTINAL FLORA. HEMP IS THE MALE CANNABIS WHICH HAS INSUFFICIENT THC TO OFFER ANY NARCOTIC EFFECT.

**MACA:** HIGH IN PROTEIN, FATTY ACIDS, SELENIUM, MAGNESIUM AND IRON. KNOWN FOR ITS APHRODISIAC PROPERTIES AND MAY HAVE A BALANCING EFFECT ON HORMONES IN MEN AND WOMEN.

**CARROT:** CONTAINS AN ABUNDANCE OF MINERALS, ANTIOXIDANTS, FIBER, AND VITAMIN A.

**BEET ROOT:** MAY BE HELPFUL IN DETOXING THE LIVER, FIGHTING CANCER, LOWERING BLOOD PRESSURE, AND BALANCING HORMONES DUE TO ITS' HIGH BORON CONTENT.

**ACAI BERRY FRUIT:** CONTAINS VITAMIN C, CALCIUM, IRON, ANTIOXIDANTS, IMPORTANT FATTY ACIDS. MAY AID IN INCREASED METABOLISM AND WEIGHT LOSS.

**WHITE GRAPE:** CONTAINS RESVERATROL WHICH MAY HELP AS A STRONG ANTI-FUNGAL AND

KNOWN FOR AIDING THE CARDIOVASCULAR SYSTEM. WHITE GRAPE POLYPHENOL ANTIOXIDANT PROPERTIES MAY HELP IN ALZHEIMER'S DISEASE, CANCER, HEART DISEASE AND DISEASES AFFECTING THE CENTRAL NERVOUS SYSTEM.

**ELDERBERRY BERRY:** CONTAINS LARGE AMOUNTS OF VITAMIN C, A AND B, RUTIN AND FLAVANOIDS. STIMULATES THE BODY'S IMMUNE SYSTEM AND IN SOME STUDIES BEING USED TO TREAT CANCER AND HIV.

**WHOLE BLUEBERRY:** THE FRUIT/BERRY CONTAINING THE HIGHEST AMOUNT OF ANTIOXIDANTS AND ORAC VALUE (OXYGEN RADICAL ABSORBANCE CAPACITY) HELPING PROTECT FROM FREE RADICAL DAMAGE AND OXIDATIVE STRESS.

**CRANBERRY BERRY:** ANTIOXIDANT CHEMICAL COMPOUNDS LIKE PROANTHOCYANIDINS WHICH AID IN DECREASED BACTERIA IN THE URINARY TRACT. OTHER CHEMICAL PROPERTIES MAY HELP WITH DENTAL PLAQUE, HEART DISEASE, CANCER AND KIDNEY STONES.

**GRAPSEED:** CONTAINS HIGH AMOUNTS OF ANTIOXIDANTS, VITAMINS E AND C. NATURAL BIOFLAVONOIDS AND CHEMICAL PROPERTIES USED TO AID AS AN ANTIALLERGENIC, ANTIHISTAMINE AND ANTI-INFLAMMATORY.

**CITRUS BIOFLAVONOIDS:** CITRUS BIOFLAVONOIDS STRENGTHEN THE WALLS OF BLOOD VESSELS. USED TO TREAT CONDITIONS SUCH AS BRUISING, NOSEBLEEDS AND LYMPH EDEMA.

**APPLE PECTIN:** USED AS A DIETARY FIBER IN MAINTAINING DIGESTIVE HEALTH. MAY HELP WITH SOME FORMS OF CANCER BY CLEANSING THE WALLS OF THE DIGESTIVE TRACT.

**RESVERATROL:** *ATTRIBUTED AS THE BENEFICIAL COMPONENT IN RED WINE*, FOUND IN THE SKIN OF RED GRAPES AND MAY BENEFIT THE REDUCTION OF CELLULAR AGING. MAY ALSO BENEFIT AS AN ANTI-CANCER, ANTIVIRAL AND ANTI-INFLAMMATORY. KNOWN FOR SUPPORTING CARDIOVASCULAR HEALTH.

