

This formula was created with the idea of nutritional products that support cleansing and internal detoxification in mind, products that boost vitality and reinforce the immune system.

In order to do so, several super-foods have been combined, foods full of vitamins, minerals, amino acids and other elements we need to stay healthy. With 25 ingredients, it contains a significant concentration of vitamins, minerals, essential amino acids, enzymes, co-enzymes, standardized herbal extracts, botanical extracts, soluble and insoluble fiber, antioxidants and more. PEACE-GREENS is therefore a super-food in itself that can promote health in many aspects, for people of almost all ages. Imagine adding all of these magnificent ingredients to your diet every day.

**Ingredients:** Sunflower lecithin (*Helianthus annuus*), spirulina (*Spirulina platensis*), apple pectin (*Pyrus malus*), Cili fruit extract (*Rosa roxburghii*), alfalfa grass (*Medicago sativa*), **barley** grass (*Hordeum vulgare*), chlorella (*Chlorella pyrenoidosa*), rice bran powder (*Oryza sativa*), lactic-acid bacteria (see nutritional information, in contact with **milk** and **soy**), sweetener (steviol glycosides from *Stevia rebaudiana*), multi flower bee pollen, D-ribose, anticaking agent (magnesium salts of fatty acids), **wheat** grass leaf juice powder (*Triticum aestivum*), licorice root extract (*Glycyrrhiza uralensis*), acerola juice powder (*Malpighia glabra*), red beet root powder (*Beta vulgaris*), milk thistle seed extract (*Silybum marianum*), siberian ginseng root extract (*Eleutherococcus senticosus*), broccoli extract (*Brassica oleracea* var. *italica*), whole dulse (*Palmaria palmata*), inulin powder (from *Cichorium intybus*), grape seed extract (*Vitis vinifera*), *Ginkgo biloba* leaf extract, green tea leaf extract (*Camellia sinensis*), bilberry fruit extract (*Vaccinium myrtillus*), plant digestive enzymes, vegetable capsule (glazing agent: hydroxypropylmethylcellulose; humectant: purified water).

Nutritional information:	13 capsules	Size and format:
Lecithin (from sunflower)	2 186 mg	120 vegetable capsules
Spirulina ( <i>Spirulina platensis</i> )	1 685 mg	
Cili ( <i>Rosa roxburghii</i> )	1 000 mg	
Alfalfa grass ( <i>Medicago sativa</i> )	992 mg	
<b>Barley</b> grass ( <i>Hordeum vulgare</i> )	600 mg	
Chlorella (broken-cell) ( <i>Chlorella pyrenoidosa</i> )	425 mg	
Rice bran powder ( <i>Oryza sativa</i> )	128 mg	
Multi flower bee pollen	150 mg	
D-Ribose	150 mg	
<b>Wheat</b> grass leaf juice powder ( <i>Triticum aestivum</i> )	122 mg	
Licorice root extract ( <i>Glycyrrhiza uralensis</i> ) <sup>1</sup> (10% glycyrrhizic acid)	116 mg	
Red beet root powder ( <i>Beta vulgaris</i> )	65 mg	
Milk thistle seed extract ( <i>Silybum marianum</i> ) <sup>1</sup> (80% silymarin)	60 mg	
Siberian ginseng root extract ( <i>Eleutherococcus senticosus</i> ) <sup>1</sup> (0,8% eleutherosides)	60 mg	
Whole dulse ( <i>Palmaria palmata</i> )	33 mg	
Grape seed extract ( <i>Vitis vinifera</i> ) <sup>1</sup> (95% proanthocyanidins)	30 mg	
<i>Ginkgo biloba</i> leaf extract <sup>1</sup> (24% ginkgoflavonoid-glycosides, 6% terpene lactones)	20 mg	
Green tea leaf extract ( <i>Camellia sinensis</i> ) <sup>1</sup> (50% polyphenols) 0,12 mg EGCG/caps. – 0,4 mg EGCG/teaspoon)	15 mg	
Bilberry fruit extract ( <i>Vaccinium myrtillus</i> ) <sup>1</sup> (25% anthocyanosides)	10 mg	
Broccoli extract ( <i>Brassica oleracea</i> var. <i>italica</i> )	38 mg	
Acerola juice powder ( <i>Malpighia glabra</i> )	115 mg	
Apple fruit pectin ( <i>Pyrus malus</i> )	1 033 mg	
Steviol glycosides ( <i>Stevia rebaudiana</i> )	204 mg	
Lactic acid bacteria*	10 billion CFU	
Inulin	31 mg	
Plant digestive enzymes**	8 mg	
<sup>(1)</sup> standardised extract		CFU: Colony-Forming Unit Cells

#### Recommended daily dose:

Capsules: 13 capsules daily with a glass of water or juice (250 ml).

Preferably taken on an empty stomach or 15 minutes before a meal. It is recommendable to drink 4 to 6 glasses of water during the day when taking this product to aid in cleansing.

