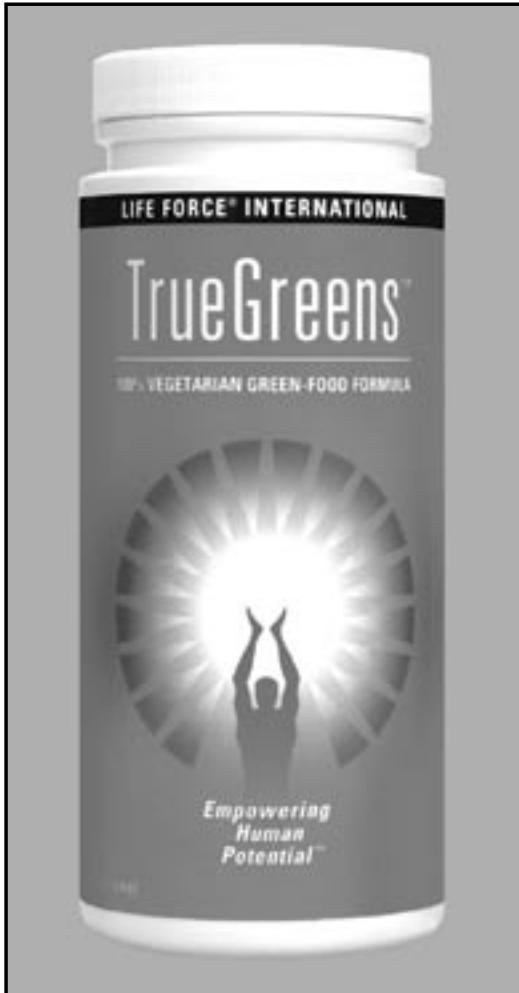


# PRODUCT DATA SHEET



Life Force International's **TrueGreens** is a synergistic formulation of over 30 choice organic and natural-source ingredients from specific food groups of whole foods and other naturally supportive elements. It is like a "farmer's market" of rich natural-source phytonutrients and other health-supporting factors. Phytonutrients includes several classifications of health-supporting compounds. To learn more about the value of phytonutrients, go to [www.usda.gov](http://www.usda.gov). Then use their search engine and type in "phytonutrients." You will receive over 400 articles from which to learn more about the extensively studied benefits of phytonutrients. Or, if you want a list of major research projects, you can go directly to: <http://nps.ars.usda.gov/locations/locations.htm?modecode=12-35-00-00>. TrueGreens is also an excellent supplement to your daily "greens" intake. TrueGreens qualifies as vegan (100% vegetarian). Additionally, TrueGreens contains no artificial vitamins, colors, flavors, or sweeteners.

### Ingredients:

Wheat Grass, Soy, Rice Bran, Amaranth, Flax Seed, Carrot, Alfalfa, Broccoli, Spinach, Kale, Tomato, Noni (Fruit), Ginger (Root), Spirulina, Barley, Tricalcium Phosphate, Pineapple, Blueberry, Lecithin, Acidophilus, Bifidobacterium, Fructo-Oligosaccharide, Shitake Mushroom, Papaya, Xanthan Gum, Bromelain, Lipase, Amylase, Grape Seed Extract, Bilberry Extract, and Stevia Extract (Leaf).

### Additional Educational Information For The Ingredients:

The ingredients are listed in various groups by amount, and include appropriate documented references:

INGREDIENTS	BENEFITS
<i>Organic Grasses and Algae</i>	Wheat, barley, alfalfa, spirulina. They contribute to the immune system, cellular cleansing, and pH balancing. <sup>1,2,3,4,5,6,7</sup>
<i>Grains and Seeds</i>	Soy, rice bran, flaxseed, and amaranth. They provide fiber, essential fatty acids, and contribute to improved circulation. <sup>8,9,10,11,12,13</sup>
<i>Extracts of Grape Seed (35 mg) and Bilberry (25 mg)</i>	These provide compounds, such as oligoproanthocyanidins, and anthocyanosides, which have show strong anti-oxidant properties. <sup>14,15,16,17,18,19,20,21,22</sup>
<i>Vegetable Blend</i>	Broccoli, spinach, carrot, kale, tomato and shitake mushroom. Vegetables provide many phytonutrients (both known and unknown), which have been shown to be instrumental in fighting many diseases. <sup>23,24,25,26,27,28</sup>
<i>Fruit Blend</i>	Blueberry, papaya, pineapple and noni. Fruits are also a rich source of phytonutrients. Two in particular, blueberry and noni (200 mg), have received a great deal of publicity for their anti-aging properties. <sup>22, 29,30,31,32,33,34,35,36</sup>
<i>Others</i>	Probiotics, FOS, enzymes, lecithin, tri-calcium, phosphate, xanthan gum and Stevia.

