



## Ultimate GreenZone

Stock #1103-6 (368 grams)

Stock #1104-4 (180 capsules)

Ultimate GreenZone is a protein-rich blend of healthy whole-food nutrition containing gluten-free whole grains, green foods and other "super" nutrients. Ultimate GreenZone's unique formula provides important vitamins, minerals and antioxidants, as well as nutrients that enhance immune function, encourage the growth of healthy colonic flora, support digestion and elimination, assist detoxification of the liver and kidneys, and help protect against degenerative diseases such as cancer and cardiovascular disease. Ultimate GreenZone contains:

**Amaranth** (*Amaranthus cruentus*) is a nutritious, gluten-free whole grain that contains more protein than other cereal grains and boasts a significantly higher lysine content—lysine is an amino acid required for healthy immune function, especially antiviral activity. Amaranth is also a rich source of heart-healthy nutrients, including dietary fiber, vitamins C and K, calcium and magnesium.<sup>1-4</sup>

**Brown rice** (*Oryza sativa*) is a concentrated source of B vitamins, which benefit the nervous system and are helpful for alleviating mental depression. Brown rice also contains substances that have demonstrated anti-cancer properties, particularly against breast and colon cancer. Furthermore, a population-based, case-control study found an inverse association between consumption of brown rice and pancreatic cancer risk.<sup>1,5,6</sup>

**Flax seed** is an excellent source of dietary fiber and omega-3 and omega-6 essential fatty acids. Flax seed has been used in the treatment of chronic constipation, diverticulosis and irritable bowel syndrome. More recent research suggests that flax seed may also be beneficial for the prevention of cancer and cardiovascular disease.<sup>7-11</sup>

**Spirulina** (*Spirulina platensis*) is a blue-green algae and is regarded as nature's richest and most complete source of nutrition, offering a unique blend of nutrients that no single source can provide. Spirulina contains 65-71% complete protein (all essential amino acids are perfectly balanced), as well as B-complex vitamins, minerals, trace elements, gamma-linolenic acid and antioxidants such as beta-carotene and vitamin E. Spirulina has been shown to stimulate immune function, detoxify the liver and kidneys, help correct serum lipid profiles, and promote the growth of intestinal flora while inhibiting the growth of bacteria, fungi and yeasts, including *Candida albicans*.<sup>7,12-15</sup>

**Fructooligosaccharides** (FOS) are naturally-occurring simple carbohydrates found in Jerusalem artichokes, asparagus, chicory root, garlic and onions. FOS are neither digested nor absorbed by humans; instead, they encourage the growth of bifidobacteria—one of several beneficial strains of colonic bacteria—and discourage the growth of most undesirable bacteria in the colon. Regular intake of foods rich in FOS may help reduce the risk of colon cancer. In addition, research indicates that FOS may also help calcium absorption.<sup>16-19</sup>

**Quinoa** (*Chenopodium quinoa*) has been cultivated and consumed in the Andes mountains of South America for thousands of years. Quinoa is a valuable source of protein, B vitamins, and minerals such as calcium and iron. Quinoa actually provides more protein and calcium than milk. Quinoa is also a gluten-free grain.<sup>1,20-22</sup>

**Flax seed lignans** are fiber-like substances that are converted by intestinal bacteria into powerful cancer-fighting compounds. Flax seed lignans provide antioxidant and mild anti-estrogenic activity and appear to block the action of enzymes that promote breast cancer cell growth. High dietary intake of lignans has been associated with protection against breast cancer.<sup>7,8,11,23</sup>

**Chia seed** (*Salvia hispanica*) is a gluten-free whole grain that contains complete protein (all essential amino acids), fiber, omega-3 (as alpha-linolenic acid) and omega-6 fatty acids, folic acid, and minerals such as calcium, magnesium and iron. Chia seed is also a rich source of antioxidants. A recent study found that chia seed lowered blood pressure and C-reactive protein (a blood protein associated with heart disease), thus improving cardiovascular risk factors in patients with type 2 diabetes.<sup>24-26</sup>

**Chlorella** (*Chlorella pyrenoidosa*) is a freshwater green algae that is rich in protein (including all 8 essential amino acids), vitamins, minerals, and lipoic acid—a powerful antioxidant and a cofactor in the production of cellular energy (adenosine triphosphate or ATP). Chlorella also contains omega-3 and omega-6 essential fatty acids. A review of clinical trials suggests that daily supplementation with chlorella may help reduce high blood pressure, lower serum cholesterol levels and enhance immune function.<sup>27-30</sup>