**ELEUTHERO ROOT: (SIBERIAN GINSENG)** MAY CONTAIN ANTIVIRAL PROPERTIES AND REDUCE BLOOD SUGAR.

**QUINOA:** EASILY DIGESTIBLE GRAIN HIGH IN FIBER AND PROTEIN. A SUPERFOOD HIGH IN PHYTONUTRIENTS, ANTIOXIDANTS AND MAGNESIUM.

**VITAMIN C:** AN ANTIOXIDANT HELPING MAINTAIN THE IMMUNE SYSTEM AND BUILDING COLLAGEN.

**ACEROLA BERRY:** THIS CHERRY IS HIGH IN ANTIOXIDANTS, VITAMINS AND MINERALS. REPORTED TO ALSO ACT AS AN ANTI-FUNGAL AND REPORTED TO HAVE CHOLESTEROL LOWERING CAPABILITIES.

**BROMELAIN:** DERIVED FROM THE STEMS OF PINEAPPLES. CONTAINS ENZYMES THAT DIGEST PROTEIN AND STRONG ANTI-INFLAMMATORY PROPERTIES.

**PAPAIN:** AIDS IN PROTEIN DIGESTION, A SOOTHER TO THE STOMACH AND AN ANTI-INFLAMMATORY.

**ALOE VERA:** VEGETARIAN SOURCE OF VITAMIN B12 AND AN AID TO THE IMMUNE SYSTEM AND DIGESTIVE SYSTEM. KNOWN ALSO FOR ITS ANTI-INFLAMMATORY AND ANTI-BACTERIAL ABILITIES.

**AVENA SATIVA:** WILD OATS. BECOMING POPULAR AS AN APHRODISIAC FOR MEN AND WOMEN. NOURISHING TO THE NERVOUS SYSTEM AND REPRODUCTIVE ORGANS.

**TUMERIC:** ACTIVE INGREDIENTS CURCUMINOIDS. MAY RELIEVE THE SYMPTOMS OF ARTHRITIS. A POWERFUL ANTIOXIDANT NEUTRALIZING FREE RADICAL DAMAGE AND SAID TO HAVE ANTI-CARCINOGENIC PROPERTIES.

**MILK THISTLE:** KNOWN FOR STRENGTHENING, DETOXIFYING AND PROTECTING THE LIVER.

**FOS: (FRUCTOOLIGOSACCHARIDES)** A PROBIOTIC. ABILITY TO PASS UNCHANGED TO THE COLON AND USED TO ENHANCE BENEFICIAL BACTERIA FOR IMPROVED COLON HEALTH.

**DIGESTIVE ENZYMES:** DIGESTIVE ENZYMES SECRETED BY THE PANCREAS NEED TO BE PRESENT IN ORDER TO DIGEST AND ABSORB NUTRIENTS. MANY ENZYMES OUR BODY PRODUCES ARE DESTROYED FROM IMPROPER DIET, PROCESSED FOODS AND STRESS. PROTEIN (PROTEASE),

CARBOHYDRATES FROM SUGARS AND GRAINS (AMYLASE) (MALTASE), FATS (LIPASE) AND DAIRY (LACTASE) HAVE INDIVIDUAL ENZYMES FOR THEIR DIGESTION.

**HEMISEB** ☒ HELPS TO BREAK DOWN INDIGESTIBLE FIBERS REDUCING DISCOMFORT FROM GAS.

**PROBIOTIC BLEND:** A CLEANSER OF THE INTESTINAL TRACT ENHANCING BENEFICIAL BACTERIA. A STIMULATOR OF ANTI-BODY PRODUCTION. AN AID FOR THOSE SUFFERING FROM ALLERGIES, YEAST AND FUNGAL INFECTIONS.

*WE HAVE DONE OUR BEST TO PROVIDE AND USE ONLY THE HIGHEST QUALITY PRODUCTS AND INGREDIENTS THAT ARE ALLERGY AND GLUTEN FREE WITH MINIMAL DRUG INTERACTIONS. SOME INGREDIENTS MAY INTERFERE WITH CERTAIN DRUGS OR HEALTH CONDITIONS SO PLEASE CONSULT YOUR PHYSICIAN, PHARMACIST AND/OR HEALTH CARE PROFESSIONAL BEFORE STARTING THIS OR ANY DIETARY SUPPLEMENT.*