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## Potential Benefits From Ingredients That:

- Have pH balancing properties. <sup>1,2</sup>
- Have anti-oxidant properties. <sup>14, 15, 16, 17, 18</sup>
- Assist Anti-oxidation that fights aging. <sup>33, 34, 35, 36</sup>
- Promote cellular metabolism and cleansing. <sup>6, 7, 8, 9</sup>
- Provide beneficial intestinal flora.
- Supplies a variety of daily “greens.”

*Understanding the “Supplement Facts” box.* The DSHEA of 1994 created a set of minimum guidelines for dietary supplements. Certain items must be listed regardless of how little it represents. This may create a false impression, as many strong and effective “whole-food” products do not have high concentrations of vitamins or minerals. However, effective whole-food supplements can have very effective levels of naturally occurring phytonutrients, which, by their very nature, are large in number, but small in individual amounts.

### Suggested Use:

*Stand-Alone Use:* Mix 2 rounded teaspoons in 4-6 oz in water or the liquid of your choice. It can also be sprinkled over food, or mixed in uncooked recipes. TrueGreens is an excellent choice to add to your daily “greens” intake.

*As Part of the TrimWise Health Solution:* TrueGreens is an integral part of our TrimWise Health Solution, which also includes AminoCharge (with AminoRegulator) and DreamAway. Please follow the TrimWise instructions for TrueGreens use when taken as part of this program.

*As Part of the Cornerstones of Good Health:* TrueGreens is an integral part of our Cornerstones of Good Health, which also includes OsteoProCare, Body Balance, and AminoCharge (with AminoRegulator). Please follow the Cornerstones instructions for TrueGreens use when taken as part of this program.

### Servings:

TrueGreens comes in a 7-oz container, which yields 30 servings @ 2 rounded teaspoons (7 grams) per serving. When using 1 serving daily, TrueGreens is a 30-day supply.

### Caution:

Keep out of reach of children.

TrueGreens contains vitamin K1, therefore, individuals who are taking blood thinner medication should consult with their health care professional prior to using this product.

Pregnant or lactating women are also advised to consult their health care professional prior to using any new product.

### Shelf Life & Storage:

Once opened, TrueGreens has a shelf life of 3 months. Unopened, it has a shelf life of 1 year. Refrigerate after opening.

## SUPPLEMENT FACTS

Servings Size 2 Rounded Tsp. (7 g)  
Servings Per Container 30

Amount Per Serving	%DV
Calories 25	
Total Carb 4 g	1%*
Dietary Fiber 1 g	4%*
Sugars 1 g	
Protein 1 g	
Vitamin C 2.4 mg	4%
Calcium 60 mg	6%
Iron 1.4 mg	8%
Sodium 20 mg	1%

**Proprietary Blend 6.5 g** †  
(Wheat Grass, Soy, Rice Bran, Amaranth, Flax Seed, Carrot, Alfalfa, Broccoli, Spinach, Kale, Tomato, Noni [fruit], Ginger Root, Spirulina, Barley Grass, Pineapple, Blueberry, Acidophilus, Bifidobacterium, Shitake Mushroom, Papaya, Bromelain, Lipase, Amylase, Grape Seed Extract, Bilberry Extract, Stevia [leaf]).

### Other Ingredients

Tricalcium phosphate, F.O.S., Xanthan Gum

## PRODUCT SPECIFICATIONS

PRODUCT NUMBER	LF500
DESCRIPTION	30-day supply
QUANTITY	7 ounces/210g

## PRODUCT DATA SHEET

\*These statements have not been evaluated by the Food and Drug Administration. The product not intended to diagnose, treat, cure or prevent any disease.

### References:

This specific product or products have not been tested for any of the potential benefits listed herein. The following references apply to studies and/or research conducted with certain ingredients, or combinations of ingredients, used in formulating this product. Such ingredients may not be from the same source or processed in the same way as the ingredients used in this product.

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