

### RICH IN ESSENTIAL NUTRIENTS

GREENS, VEGETABLES AND HIGH NUTRIENT FRUITS	ADDITIONAL VITAL VITAMINS AND MINERALS
Organic Spinach	1000 mg
Organic Apple	600 mg
Organic Kale	333 mg
Organic Kale Sprouts	100 mg
Organic Wheatgrass	333 mg
Organic Barley Sprouts	200 mg
Acerola Fruit	267 mg*
Carica Papaya (with papain)	250 mg
Organic Broccoli Sprouts	150 mg
Pineapple Fruit Juice (with papain)	240 mg*
Bilberry Fresh Fruit	200 mg*
Roselle Fruit	168 mg*
Red Beet	167 mg
Carrot Root	83 mg
Spinach Leaf	67 mg
Licorice Root	67 mg
Walberry (Goji) Fruit	33 mg*
Kelly Whole Plant	8 mg

  

#### ANTIOXIDANT AND IMMUNE SUPPORT

Citric Acid (anhydrous)	150 mg
R/S Alpha Lipoic Acid	67 mg
Antigargin Root	67 mg*
Grape Seed	67 mg*
Green Tea	67 mg*
Cocoa Bean (45% polyphenols)	100 mg*
Rosemary Leaf	68 mg*
Beta Glucans (from Saccharomyces)	50 mg*
Reishi Mushroom	21 mg
Shiitake Mushroom	21 mg
Reveratrol	10 mg*

  

#### LIVER SUPPORT HERBS

Natural Vanilla Flavour	310 mg
Rice Bean Powder	67 mg*
Alfa Thistle	33 mg*
Dandelion Root	33 mg*
Burdock Root	21 mg*

## vital greens

YOUR TOTAL DAILY HEALTH SUPPLEMENT

OVER 70 VITAL INGREDIENTS

✓ WHEAT FREE
✓ GLUTEN FREE
✓ DAIRY FREE
✓ SPROUTED INGREDIENTS

VITAMINS • MINERALS • ANTIOXIDANTS • HERBS  
CULTURES • ALKALISING PROTEIN

Net Weight 120g

### MUCH MORE THAN JUST A GREENS OR MULTIVITAMIN

When naturopaths Stephen Sprada & Shane Sullivan developed Vital Greens, their aim was to create a "one stop shop" for their patients: all their nutritional needs in a single daily serve. Vital Greens is a blend of over 70 natural high quality ingredients which is easily mixed and absorbed as a once a day routine, providing all essential minerals, vitamins, enzymes, co-factors, adaptogenic herbs, prebiotics and probiotics, essential omega, antioxidants and trace elements. As Shane & Stephen explain, because Vital Greens is a natural formula, the body recognises it as a food and absorbs it more easily at the cellular level. Vital Greens is carefully balanced so that everything works in synergy to maximise the benefits provided by each nutrient.

#### DIRECTIONS

**ADULTS** Dissolve 10g (two heaped teaspoons) into 200-300mL of water, non acidic juice (eg. apple or blackcurrant) or milk of your choice, once a day. If taking Vital Greens for the first time, we suggest halving the dose to 5g (one heaped teaspoon) for 2-4 weeks before starting the full 10g daily dose. Avoid mixing Vital Greens with acidic juices, eg. orange juice as it can effect the alkalinity of the product. Do not heat or add to heated liquid as it can effect the potency of the probiotics. Add Vital Greens to your smoothie or sprinkle on your cereal. Vital Protein is an ideal companion to Vital Greens.

**CHILDREN** 5-12 years Vital Kids is recommended

For more smoothie suggestions or recipes visit [www.vitalgreens.com](http://www.vitalgreens.com)

Refrigerate after opening and use within 90 days.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Store out of reach of young children. Contains Certified Organic Ingredients. Do not take whilst on warfarin therapy without medical advice.

**Vital Greens is available in 120g, 300g, 600g and 30 x 10g sachet travel box.**

**Martin & Pleasance**  
Natural Medicine Since 1855  
[www.martinandpleasance.com](http://www.martinandpleasance.com)

PLEASE RECYCLE  
Plastic production and transport  
require less energy

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210 Maurentia Road Nursing Industrial Estate  
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#### NUTRITION INFORMATION

SERVINGS PER PACKAGE: 12 • SERVING SIZE: 10g

	Average quantity per serving	Average quantity per 100g
Energy/kJ/cal	154.8 kJ (37 kcal)	1548 kJ (370kcal)
Fat	1.21g	12.1g
- Of which saturated	0.33g	3.3g
Carbohydrate	3.33g	33.3g
- Sugars (Natural)	0.87g	8.7g
Protein	2.3g	23g
Potassium	187mg	1.87g
Salt	31mg	310mg

#### LOW ALLERGEN

Vital Greens contains pure and natural nutrition that is great for your health!

NO Gluten	NO Artificial Sweeteners
NO Eggs	NO Corn
NO Dairy	NO Wheat
NO Yeast	NO Artificial Flavours
NO Artificial Colours	NO Lactose

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\* This barcode has been truncated and does not meet the specifications of GS1

Factory 1, 25 Stud Road Bayswater VIC 3153  
Telephone 03 9720 5350 Facsimile 03 9729 8247  
[sales@rapidlabels.com.au](mailto:sales@rapidlabels.com.au) [www.rapidlabels.com.au](http://www.rapidlabels.com.au)

### LABEL SPECIFICATIONS

Client **Martin & Pleasance**

Description **Vital Greens 120g FA5**

Date **06/11/14**

Size **61x209mm**

### PRINT COLOURS

C

M

Y

K

Spot Gloss Varnish

### PROOFS

Version 1 ☒ V2 ☐ V3 ☐ V4 ☐ V5 ☐ V6 ☐

### PLEASE READ BEFORE SIGNING

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**Please fax completed artwork approval to  
(03) 9729 8247 to enable us to proceed with printing.**

**PLEASE NOTE:** Delays in approval will effect the delivery date. Delivery date confirmation can only be advised once your artwork approval has been received. Any alteration to this artwork needs to be clearly marked and returned for correction.

**T&B**

### ROLL DIRECTION REQUIREMENTS (Please Tick)

Core Diameter: ☐ 38mm ☐ 76mm

Quantity Per Roll: \_\_\_\_\_

1 ☐ HEAD OUTSIDE

2 ☐ FOOT OUTSIDE

3 ☐ RIGHT OUTSIDE

4 ☐ LEFT OUTSIDE

5 ☐ HEAD INSIDE

6 ☐ FOOT INSIDE

7 ☐ RIGHT INSIDE

8 ☐ LEFT INSIDE

### CLIENT APPROVAL

Quote Reference No. \_\_\_\_\_

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