

SP Green Food®

Provides a Simple, Natural Way for People of All Ages to Add Vegetables to Their Diet

Vegetables and health go together like peas in a pod; one is often found where the other is present. A dietary deficiency resulting from insufficient vegetable consumption deprives the body of many vitamins, minerals, and other essential nutrients necessary for healthy growth and development, proper functioning of many biological systems, and antioxidant protection. SP Green Food is designed to improve our nutritional intake in the event we fail to eat proper amounts of fruits and vegetables each day.†

How SP Green Food Keeps You Healthy

Improves daily nutrition

Research shows that Americans are not meeting their recommended daily requirements for fruit and vegetable intake. It is well established that high fruit and vegetable consumption is important to good health, especially for pregnant women and children. Complementing your diet with vacuum-dried green vegetables from whole food sources will help improve your daily vegetable intake.†

Provides many essential nutrients

Buckwheat has high soluble protein and fiber content and a balanced amino-acid composition. Buckwheat is also a good source of minerals. Next to oat flour, buckwheat flour has the highest protein content of any grain. Additionally, intake of buckwheat protein extract has been shown to increase muscle mass and reduce body fat. Buckwheat provides twice the amount of the essential amino acid lysine, required by the body for optimum growth, as is found in either rice or wheat. Alfalfa offers a highly bioavailable source of protein, vitamins, and minerals—important at any stage in life.†

Promotes healthy liver detoxification functions and antioxidant support

The liver is essential in eliminating toxins from the body. Cruciferous vegetables, like Brussels sprouts and kale, contain phytochemicals that stimulate enzymatic activity required to support liver detoxification and protect cells from abnormal growth and division. Additionally, cruciferous vegetables have been shown to improve cholesterol metabolism and decrease markers of oxidative stress. Buckwheat, which contains powerful antioxidants, keeps free radicals in check. Barley grass combines a balanced and easily absorbed blend of beta-carotene and B-complex and C vitamins—plus the minerals potassium, calcium, iron, phosphorus, and magnesium—all providing antioxidant support. Barley grass contains chlorophyll, which is often used to remove toxins from the body and support organ detoxification systems. Research has shown that chlorophyll reduces toxins in the liver.†

Please copy for your patients.

GF This product contains less than 10 parts per million of gluten per serving size or less than 20 parts per million per the suggested use listed on each product label. **V** Vegetarian (Lacto-ovo)

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Introduced in 2000

GF V

Content:

150 capsules

Suggested Use: Two capsules three times per day, or as directed.

Supplement Facts:

Serving Size: 2 capsules

Servings per Container: 75

| | Amount per Serving | %DV |
|-------------------------------------|-----------------------|-----|
| Calories | 2.6 | |
| Dried Buckwheat (Leaf) and Juice | 200 mg | |
| Dried Barley (Grass) Juice | 100 mg | |

Proprietary Blend: Brussels sprout (whole plant) powder, kale (whole plant) powder, and alfalfa (sprout) powder.

Other Ingredients: Cellulose, water, and calcium stearate.

Sold through health care professionals.

This product is part of our purification program.



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SP Green Food®

What Makes SP Green Food Unique

Product Attributes

Ingredients are derived from five different green-vegetable sources

- › To provide a highly bioavailable source of whole food nutrients
- › Economical and simple way to receive many essential nutrients†

Certified Organic Farming

A healthy ecosystem is created by using organic farming techniques, such as rotating crops, fertilizing the soil with nutrient-rich cover crops and byproducts from our processing, practicing strict weed control standards, and continually monitoring the health of our plants

- › Assures the soil is laden with minerals and nutrients
- › Ensures plants are nutritionally complete and free from synthetic pesticides

Manufacturing and Quality-Control Processes

Upon harvesting, nutrient-rich plants are immediately washed and promptly processed

- › Preserves nutritional integrity

Low-temperature, high-vacuum drying technique

- › Preserves the enzymatic vitality and nutritional potential of ingredients

Not disassociated into isolated components

- › The nutrients in SP Green Food are processed to remain intact, complete nutritional compounds

Degreed microbiologists and chemists in our on-site laboratories continually conduct bacterial and analytical tests on raw materials, product batches, and finished products

- › Ensures consistent quality and safety

Vitamin and mineral analyses validate product content and specifications

- › Assures high-quality essential nutrients are delivered

Whole Food Philosophy

Our founder, Dr. Royal Lee, challenged common scientific beliefs by choosing a holistic approach of providing nutrients through whole foods. His goal was to provide nutrients as they are found in nature—in a whole food state where he believed their natural potency and efficacy would be realized. Dr. Lee believed that when nutrients remain intact and are not split from their natural associated synergists—known and unknown—bioactivity is markedly enhanced over isolated nutrients. Following this philosophy, even a small amount of a whole food concentrate will offer enhanced nutritional support, compared to an isolated or fractionated vitamin. Therefore, one should examine the source of nutrients rather than looking at the quantities of individual nutrients on product labels.

Studies on nutrients generally use large doses and these studies, some of which are cited below, are the basis for much of the information we provide you in this publication about whole food ingredients. *See the supplement facts for SP Green Food®.*

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