Do not exceed the stated recommended daily dose (13 caps.) or a daily amount of 800 mg of EGCG.

Keep in the refrigerator after opening.

**Cautions:** Should not be used by pregnant or lactating women, children below 18 years old, if you are already using other products containing green tea, or on empty stomach. Consult a health-care practitioner if you are treated with medication, or if you have a special medical condition. Take this product with a lot of water to ensure that the substance reaches the stomach. Avoid taking this product along with medication and other fibre-based food supplements.

\**L. rhamnosus* R0011 (4 billion CFU), *L. rhamnosus* R1039 (3 billion CFU), *L. acidophilus* R0418 (550 million CFU), *L. helveticus* R0052 (500 million CFU), *L. casei* R0215 (400 million CFU), *L. plantarum* R1012 (400 million CFU), *B. breve* R0070 (300 million CFU), *B. longum* spp *infantis* R0033 (300 million CFU), *B. longum* spp *longum* R0175 (300 million CFU), *S. salivarius* spp *thermophilus* R0083 (200 million CFU), *L. delbrueckii* spp *bulgaricus* R9001 (50 million CFU).

\*\**Alpha*-amylase (314,987 FCC AAU), bromelain (19 200 FCC PU), cellulase (33,6 FCC CU), dipeptidyl-peptidase IV (55 FCC HUT), *alpha*-galactosidase (0,506 FCC AGU), glucoamylase (1,333 FCC AGU), hemicellulase (0,888 FCC HCU), invertase (2,133 FCC INVU), lactase (14,507 FCC ALU), lipase (80 FCC LU), maltase (3,467 FCC DP), papain (8 000 FCC PU), pectinase (1,6 FCC endo-PGU), phytase (0,067 FTU), protease I (1 104,987 FCC HUT), protease II (196,8 FCC HUT), protease III (1,52 FCC SAP).

## Indications and uses:

Different studies have shown that the components of PEACE-GREENS make it helpful in the following ways:

Vitalizing: it increases energy, strength and resistance, energizes and stimulates, relieving fatigue and stress without the need for stimulants, setting the base for optimal physical function and promoting well-being.

Antioxidant: It protects against free radicals and environmental pollution. Regenerating and cell activating: It strengthens the immune system.

Optimizing neurological function: It increases mental sharpness thanks to lecithin and its phospholipids, and *Ginkgo Biloba*.

Detoxifying: It cleans the body and helps reduce constipation.

It increases probiotic levels thanks to the complete mix of probiotics and the co-factor FOS, and establishes an appropriate pH in the intestine.

The high amount of chlorophyll in PEACE GREENS is what gives the product its intense green color. Chlorophyll is a vital component for the body, and is absorbed by the oxygenated circulatory system, cleaning and reinforcing the blood. It purifies, deodorizes, detoxifies and makes the body more alkaline, playing an important role in strengthening the immune system. Chlorophyll reinforces the body, contributes to health and plays a primordial role in fighting infection. The alkalinity of the ingredients in PEACE GREENS is very important since it can help an acidic body to balance out its pH. The body tends to function better, with more vitality and energy in a slightly alkaline environment.

PURE SUNFLOWER LECITHIN (99% OIL-FREE, 97% PHOSPHOLIPIDS): Lecithin is found in all of the living cells in our body, carrying out a large variety of vital functions that affect our health. Lecithin is essential for good brain function, it has a proven effect on memory, concentration, the ability to think and muscle control. In the liver, lecithin metabolizes fat deposits. In the intestinal tract, it helps with vitamin A and D absorption. In the blood, lecithin acts as an emulsifier, preventing the accumulation of cholesterol and other fats in the arterial walls and helping dissolve already existing deposits<sup>(1-3)</sup>.

SPIRULINA, CHLORELLA (BROKEN CELL) AND DULSE: This complex of different seaweeds is characterized by its high content in nutrients such as protein, DNA, RNA, chlorophyll, beta-carotene, iron and other minerals<sup>(4,8,9)</sup>.

SUPEROXIDE DISMUTASE (S.O.D.) (from *Rosa roxburghii*): protects cells from toxic exposure to free radicals and the abundant toxins present in the body that can cause cell death, leading to the premature onset of many age-related degenerative diseases. Taking superoxide dismutase helps compensate for the decrease in this powerful antioxidant that occurs with aging. It also improves the cellular absorption of oligometals which actively protect mitochondria from free radical damage, therefore preventing the decline in energy levels associated with aging<sup>(5,6)</sup>.

ALFALFA, BARLEYGRASS AND WHEATGRASS LEAF JUICE POWDER: The young grass of these cereals is collected when it measures just 30 cm, getting the most of the properties these green plants provide. They are an excellent source of chlorophyll, which has a remarkable ability to clean and oxygenate the blood, and is very rich in vitamins A, B group, C, E and K, essential minerals and enzymes. It alkalizes and detoxifies the body. Wheatgrass, as it is a young grass, contains no gluten or other allergens<sup>(7-9)</sup>.

