

Ingredients & Function

NewGreens™

Greens First®

Greens Blend

Promotes proper pH which is necessary for optimum function on the body. Packed with phytonutrients such as carotenes, chlorophyll, essential amino acids, and vitamins and minerals. Chlorophyll has been shown to have detoxifying, anti-inflammatory, deodorizing, and antibacterial benefits.

Leading university studies have indicated that the juice from these greens contain potent antioxidants that have been shown to help prevent lipid peroxidation caused by free radicals.

Essentia Blend® contains 9 Super-foods: Alfalfa*, Barley grass*, Wheat grass*, Oat grass*, Rye grass, Kamut grass dehydrated juice powders, Chlorella (cracked cell), Dunaliella Salina, Spirulina (*Organic)

Total: 3,000 mg

Greens Blend Proprietary contains only 3 ingredients: Barley Grass Juice Powder, Chlorella (Japanese Cracked Cell Wall), Spirulina

Total: 2,500 mg

Vegetable Blend

The vegetable ingredients in this blend provide a rich source of carotenoids, vitamin C, and folate. These vegetables contain, lycopenes, sulfuraphane, isothiocyanates, and indole-3-carbinol which are known to strongly stimulate the body's natural detoxifying enzymes.

Power Veggie Blend® contains 13 Super-foods: Carrot*, Spinach, Tomato*, Kale, Broccoli, Cauliflower, Parsley, Beet*, Cabbage, Brussels Sprouts, Asparagus, Celery, Cucumber dehydrated juice powders (*Organic)

Total: 2,000 mg

Vegetable Blend-Proprietary contains only 6 ingredients: Carrot, Broccoli, Cauliflower, Spinach, Parsley, Kale Juice Powders

Total: 1,500 mg

Antioxidant Blend

Free radicals are believed to play a role in more than 60 different health conditions, including the aging process, cancer, and atherosclerosis. Reducing exposure to free radicals and increasing intake of antioxidant nutrients has the potential to reduce the risk of free radical-related health problems.

Antioxidant Supreme Blend® contains 18 antioxidant nutrients: Blueberry, Cranberry, Prune, Cherry, Raspberry, Plum, Apple, Strawberry, Blackberry, Grape Seed Extract (95% Polyphenols), Sea Vegetable Blend, Quercetin, Green Tea Extract (Decaf) (80% Polyphenols), Royal Jelly, Bee Pollen, Kelp, Dulse, Blue Green Algae

Total: 1,000 mg

OxiSure™ Blend -Proprietary contains only 14 ingredients*: Concentrated Extract, Carrot Juice and Carrot Powder, Green Tea extract (decaf), Blueberry, Plum, Grape Seed Extract, Cranberry, Raspberry, Tart Cherry, Pine Bark Extract, Broccoli Powder, Tomato, ActiveX Spinach, ActiveX Kale, ActiveX Brussels Sprout

Total: 300 mg

Fiber Blend

The bulk in the intestines that is created by fiber increases bowel transit time and reduces the body's exposure to toxins. In addition to benefiting the gastrointestinal system, fiber is also helpful in lowering cholesterol and triglyceride levels.

Fiber slows the absorption of sugars and fats. Research has shown that high-fiber diets are associated with lower incidences of colon and rectal cancer, heart disease, diabetes, diverticulitis, hemorrhoids, colitis, and constipation.

Gentle Fiber Blend® Contains 6 ingredients: Flaxseed meal, Apple fiber pectin, Brown rice bran, Plantago ovata, Guar gum, Glucomannan

Total: 1,000 mg**

Fiber Blend-Proprietary Contains only 3 ingredients: Oat Betaglucan, Apple Fiber Pectin, Brown Rice Bran

Total: 1,950 mg**

Detoxification Blend

The ingredients in this blend contain essential amino acids and minerals such as, calcium, potassium, sodium, manganese, iron, zinc, and lecithin. Contains potent antioxidants that protect hepatocytes from free radical damage.

Contains constituents that inhibit proinflammatory enzymes 5-lipoxygenase and cyclooxygenase. Protects the liver against glutathione depletion and lipid peroxidation.

Restorative Detox Blend Contains 10 ingredients: Resveratrol, Milk Thistle (80% silymarins), Dandelion, Turmeric (85% curcuminoids), Ginkgo biloba (24% ginkgoheterosides and 6% terpene lactones), Bilberry (25% anthocyanidins), Stevia, Mint extract, Licorice root, Ginger (5% gingerols), Aloe leaf, Lecithin

Total: 1,000 mg

Greens First does not have a complete detoxification blend, rather only 2 single ingredients: Milk Thistle Seed Extract (80% Silymarin) and Tumeric Rhizome Extract (85% Curcuminoids)

Total: 95 mg

Probiotic Blend

The intestinal flora is intimately involved in the body's natural defense system by destroying harmful bacterial invasion and controlling yeast overgrowth. Beneficial bacteria aids in digestion, absorption of minerals, and elimination of wastes. Friendly flora lowers cholesterol by enhancing lipid metabolism. Probiotics help the body fight free radical damage.

Non-Dairy Probiotic Blend Contains 6 probiotic strains plus FOS, which serves as food for "friendly" bacteria, such as Bifidobacteria and Lactobacillus species. Lactobacillus acidophilus, L. casei, L. sporogenes, Bifidobacterium bifidus, Saccharomyces boulardii, Chickory Fructooligosaccharides (FOS)

Total: 1,000 mg

Probiotics (Dairy Free) Contains 4 probiotic strains: L. Acidophilus, B. Longum, L. Casei, L. Rhamnosus

Total: 200 mg

Enzyme Blend

There is no healing process in the body that can occur without enzymes. Upon absorption of proteolytic enzymes, they inhibit the pro-inflammatory cascade and may even demonstrate antitumor effects.

Proteolytic enzymes may reduce allergy symptoms by further breaking down undigested proteins to sizes that are too small to cause allergic reactions.

Healing Enzyme Blend® Contains 6 enzymes: Protease (50,000 HUT), Bromelain (2400 GDU), Papain (30,000 USP), Amylase (210 USP/mg), Lipase (40 USP/mg), Cellulase (75 CU/mg)

Total: 1,000 mg

Enzyme Blend Contains 7 enzymes+ Bromelain Extract (80 GDU Per Gram), Papain, Protease, Amylase, Lipase, Cellulase, Lactase

Total: 200 mg

Flavors

provides flavor properties such as sweetness and smell

Stevia and Mint extracts (all-natural)

Natural Flavors, Stevia, Citric Acid

*GreensFirst does not provide standardization values for many ingredients such as Grape seed extract and Green Tea in their blends.

**Many consumers have found the fiber blend in Greens First to be upsetting to the GI tract and to be "too much". NewGreens provides a gentle fiber blend that is not upsetting.

+GreensFirst does not provide potency and standardization values for all enzymes but one. This can and may indicate sub-par or lower potencies.

Notes: Many of the Proprietary blends in GreensFirst appear to be in such low amounts that little if any health benefit can be derived when compared with the proprietary blends in NewGreens.

Standout comparative blends include:

Antioxidant Blend: 1000 mg vs. 300 mg, Detoxification Blend: 1000 mg vs. 95 mg, Probiotic Blend: 1000 mg vs. 200 mg, Enzyme Blend: 1000 mg vs. 200 mg

To place an order call **1.800.860.9583** or visit us at **newgreens.com** to learn more.