



NEXT GENERATION GREENS

“Stay lean. Eat Green!”

Like never before in history, our foods are saturated with artificial dyes, herbicides, pesticides, saturated fats, processed sugar, preservatives, antibiotics and hormones resulting in a toxic condition and directly contributing to people being *overweight* or obese. The need today is greater than ever to ingest *nutrient*- rich foods that promote the elimination of toxins and safeguard the body against the constant assault of free radicals. *Next Generation Greens*, with rich whole food nutrients and a high antioxidant rating answers this call. It is the critical maintenance component to the *NuLean One Week Diet* and the modern solution to today’s toxic/obesity crisis.

Fruits and vegetables are nature’s life-enhancing foods. Without a regular consumption of them we compromise the quality of our life and die years before we should. The American Cancer Society tells us we should eat 5 or more servings of fruits and vegetables per day. So does the National Institute on Aging and the American Diabetes Association. Fruits and vegetables give us life. By eating them, we enjoy more energy, improved mental acuity, stronger bones, reduced appetite, improved metabolism, and assistance in the removal of toxic metals and harmful impurities from the body.

In short, eating fresh fruits and vegetables should be encouraged. But the hard truth is *that* the average lifestyle for most people in today’s world, doesn’t allow them to get all the fruits and vegetables they need on a daily basis. *Next*

Generation Greens is the perfect nutritional formula to help supplement this need, especially for the *weight*-conscious person.

The most bio-available nutrition comes from whole food sources. This is because whole food sources contain a complete balance of carbohydrates, proteins, phyto-nutrients, enzymes, and hundreds of other life-giving complex compounds, which you don't find in synthetic, *non* whole food sources.

Next Generation Greens is a *superior* food formulation derived from whole food sources. It was designed for maximum absorption, so that its revitalizing nutrients get into the blood stream rapidly to enhance every organ in the body. It also has the highest antioxidant rating possible, for this type of formulation. Each serving provides the antioxidant equivalent of five servings of 32 fresh fruits and vegetables.

What is *an* antioxidant rating?

Free radicals in the body can be very damaging and help contribute to the *onset* of many diseases. Antioxidants *counteract* the effects of free radicals in the body.

The test, which determines the efficacy of a food in terms of antioxidants, is called the ORAC Rating. ORAC stands for Oxygen Radical Absorbance Capacity. ORAC is a standardized test adopted by the U.S. Department of Agriculture to measure the Total Antioxidant Potency of foods and nutritional supplements. You will find that many products on the market that contain greens do not list an ORAC Rating, which means the manufacturers of those products did not *decide* to have this type of laboratory analysis done. The test is important, *because* it tells you the product's ability to counteract the damage of free radicals. *Next Generation Greens* achieves the highest ORAC Rating possible with this type of greens product. (*I'm not quite sure what you were trying to convey with this last sentence – did you mean with this product?, for this type of product?, with this greens product? - I'm not sure exactly what you're trying to say*)

The recommended daily antioxidant dose for a person is about 5000 ORAC units each day. *Next Generation Greens* is the perfect nutritional formula to help supplement this need of antioxidant power, especially for the *weight*-conscious person. It has an ORAC rating of 1,624 ORAC units per serving (8 grams). This means two servings of *Next Generation Greens* gives a person more than half of the antioxidants they need for an entire day!

Next Generation Greens is a delicious and refreshing drink of only 30 calories that promotes weight-loss, energy and vitality.

Absorption

Have you ever eaten a meal, and then found yourself hungry 30 minutes later? This was probably because the nutrients from the food you ate did not get *absorbed* in your system. There could be several reasons for this, such as leaky gut syndrome, a toxic liver, or simply eating nutrient-deficient foods (fast foods). Whatever the case may be, the act of digesting the food you ate took more energy (and nutrients), than the food supplied to your body. It should be the other way around.

Poor absorption and utilization of nutrients in foods can also be a result of not having enough enzymes in the foods you eat.

Plant enzymes play a major role in digesting and absorbing food. *In fact, they are the workhorses which break down the various types of foods, such as proteins, fats, carbohydrates and fibers in the body.* *Next Generation Greens* allows for greater absorption of the nutrients because of its proprietary enzyme blend. In addition, the energy-enhancing enzymes and vitamins in *Next Generation Greens* get instantly absorbed into your body on a cellular level, as compared to solid foods, which would need to go through several complex stages of digestion resulting in less absorption for most people.

The Miracle of Alkaline Foods

Generally speaking are two types of food: alkalizing foods and acidifying foods. Simply stated, alkalizing foods help create an alkaline environment in your body. Acidifying foods promote an acid environment. The more “acid” your body is, the less healthy you will be. An acid body is a body that is susceptible to many diseases including cancer. An acid body also promotes inflammation, which is a major component of obesity. Unfortunately, the “American diet” promotes an acid body. It is one of the reasons why obesity and disabling diseases are so prevalent in America.

Next Generation Greens, with its proprietary blend of fruits and vegetables, was designed to help create an alkaline body. This is especially important after one has done the *NuLean One Week Diet*, which also promotes an alkaline body. *Next Generation Greens* helps maintain your alkaline body.

Next Generation Greens offer:

- Balanced Whole Food Nutrients
- Antioxidant Protection against Disease and Aging
- Improved Absorption and Elimination
- Internal Cleansing
- Faster Digestion for Quicker Energy
- Alkaline Protection against Disease

The Ingredients in *Next Generation Greens* include:

Wheat grass, *Barley* grass, Barley sprouted, Alfalfa, Broccoli, Bilberry leaf, Parsley leaf, Licorice root, Ginger root, Alove vera extract, pine bark extract, Green tea leaf extract, Red wine extract, Resveratrol, Turmeric root extract, Milk thistle fruit extract, Cinnamon bark, Beet root, Kale, Carrot, spinach, Tomato

Acrola cherry extract, Cherry juice, Grapefruit extract, Grape juice, Blueberry juice, Raspberry juice, Cranberry, Prune, Grape Muscatine, Grape seed extract,

Proprietary *Alga* Blend, Spirulina, *Chlorella*, Kelp *Nova Scotia doice* (*don't know this word*)

Proprietary Fiber Blend

Oat fiber, Rice brand, *Psyllium* husk, Anabinogaluctan (*not sure what this is*)

Proprietary Enzyme Blend

Amylase, Maltase, Protease, Lipase, Cellulase. Sucrase, Lactase, Bromelain

Citrus bioflavonoids

From Lemons, Limes, Grapefruit, Oranges and Tangerines.

Doctor recommended
NuLean

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