



The Bad News – The Standard American Diet

The USDA announced that Americans need to eat approximately 50% more vegetables, 150% more fruits, 250% more orange vegetables and 350% more green vegetables every day! That's a recommendation of 7 to 13 servings per day to improve health and prevent chronic disease. But, with today's busy lifestyles and fast food eating habits, few American adults, and far fewer children, even eat the recommended minimum of 5-A-Day!

The Good News – Greens First®

Greens First® is the delicious and fast way for the entire family to enjoy the phytonutrient and antioxidant benefits of a diet rich in dark greens and brightly colored fruits and vegetables in **one, easy-to-use product.**

Greens First® contains Certified Organic fruits, vegetables and barley grass which are first juiced, then spray dried at low temperatures, leaving all the important nutrients and live enzymes intact.

Replenish • Revitalize • Recharge

- 100% Natural – Contains Certified Organic Fruits & Vegetables
- GLUTEN FREE
- Sweetened with Stevia – a Calorie Free Herb
- Vegetarian & Vegan
- Easy to Digest
- No GMO
- No Nano Particles
- No MSG or Yeast
- No Soy Protein
- No Corn, Rye or Wheat
- No Dairy, Eggs or Animal By-products
- No Artificial Ingredients, Sweeteners or Preservatives
- Rich in Alkaline Nutrients to Balance Your Body's pH Levels

Nourish, rebalance & rejuvenate your body and your health with a daily serving of the organic goodness in Greens First®!



DIRECTIONS FOR USE: Mix one level scoop with 6-8 ounces of cold water. Shake well & enjoy. Refrigerate after opening.

Supplement Facts		Amount Per Serving	%DV
Serving Size 9.4 g (1 Scoop)			
Servings Per Container: 30			
Amount Per Serving			
Calories 40		Calories from fat 10	
		% Daily Value*	
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0g			0%
Sodium 15mg			1%
Total Carbohydrate 6g			2%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 1g			
		Amount Per Serving	%DV
Greens Blend-Proprietary	2500 mg		†
Barley Grass Juice Powder (Certified Organic)			
Chlorella (Cracked Cell Wall)			
Spirulina, USA (Certified Organic)			
Vegetable Blend-Proprietary (Certified Organic)	1500 mg		†
Carrot Juice Powder, Cauliflower Juice Powder, Broccoli Juice Powder, Spinach Juice Powder, Parsley Juice Powder, Kale Juice Powder			
OxiSure™ Blend-Proprietary	300 mg		†
Carrot Powder, Green Tea Extract, Blueberry Powder, Plum Powder, Grape Seed Extract 95%, Cranberry Powder, Raspberry Powder, Tart Cherry Powder, Pine Bark Extract 95%, Broccoli Powder, HiActives® Tomato Powder 2000, HiActives® Carrot Powder 1200, HiActives® Spinach Powder 700, HiActives® Kale Powder, HiActives® Brussels Sprout Powder.			
Fiber Blend-Proprietary	1950 mg		†
Oat Betaglucon (Certified Organic)			
Apple Fiber Pectin, Brown Rice Bran			
Lecithin (Non GMO Soy)	1800 mg		†
Enzyme Blend	200 mg		†
Bromelain Extract (80 GDU Per Gram)			
Papain, Protease, Amylase, Lipase, Cellulase, Lactase			
Probiotics (Dairy Free)	200 mg		†
L. Acidophilus, B. Longum, L. Casei, L. Rhamnosus.			
Sprouted Barley (Certified Organic)	200 mg		†
ResveraMax™ Blend-Proprietary	100 mg		†
Polygonum Cuspidatum Extract (25% trans-Resveratrol), Acerola Cherry Powder (Certified Organic), Concord Grape Powder			
Green Tea Extract (Decaffeinated)	100 mg		†
(60% Polyphenols)			
Quercetin (98% Dihydrate)	100 mg		†
Milk Thistle Seed Extract (80% Silymarin)	75 mg		†
Red Beet Root (Certified Organic)	50 mg		†
Cinnamon Powder (Certified Organic)	50 mg		†
Aloe Leaf Powder (Certified Organic)	50 mg		†
Turmeric Rhizome Extract (85% Curcuminoids)	20 mg		†
Atlantic Kelp Powder (Certified Organic)	15 mg		†
Licorice Root Extract	5 mg		†
Other Ingredients: Stevia, Citric Acid, Natural Flavors			
* Percent Daily Values are based on a 2,000 calorie diet			
† Daily Value not established			

Other Ingredients: Natural Flavors, Stevia, Citric Acid.

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

A Ceautamed Worldwide, LLC Product

Boca Raton, FL 33487

866-409-6262 • GreensFirst.com

© 2009 Ceautamed Worldwide, LLC – All Rights Reserved

Available from the provider listed below:





Your Entire Body Will Love It. Taste Buds Included!

