This product is a convenient drink mix providing beneficial nutrients from berries, fruits, vegetables and greens to support a healthy diet. This complete formula combines concentrated fruits and berries along with a unique vegetable antioxidant blend to help build antioxidant reserves and protect the body from free radical damage. In addition, this product includes a “superfood” blend containing additional phytonutrients and micronutrients to help boost energy levels. This product is gluten-free and dairy free and is also available in capsules.

Overview
Many Americans lead busy lives, leaving little time for balanced nutrition. The modern conveniences of today make fast food and carry out a large part of the typical American diet. Few individuals receive the antioxidant benefits of fresh fruit and vegetables in their daily diet. By broadening the scope of the traditional green blends, this product is formulated for excellent pH and fiber values, but also serves as high ORAC blend that helps patients overcome diets lacking the necessary intake of five fruits and vegetables a day as recommended by the National Cancer Institute.

Oxygen Radical Absorbance Capacity
Fruits and vegetables contain a high ORAC value. ORAC (oxygen radical absorbance capacity) value is a unit value assigned by researchers to measure the antioxidant value of a given food. Foods with a high ORAC value are beneficial to the body by contributing to balanced antioxidant status. Antioxidants are valuable to the body because they fight free radicals, agents that can cause cellular damage. This product contains all natural organic fruits – where available – and a high ORAC vegetable, antioxidant blend. This product incorporates the best science utilizing the highest ORAC fruits and vegetables and is formulated to provide a satisfying single serving that helps patients fulfill their dietary needs. Fruits and vegetables have a unique combination of antioxidants that deliver greater nutrient value and absorption than standard antioxidant supplements.

The Organic Advantage
Organically grown plants traditionally have higher total phenolic compounds. In a recent study at US-Davis, researchers found higher amounts of total phenolic compounds such as flavonoids, anthocyanidins, catechins and tannins in organically grown fruit. An increase in these secondary antioxidant metabolites help better support diets lacking the necessary intake of five fruits and vegetables a day as recommended by the National Cancer Institute.

Fruit Blend
The combination of organic fruits, such as apples, blueberries, kiwi, cherries and acai berries provides a powerful blend of super fruits that help maintain health and well-being. Berries have long been known to be highly concentrated in a full spectrum of natural antioxidants, along with unique properties that can enhance immune and brain health, as well as metabolic function. Consumption of a variety of fruits and berries is known to improve antioxidant status and provide long term metabolic benefits.

Greens Blend
Spirulina and wheat grass combine to create a powerful nutritional energy boost. Spirulina is a blue-green algae that has been used effectively as a health supplement since ancient times and has been shown to support heart, brain and...
metabolic health.\textsuperscript{2,4} Spirulina is a rich source of a variety of phytonutrients and antioxidants, including selenium, phenolic acid, vitamin E, and carotenoids. This nutrient-rich underwater plant is also a significant source of protein and the amino acids valine, leucine, isoleucine, omega-6, omega-3, vitamin B1, zinc, vitamin B2, iron, beta carotene, manganese and copper.

Wheat grass provides a number of concentrated nutrients, including iron, calcium, magnesium, amino acids, chlorophyll and vitamins A, C and E. Wheatgrass is known to support immune balance, antioxidant status and gastrointestinal health, as well as enhance nutrient consumption.\textsuperscript{5, 6} It is important to note that Wheatgrass does not contain gluten. It is removed from the Wheat grain that contains gluten.

Vegetable Antioxidant Blend\textsuperscript{†}
Like fruits, vegetables provide a significant number of valuable nutrients, phytonutrients and antioxidants. Among the most powerful are broccoli, onions, tomatoes, spinach, kale and brussel sprouts. Each of these vegetables provides support for detoxification, heart and thyroid health, immune balance, and contributes to improved antioxidant status, all while delivering a wide variety of vitamins and minerals to enhance health and well-being.\textsuperscript{7-10}

Diets low in saturated fat and cholesterol, and rich in fruits and vegetables that contain some types of dietary fiber—particularly soluble fiber—may reduce the risk of heart disease, a disease associated with many factors. Super greens efficacious powder formula provides natural antioxidants from fruits and vegetables.

Directions
Add one scoop (8 grams) or two scoops (16 grams) of this product to a glass of water or the beverage of your choice, stir and drink, or as recommended by your health care professional.

Does Not Contain
Gluten, yeast, artificial colors and flavors.

Cautions
Do not consume this product if you are pregnant or nursing. Consult your physician for further information.
References


DIAMOND NUTRITIONALS

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.