

GREENS⁺ plusshakeTM

DIETARY SUPPLEMENT

- + nutrient replenishment
- + peak performance[†]
- + lean muscle mass[†]
- + recovery[†]



RAW CHOCOLATE

meal replacement

WHOLE FOOD BLEND

WHEY PROTEIN + GREEN SUPERFOODS + MULTIVITAMINS

NET WT. 1.5lb (677g)

27G
PROTEIN

No other protein delivers the nutrition of a +PlusShake.

+PlusShake is an advanced whey protein powder from grass-fed cows designed to provide 27g of biologically-complete protein and a complex of 100% whole food vitamins and minerals for:

Optimum energy + Superior well-being[†] + Peak performance[†]

FOR MAXIMUM BENEFIT TRY CONSUMING +PLUSSHAKE:

AS A MEAL REPLACEMENT

Drink +PlusShake instead of breakfast or lunch for a healthy, balanced meal replacement.

+PlusShake will satisfy you with essential nutrients, help to reduce your daily calories and provide a delicious way to manage your weight.

AS A HIGH PROTEIN SNACK

Drink +PlusShake between meals to naturally increase energy, calorie count and protein consumption. Drink 20 minutes before bedtime to prevent muscle breakdown and preserve lean body mass while you sleep.[†]

AFTER EXERCISE

Drink 20 minutes after exercise to help build lean muscle and enhance your body's recovery from stress. +PlusShake provides the nutrients required to achieve your health and fitness goals.[†]

DIRECTIONS: Mix 2 scoops of +PlusShake in 12oz of cold water or your favorite beverage. For a thick, creamy shake, use less water or mix with milk, milk alternative or favorite smoothie recipe.



NUTRITION

Greens+ Advanced Multi raw provides an essential complex of 100% whole food vitamins & minerals



STRENGTH

27g of grass-fed whey protein helps build lean muscle mass & enhance recovery[†]



ENERGY

Ribose, colostrum & glutamine provide optimum energy, superior well-being & peak performance[†]



RESULTS

+PlusShake helps you achieve your health and fitness goals so you can live a life fully charged

BANANA, ALMOND & RAW CHOCOLATE +PLUSSHAKE

2 scoops +PlusShake Raw Chocolate
1 cup almond milk
1 banana
1-2 tablespoons almond butter
1 teaspoon honey
1/2 cup ice



FOR MORE DELICIOUS RECIPES GO TO
www.greensplus.com/recipes



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RIBOSE
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Supplement Facts

Serving Size 2 Scoops (42g)
Servings per Container 16
Amount Per Serving

%DV*

Calories 170	(Calories from Fat 30)
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	-
Cholesterol 100mg	33%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Total Sugars 2g	-
Protein 27g	54%
Vitamin A 1256IU	25%
Vitamin C 5.2mg	9%
Vitamin D 380IU	95%
Vitamin E 63IU	210%
Vitamin K 59mcg	74%
Thiamin 2.7mg	180%
Riboflavin 3.5mg	206%
Niacin 3.5mg	18%
Vitamin B6 1.6mg	80%
Folate 67mcg	17%
Vitamin B12 124mcg	2067%
Biotin 1.2mcg	<1%
Pantothenic Acid 3.2mg	32%
Calcium 348mg	35%
Iron 5mg	28%
Phosphorus 139mg	14%
Iodine 90mcg	60%
Magnesium 66mg	17%
Zinc 700mcg	5%
Copper 300mcg	15%
Manganese 600mcg	30%
Chromium 180mcg	150%
Molybdenum 199mcg	265%
Chloride 46mg	1%
Sodium 370mg	15%
Potassium 280mg	8%

Amount Per Serving

% DV*

Peak Performance Protein Blend 35g[†]
Whey Protein Concentrate (rBGH Free)
Cocoa (Alkalized)

Greens+ Advanced Multi Raw 3g[†]

Superfood MultiVitamin Blend

(Organic Wheat Grass, Organic Barley Grass, Organic Alfalfa Grass, Organic B Complex, Vitamin E, Organic Red Beet, Vitamin B3, Vitamin E)

Sunflower Lecithin

Sea Vegetable MultiMineral Blend

(Algae Calcium, Spirulina, Chlorella, Folic and Humic Acids, Organic Dunaliella Salina, Organic Dulse)

High-ORAC Antioxidant Fruit Extracts

(Organic Apple Fiber, Camu Camu, Grape Seed Extract, Bilberry)

Standardized Herbal Extracts

(Milk Thistle Seed, Ginkgo Siberian Root, Astragalus Root, Licorice Root, Green Tea Extract)

Dairy-Free Probiotic Cultures

GREENS+ ENERGY BLEND 2g[†]

L-Glutamine, D-Ribose, IgG-Rich Bovine Colostrum.

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Other Ingredients:
Organic and Natural Flavors, Guar Gum, Pink Himalayan Salt, Non-Dairy Creamer (High Oleic Sunflower Oil, Acacia Gum, Brown Rice Syrup, Natural Flavors, Sunflower Lecithin, Silicon Dioxide, D-Alpha Tocopherols), Stevia Extract.

Formulated & Distributed by:

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