GREENS FIRST® PROVIDES 15+ SERVINGS WITH ORGANIC FRUITS & VEGETABLES

Greens First is a nutrient-rich, phytonutrient & antioxidant super-food. It balances, supports and nourishes your whole body...plus, it gives you something unexpected...**GREAT TASTE!**

MORE THAN VITAMINS & GLUTEN FREE TOO!

Greens First® contains all-natural, health building ingredients. It's more than just a greens product and goes far beyond regular nutrition in maintaining your health and promoting anti-aging and overall wellness.* It's fortified with a proprietary **OxiSure Blend** so each serving surpasses the raw food nutrition of more than 15+ servings of organic fruits and vegetables.

HELP ALKALIZE YOUR BODY'S pH LEVELS*

Greens First® may be the perfect source to help alkalize your body's pH level for energy & vitality without stimulants. **Greens First®** is a complete phytonutrient and antioxidant supplement that works synergistically in your body providing 49 different super foods, extracts and concentrates including supergreens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids and enzymes.

Only 40 calories and 6 grams of carbohydrates per serving.

Mixes easily without a blender.

ASK FOR YOUR FREE SAMPLE!



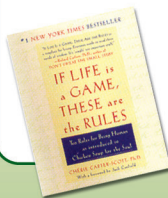
Greens First® is good for the whole family!

Adding **Greens First®** to your diet may help to:

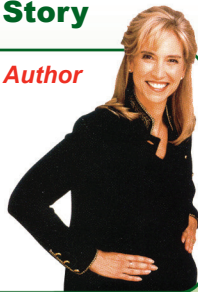
- Alkalize and Balance Your Body's pH Levels
- Reduce Inflammation & Promote Healing
- Relieve Achy Joints & Build Strong Bones
- Increase Energy Levels without Stimulants
- Boost the Immune System & Improve Digestion
- Assist in Weight Management
- Balance Healthy Blood Sugar Levels
- Promote Mental & Cognitive Acuity
- Promote Healthy Heart & Liver Function
- Maximize Your Health & Improve Overall Well-Being*

Another Success Story

**#1 New York Times Best Selling Author
Cherie Carter-Scott, PhD**



Dr. Scott has been featured on more than a thousand radio and TV talk shows including OPRAH, The Today Show, O'Reilly Factor, Montel, Leeza, CNN and others!



Read What Dr. Cherie Carter-Scott has to say about Greens First:

"I have low blood pressure and can't eat wheat. I've been lecturing around the world for 33 years and last year I found a product that has been life altering for me, it's **Greens First®**."

"First, it helps me get out of bed in the morning, second, it gives me all the nutrients I need to be able to launch into a successful day, and third it balances me, stabilizes me, gives me the energy to go to the gym to workout and then sit down and be so highly productive and it tastes fabulous!"

"I'm so grateful that I've found **Greens First®**, that I tell everybody I know about it!"

**Eating Right Just Got Easier!
The Greens First Wellness Shake**

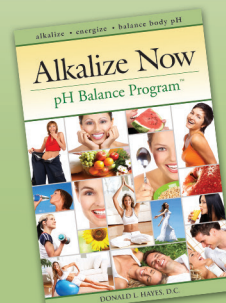


For Overall Wellness

The **Greens First Wellness Shake** is made by mixing **Greens First®** (Original or Berry) together with either flavor of **Greens First Boost®** (Vanilla or Chocolate). **Greens First®** provides organic fruits and vegetables while **Greens First Boost®** is a nutritional product that provides all 3 Food Groups (vegetarian/vegan brown rice and vegetable pea protein, good carbohydrates & healthy oils) that your body needs to fuel up for the day. It's the perfect nutritious and delicious "instant breakfast" or an anytime "energy booster"!

For Weight Management

Watch your health improve as you lose weight! Consume 2 **Wellness Shakes** per day along with healthy snacks and one sensible whole food meal. Take the **Wellness Shake** first thing in the morning, within 30 minutes upon arising, by itself or with a light breakfast. Take the shake before consuming coffee. Have fresh fruit or veggies as a healthy snack at 10:00 AM. Have another **Wellness Shake** at noon by itself or with a light lunch. Consume a healthy snack at 3:00 PM. Eat a low fat, healthy dinner at 6:00 PM. Try not to eat any other food after 6:00-7:00 PM.*



Follow the guidelines to maximize your overall health & well-being, lose weight, promote healing & build strong bones in the book, **Alkalize Now – pH Balance Program** by Dr. Donald L. Hayes, D.C.

*Consult your healthcare provider before starting any health or weight loss program. Follow the guidelines in the **Alkalize Now Program**, along with a sensible diet & regular exercise. Do not consume less than 1200 calories per day. Results may vary.

