

# Go Green...

*A delicious way to get the nutrition you need*

Go Green provides an unequalled combination of whole foods, delivering many of the nutrients your body needs. The exceptional mixture of nutrients is as nature intended—from all-natural, whole-food sources. We have selected a variety of superfoods through a meticulous process, and combined them into a refreshing drink mix to help your body achieve optimum performance. This tasty beverage provides an all-natural alternative to synthetic vitamins and processed foods, and will be a delightful addition to your dietary regimen.



**“Go Green has changed my life. It’s like the missing puzzle piece in my nutritional needs. It’s the perfect drink to use any-time I find myself starting to feel drained or tired. And when I use it before exercising, I have more strength, better stamina, and higher energy levels. I absolutely love it!”**

—Marty Maddox  
Simplicity Business Associate

## Why choose Go Green?

If you compare nutritional drink mixes, you’ll find that Go Green clearly gives you the most for your money, because this extraordinary formula:

- ❖ Contains a wide variety of sprouted grains and greens with nutritional integrity
- ❖ Offers probiotic and enzymatic support\*
- ❖ Tastes great

What is *absent* from Go Green is just as important as what is in it. It does not contain isolated vitamins or minerals, unnecessary fillers, or artificial ingredients to sweeten or suspend the mix in liquid.

**GRAM FOR GRAM, GO GREEN IS YOUR OPTIMAL NUTRITIONAL DRINK MIX.**

- **FIBER:** Go Green provides a balanced source of insoluble and soluble fiber that allows your body to utilize food for energy. Fiber is necessary for proper elimination and helps control sugars, fats, and cholesterol in the blood. Soluble fiber in sufficient amounts is also known to promote cardiovascular health.\*
- **LIGNINS:** Plant lignins, as found in Go Green, contain specific compounds known for their ability to promote a healthy immune system.\*
- **PROTEIN:** Go Green provides complete protein (containing all of the essential amino acids) that can be used by the body to create muscle, antibodies, and lean connective tissue.
- **ENZYMES:** The natural enzymes in Go Green are from whole-food ingredients; plant-based enzymes help to maximize the value of the nutrients in each ingredient.
- **SPROUTED GRAINS:** These grains are included in Go Green for the retention of optimal enzymatic activity and nutritional content. All six of the sprouted grains in Go Green are certified organic.
- **MINERALS:** Go Green contains a wide array of necessary minerals and trace minerals that are essential for the proper functioning of the body.
- **CHLOROPHYLL:** Chlorophyll, the key ingredient in green superfoods, is remarkably similar in chemical structure to human hemoglobin. Green superfoods can help you maintain your health by providing the components necessary for building new cells and tissues, supporting healthy blood, maintaining liver health, promoting clear skin, and combating bad breath and body odors.\*

*This powerful, delicious drink gives your body the tools and materials you need to keep that robust machine (YOU!) in peak condition.*

# What are the benefits of the ingredients?

The ingredients in Go Green are some of the most nutritious elements ever combined in a nutritional drink mix. Go Green provides the green foods that have a place in everyone's diet, whether you're a weightlifter or a working mother. According to the Center for Science in the Public Interest, only about one-third of Americans eat the recommended minimum of five servings per day of fruits and vegetables. Go Green can help fill that nutritional gap.

**ORGANIC RICE TRIN:** Low in fat, this rice syrup solid is an excellent source of both simple and complex carbohydrates.

**PEA FIBER:** This wholesome ingredient contains high-quality protein as well as both soluble and insoluble dietary fiber.

**APPLE PECTIN:** Apple pectin is a soluble apple fiber processed specifically from sulfite-free apples.

**Organic BARLEY SPROUTS:** Produced from young plants that are carefully grown and harvested, barley sprouts provide lignins, chlorophyll, potassium, calcium, protein, enzymes, and beta-carotene.

**FLAXSEED:** Flaxseed provides essential fatty acids (EFAs) and is especially valuable for its omega-3 EFA content, a nutrient lacking in the modern diet.

**GREEN OAT GRASS:** A significant source of chlorophyll, green oat grass also contains B-vitamins, soluble fiber, and protein.

**JERUSALEM ARTICHOKE TUBER:** A rich source of soluble fiber and potassium, Jerusalem artichoke also contains fructooligosaccharides (FOS) that support intestinal health.

**ORGANIC OAT SPROUTS:** These organically grown sprouts offer essential amino acids and important antioxidants such as beta-carotene and vitamins C and E, as well as B-vitamins including folic acid.

**ORGANIC QUINOA SPROUTS:** These organically grown sprouts supply protein, carbohydrates, fiber, leucine, lysine, methionine, cystine, calcium, iron, phosphorus, magnesium, B-vitamins, vitamin E, and essential fatty acids.

**WHEAT GRASS:** Wheat grass is a source of beta-carotene, calcium, selenium, iron, chlorophyll, fiber, vitamins C and E, and B-vitamins including folic acid.

**ORGANIC WHEAT SPROUTS:** These organically grown and harvested wheat sprouts are high in potassium, fiber, calcium, protein, enzymes, and beta-carotene.

**ORGANIC SUPER BLUE GREEN® ALPHA SUN® AND OMEGA SUN® ALGAE:** Our wild-crafted algae is carefully harvested to ensure quality. It contains complete protein, chlorophyll, beta-carotene, vitamins, minerals, essential amino acids, and essential fatty acids.

**ORGANIC SPROUTED MILLET:** This organically grown nutritional grain is rich in carbohydrates, protein, fiber, phosphorus, B-vitamins, potassium, and lignins.

**ORGANIC SPROUTED SPELT:** This organically grown ancient grain contributes complex carbohydrates, B-vitamins, potassium, iron, trace elements, essential amino acids, and protein.

**DATE FIBER:** In addition to being a significant source of fiber, date fiber offers iron, potassium, niacin, and glutamic acid. It is a natural and healthy way to give a smooth consistency to Go Green.

**BARLEY GRASS:** Barley grass contributes chlorophyll, lignins, protein, carbohydrates, vitamins, and minerals.

**DULSE AND KELP:** These wild sea vegetables contain potassium, magnesium, phosphorus, iron, and vitamin B12. Both kelp and dulse contribute fiber and carbohydrate with almost no fat.

**Eleuthero:** The only ginseng recommended for both men and women, eleuthero is well known for its energy-giving properties.

**ENZYMES (Lipase, Amylase, Cellulase, Protease):** These are the highest-quality enzymes from plant sources, added to aid in your body's natural digestive processes.

**STEVIA LEAF EXTRACT:** Stevia, also known as sweetleaf, is a sweet-tasting herb native to Paraguay that has been used extensively in foods and beverages in South America and Asia. Stevia is a member of the chrysanthemum family and was used by native South Americans as a digestive aid.

*Because we have chosen not to use artificial or unnecessary ingredients, Go Green powder will have a tendency to settle when combined with liquid. We recommend blending the mixture well and drinking it within a relatively short period of time.*

\*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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