**Millet** (*Panicum miliaceum*) is a gluten-free whole grain that contains as much protein as wheat, but is significantly richer in essential amino acids. Millet provides an alkalizing effect for over-acid conditions and is considered one of the best grains for individuals with an overgrowth of *Candida albicans*. In addition, a preliminary study found that millet significantly reduced hair loss in patients receiving cisplatin, a chemotherapy drug.<sup>1,22,31,32</sup>

**Alfalfa** (*Medicago sativa*) is a rich source of protein and vitamins A, B1, B6, B12, D, E and K. Alfalfa also contains plant enzymes that may aid digestion, as well as high amounts of phytoestrogens and saponins, both of which are useful in preventing cardiovascular disorders. Animal studies have shown that alfalfa is also capable of reducing serum cholesterol levels.<sup>33-36</sup>

**Licorice** (*Glycyrrhiza glabra*) has been used worldwide as an herbal medicine for the treatment of stomach and duodenal ulcers and liver and pulmonary (lung) diseases. Clinical and experimental studies indicate that licorice

also exerts anti-cancer, antioxidant, antiviral, cardioprotective, hepatoprotective (liver-protecting), and immunomodulatory effects.<sup>7,8,31,37,38</sup>

**Lecithin** (from soy - *Glycine max*) increases blood levels of choline and is used to synthesize acetylcholine, which aids concentration, memory and bipolar depression. Lecithin has also demonstrated cholesterol-lowering effects in both animals and humans with hyperlipidemia (elevated blood fats), which is a significant risk for cardiovascular disease.<sup>17,39</sup>

**Carrot root** (*Daucus carota*) is a rich source of beta-carotene, as well as other carotenoids. Carrot root supports the liver and aids detoxification by enhancing urine flow and the removal of waste by the kidneys. Carrot root has also been used to treat hypertension. In addition, carrot root has demonstrated hepatoprotective effects in animal studies.<sup>9,40,41</sup>

**Lemon grass** (*Cymbopogon citratus*) is traditionally used as a tea for digestive problems and to relieve flatulence (intestinal gas) and cramping pains. Animal studies suggest that lemon grass may also help reduce LDL cholesterol while raising plasma HDL levels. In addition, lemon grass contains a natural essential oil that demonstrates antibacterial and strong antifungal activity and has been shown to be effective against leishmaniasis parasites in vitro.<sup>9,42-44</sup>

**Papaya** (*Carica papaya*) is a rich source of digestive enzymes such as papain—an enzyme that breaks down proteins, as well as carbohydrates and fats. Papain is quite similar to pepsin (a digestive enzyme produced by the body) and is often referred to as "vegetable pepsin." Papaya contains other enzymes that also digest starches and milk protein. Papaya is a rich source of vitamin C and potassium.<sup>45,46</sup>

**Artichoke** (*Cynara scolymus*) stimulates bile flow from the liver, which in turn, helps lower serum cholesterol levels. Artichoke has also been shown to slow the oxidation of LDL cholesterol in vitro—oxidation of LDL cholesterol contributes to the formation of plaque deposits in the arteries.<sup>47-50</sup>

**Spinach** (*Spinacia oleracea*) is rich in vitamins, minerals and carotenoids, including lutein and zeaxanthin. A higher intake of spinach has been shown to be associated with a substantially lower risk for developing age-related macular degeneration. Spinach consumption has also been associated with a significant reduction in the risk of cataracts.<sup>1,51-53</sup>

**Broccoli** (*Brassica oleracea*) is a rich source of dietary calcium, as well as vitamin K, which is necessary for proper blood clotting and for converting osteocalcin—a noncollagen protein that anchors calcium molecules within the bone—to its active form. Low serum levels of vitamin K have been linked to an increased risk of hip fracture. Broccoli also contains glutathione, a sulfur-containing antioxidant that exerts strong anticancer activity and assists in the detoxification of carcinogenic substances.<sup>54,55</sup>

**Kale** (*Brassica oleracea acephala*), an ancient member of the cabbage family, contains higher levels of vitamins than other cruciferous vegetables, including broccoli, Brussels sprouts, cabbage and cauliflower. Kale is an excellent source of vitamin A, as well as calcium, iron and chlorophyll. Kale is beneficial for stomach problems such as stomach and duodenal ulcers, and has been shown to improve serum lipid profiles, thus helping to reduce the risks of coronary artery disease.<sup>7,56,57</sup>

