

## RICH IN ESSENTIAL NUTRIENTS

### GREENS, VEGETABLES AND HIGH NUTRIENT FRUITS

Organic Spirulina	1000 mg
Organic Apple	600 mg
Organic Chorella	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*
Rosehip Fruit	168 mg*
Red Beet	167 mg
Carrot Root	83 mg
Spinach Leaf	67 mg
Licorice Root	67 mg
Wolfberry (Goji) Fruit	33 mg*
Kelp Whole Plant	8 mg

### ANTIOXIDANT AND IMMUNE SUPPORT

Citric Acid (anhydrous)	150 mg
R,S Alpha Lipoic Acid	67 mg
Astragalus Root	67 mg*
Grapeseed	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
Resveratrol	10 mg*

### ADDITIONAL VITAL VITAMINS AND MINERALS

Citrus bioflavonoid	500 mg
Vitamin C (Ascorbic acid)	333 mg
Calcium (from Calcium citrate)	132 mg
Potassium (from Potassium phosphate di-basic)	104 mg
Vitamin E (d-alpha tocopherol succinate)	100 mg
Magnesium (from Magnesium citrate)	42 mg
Vitamin B3 (Nicotinic acid)	18 mg
Silica (from Colloidal anhydrous)	14 mg
Zinc (from Zinc amino acid chelate)	10 mg
Co-Enzyme Q-10 (Ubidecarenone)	8 mg
Vitamin B5 (Calcium pantothenate)	3.5 mg
Vitamin B6 (Pyridoxine hydrochloride)	3.2 mg
Vitamin B1 (Thiamine hydrochloride)	2.8 mg
Vitamin B2 (Riboflavine)	2 mg
Vitamin B3 (Nicotinamide)	2 mg
Pro-vitamin A (Beta-carotene)	2 mg
Manganese (from Manganese amino acid chelate)	1.4 mg
Vitamin B7 (Biotin)	330 µg
Vitamin B9 (Folic acid)	300 µg
Copper (from Copper gluconate)	225 µg
Selenium (from Selenomethionine)	30 µg
Vitamin B12 (Cyanocobalamin)	28 µg
Chromium (from Chromium picolinate)	10 µg
Vitamin D2 (from Ergocalciferol)	3.8 µg

### LIVER SUPPORT HERBS

Rice Bran Powder	310 mg
Milk Thistle	67 mg*
Dandelion Root	33 mg*
Burdock Root	21 mg*



(TWO HEAPED TEASPOONS) 10g DAILY

### DIGESTIVE NUTRIENTS, ENZYMES AND CULTURES

Globe Artichoke Leaf	500 mg*
Inulin (FOS prebiotics)	417 mg
Ginger Rhizome	67 mg*
Bromelain	65 mg
Aloe Vera Gel	500mg*
Lactobacillus acidophilus	3.0 billion
Bifidobacterium bifidum	3.0 billion
Papain (from carica papaya and pineapple)	

### NERVOUS SYSTEM SUPPORT

Siberian Ginseng (dried root)	1000 mg*
Lecithin (95% phosphatides)	725 mg
Organic Flaxseed Powder	400 mg
Gotu Kola Leaf	67 mg*

### VEGETABLE PROTEIN

100% Vital Pea Protein Isolate	1000 mg
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### PLUS ALL NATURAL SWEETENER

Natural Vanilla Flavour, Natural Pineapple Flavour, Thaumatin, Stevia, Monk Fruit and Xanthan Gum.  
\* Extract equivalent amount

Contains IFOAM Certified Organic Ingredients.

Some ingredients are not certifiable or not certified organic.

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

**Martin & Pleasance**  
Natural Medicine Since 1855  
www.martinandpleasance.com

Imported by Martin & Pleasance UK Ltd  
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 **PLEASE RECYCLE**  
Plastic production and transport require less energy

YOUR TOTAL DAILY HEALTH SUPPLEMENT

**vital greens**

OVER  
70  
VITAL  
INGREDIENTS



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

VITAMINS • MINERALS • ANTIOXIDANTS • HERBS  
CULTURES • ALKALISING PROTEIN

Net Weight 600g



## 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 omegas, 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.

### NUTRITION INFORMATION

SERVINGS PER PACKAGE: 60 • 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	3.32g	33.2g
- 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 Egg	NO Corn
NO Dairy	NO Wheat
NO Yeast	NO Artificial Flavours
NO Artificial Colours	NO Lactose

## 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 teaspoons) 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.

 **Vegan friendly**



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

**rapidlabels**

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### PLEASE READ BEFORE SIGNING

Please ensure that all aspects of this artwork have been checked thoroughly as responsibility for its accuracy rests with you, our valued client.

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.

VB

### LABEL SPECIFICATIONS

Client **Martin & Pleasance**  
Description **Vital Greens 600g FA2**  
Date **06/11/14**  
Size **144x320mm**

### 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

### PRINT COLOURS



### PROOFS

Version 1 ☒ V2 ☒ V3 ☐ V4 ☐ V5 ☐ V6 ☐

### CLIENT APPROVAL

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

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Please check this proof carefully and sign if approved. By signing, you accept full liability for its accuracy.