APPLE FRUIT PECTIN AND RICE BRAN POWDER: These are natural fibres that help stimulate and clean the intestinal tract<sup>(10)</sup>.

MULTI FLOWER BEE POLLEN: This product is a well known excellent nutrient that energizes and supports the immune system<sup>(11)</sup>.

D-RIBOSE: It's a simple carbohydrate molecule found in all cells of the human body. Physical stress can increase the loss of nucleotides (such as ATP, ADP and AMP) in the heart and skeletal muscles. D-ribose is fundamental for the continuous production of ATP, the molecule which gives the heart and muscles the energy they need to function. Ribose helps with energy production at the cellular level and improves muscle recovery time and resistance<sup>(12-14)</sup>.

LICORICE ROOT EXTRACT (10% GLYCYRRHIZINIC ACID): Licorice has significant antiviral activity, it stimulates protein synthesis which prevents viral infection. It also has mild laxative properties<sup>(15)</sup>.

RED BEET: a good source of iron, carotenes, enzymes, B complex vitamins, fibre, calcium, phosphorous and potassium. Facilitates digestion and stimulates the kidneys and the lymph system<sup>(16)</sup>.

MILK THISTLE EXTRACT (80% SILYMARIN): Silymarin, a crucial ingredient of milk thistle, strengthens the liver and favours new cell growth. It's detoxifying and antioxidant for the liver<sup>(17)</sup>.

SIBERIAN GINSENG ROOT EXTRACT (0,8% ELEUTHEROSIDES): This has been known since antiquity as a root with anti-fatigue and anti-stress properties. It helps maintain a balance of energy in the body<sup>(18)</sup>.

**GRAPESEED EXTRACT (95% PROANTHOCYANIDINS):** This extract is one of the most powerful antioxidants known. In vitro, its antioxidant properties are 50 times greater than that of vitamin E, and 20 times greater than that of vitamin C. It is quickly absorbed by the body, reduces capillary fragility, removes oxidants and free radicals and prevents collagen destruction<sup>(19,20)</sup>.

**GINKGO BILOBA (24% FLAVONOID GLYCOSIDES & 6% TERPENE-LACTONES):** *Ginkgo biloba* extract intensifies the body's oxygen and glucose use and is a good antioxidant. It has a toning effect in the circulatory system and can be of benefit in situations of oxygen deficiency and poor circulation<sup>(21-23)</sup>.

**GREEN TEA LEAF EXTRACT (50% POLYPHENOLS):** Green tea has a very high polyphenol content, with strong antioxidant properties. It's a good antimicrobial and antiviral agent. It aids digestion and the proliferation of friendly bacteria in the intestine and helps reduce plaque caused by bacteria in the mouth<sup>(24,25)</sup>.

**BILBERRY EXTRACT (25% ANTHOCYANIDINS):** Blueberries and their pigments have great benefits for the body, improving the ability of cells and fluids to pass through capillaries. It reduces capillary fragility. Recent research indicates that blueberry positively affects visual function<sup>(26,27)</sup>.

**BROCCOLI EXTRACT:** Broccoli extract is rich in quercetin, a good antioxidant. Studies show that quercetin has antifungal, anti-inflammatory, antiviral and antibacterial properties<sup>(28)</sup>.

**ACEROLA JUICE POWDER:** Acerola cherry powder is a natural source of vitamin C and one of the most powerful bioflavonoids known. Vitamin C is an antiviral, antibacterial and immune reinforcing agent. Natural vitamin C also favours the absorption of quercetin, an important bioflavonoid<sup>(29)</sup>.

**PROBIOTIC STRAINS (10 BILLION PER SERVING) WITH INULIN AND AOS (ARABINO GALACTAN):** This includes: *Lactobacilos rhamnosus*, *L. acidophilus*, *L. bifidus*, *L. thermophilus*, *L. bulgaricus*, *B. infantis*, *B. longum* and *B. breve*.

These friendly bacteria help restore and maintain balanced intestinal flora. They improve intestinal function and reinforce immunity. They aid digestion and vitamin and mineral assimilation. FOS is a plant based carbohydrate complex that provides an optimal environment for the development of friendly bacteria. AOS has a great immune stimulating ability and is useful for fighting infection because of its ability to decrease bacterial adherence<sup>(30,31)</sup>.

**PLANT-BASED DIGESTIVE ENZYMES:** improve nutrient absorption and digestion thanks to the different plant enzymes that effectively favour the digestion of protein, carbohydrates, fat and other nutrients. Dipeptidyl peptidase IV hydrolyzes casein, gluten and other small peptides, including casomorphins and gluteomorphins that can negatively affect the central nervous system in some individuals<sup>(32-33)</sup>.

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