**Asparagus** (*Asparagus officinalis*) has been shown to exert a mild diuretic action in animal studies. Research also shows that asparagus contains the diuretic compound asparagine, which may explain the herb's ability to eliminate water via the kidneys. Asparagus is useful for a variety of urinary problems, including cystitis, as well as rheumatic conditions—asparagus promotes the elimination of waste products via the urine, including wastes that accumulate in the joints.<sup>1,9,58</sup>

**Red beet** (*Beta vulgaris*) is a source of numerous vitamins and minerals and is reported to have hepatoprotective effects. Red beet contains betaine, which has been shown to exert a positive effect on fat metabolism in the liver and has been used as a lipotropic (a substance that prevents abnormal or excessive accumulation of fat in the liver) to prevent and treat non-alcoholic fatty liver disease. Betaine has also been shown to lower blood homocysteine levels—elevated homocysteine is a causative factor in coronary artery disease.<sup>58,59</sup>

**Pineapple extract** (Bromelain) (*Ananas comosus*) - Bromelain is a proteolytic (protein-digesting) enzyme that exhibits anti-inflammatory and analgesic (pain-relieving) properties. Bromelain is currently used as an effective treatment for acute inflammation and sports injuries and has been shown to speed recovery of acute sinusitis. Preliminary studies indicate that bromelain may also be beneficial in the treatment of heart disease and osteoarthritis.<sup>60-62</sup>

**Chicory** (*Cichorium intybus*) boasts therapeutic uses similar to those of dandelion root, namely supporting the stomach and liver and cleansing the urinary tract. Chicory is a mild, bitter tonic that is excellent for the digestive system and liver. Chicory can be taken for rheumatic conditions and gout, and it also serves as a mild laxative, one that is especially appropriate for children. In addition, chicory is a source of FOS (fructooligosaccharides), which encourage the growth of healthy colonic flora.<sup>9,16</sup>

**Acerola** (*Malpighia puniceifolia*) is such a rich source of vitamin C that it would take over 470 ounces of orange juice to equal the vitamin C in a 6 ounce glass of fresh acerola juice. Acerola also contains high amounts of beta-carotene and potassium, as well as the carotenoids alpha-carotene, lutein and cryptoxanthin. Given its nutritional content, it is not surprising that acerola exhibits significant antioxidant effects.<sup>63-66</sup>

**Horsetail** (*Equisetum arvense*) contains more silica than any other herb, in a form that is highly absorbable. Silica is a trace mineral that promotes collagen formation, works with calcium to strengthen bones, and has been shown to

help prevent atherosclerosis. Horsetail is also a rich source of calcium and other minerals necessary for tissue repair, including copper and zinc.<sup>7-9,45</sup>

**Lemon bioflavonoids** (*Citrus limon*) are powerful antioxidants that prevent free-radical cellular damage to blood vessel walls, reduce the tendency of blood clotting, and inhibit oxidation of LDL cholesterol. Multiple research studies confirm a diet high in bioflavonoids contributes to a reduced risk of heart disease. In fact, dietary intake of bioflavonoids tied with cigarette smoking as the second most important risk predictor of heart disease. Bioflavonoids also enhance the absorption and utilization of vitamin C.<sup>9,28,67,68</sup>

**Sodium copper chlorophyllin** is a mixture of water-soluble derivatives of chlorophyll, the substance that gives plants their green color. Chlorophyll has been used to eliminate bad breath and reduce the odors of infected wounds, feces and urine. Research indicates that chlorophyll also provides anti-inflammatory, antioxidant and wound-healing properties. In addition, preliminary evidence shows that chlorophyllin hinders the bioavailability of carcinogens (cancer-causing substances) and promotes their elimination in the feces.<sup>17,69-73</sup>

**Parsley** (*Petroselinum crispum*) contains vitamins A and C, a significant amount of B vitamins, and the minerals calcium and iron, among other nutrients. Parsley is approved by the German Commission E for flushing out the urinary tract and for preventing and treating bladder and kidney gravel and stones. In addition, parsley has been shown to reduce blood glucose levels and has demonstrated significant hepatoprotective effects in animal studies.<sup>7,8,77,75</sup>

**Pau d'arco** (*Tabebuia avellanedae*) has been studied for its broad-spectrum antimicrobial activity against bacteria, viruses, parasites and fungi, including candida yeast. Pau d'arco contains two active ingredients, lapachol and beta-lapachone, which have antifungal properties comparable in action to the antifungal drug ketoconazole. Lapachol has also demonstrated gastroprotective and antibacterial activity.<sup>7,17,76-80</sup>

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