PRESCRIBED CHOICE®

Professional Nutraceutical Formulations

SUGGESTED USE: Add one (1) scoop to 6 ounces of juice or water and shake or blend to desired consistency. **Get Healthy Greens** can be taken once daily. As with any fiber-rich drink, always follow with a full glass of water immediately afterwards. Settling may occur.

- *Whole Food Multivitamins* • *pH Balanced Enzymes*
- *Probiotics* • *Hypoallergenic Pea Protein Isolate*
- *Patented Fiber* • *Branch Chain Amino Acids*
- *Antioxidant Protection* • *Gentle Detoxification & Cleansing*

Now with Xylitol

High ORAC Units

Get Healthy Greens

Great Tasting, Nutrient-Rich, Whole Food Drink Mix

• Excellent Amino Acid Profile • Dairy Free • Preservative Free • Non-GMO Blend
• Gluten Free • Lactose Free • Wheat Free • Organic Fruits and Vegetables When Available

1 lb 7.1 oz (775 g) Dietary Supplement

Made in USA • Manufactured by: OLYMPIAN LABS INCORPORATED
P.O. Box 12461 • Scottsdale, AZ 85267 • 1-800-473-5883 • www.olmedicaldivision.com

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE.

Get Healthy Greens is a great tasting, nutrient-rich, complete, whole food drink mix that contains a blend of eight products in one!

1. Whole Food Multivitamins - Get Healthy Greens contains whole foods that are rich in naturally occurring, highly assimilated vitamins and minerals. Consuming "nature made" nutrients is the most natural way to assimilate nutrients necessary for optimal health. In theory, taking whole foods in capsule or tablet form is great. Unfortunately, you just can't get enough in pill form to make a difference. **Get Healthy Greens** contains 15.5 grams per serving of whole food nutrients, providing you with the natural quantity of vitamins and minerals needed for optimal health... just look at the label and see.

2. Enzymes to Assist in Nutrient Digestion and Absorption and Reduce Inflammation - Optimal functioning of the gastrointestinal tract ensures that digestion and absorption of nutrients critical to good health happens efficiently. **Get Healthy Greens** contains both alpha and beta amylases and four different plant proteases uniquely combined to optimize the maximum digestion of starches and vegetable proteins in the various pH ranges of the body's digestion system. Some people can't digest foods with cellulytic content (high fiber and fruit skins). This results in the build-up of gastric gases. The cellulase enzyme in our blend relieves this problem. HemiSeb® contains a special blend of xylanase, beta-glucanases, phytase and other hemicellulases. These enzymes reduce the viscosity of foods in the stomach, resulting in better absorption and bioavailability of nutrients.

3. Hypoallergenic Pea Protein Isolate- a plant based protein that yields a high biological value (65.4%). The BV is an accurate indicator of the biological activity of protein. It measures the actual amount of protein deposited per gram of protein absorbed. High BV proteins are a better choice for increased nitrogen retention, enhanced immunity and IGF-1 (insulin-like growth factor) stimulation. They are superior for reducing lean tissue loss from various wasting states than proteins with a low BV score. Nearly all of the greens drinks available on the market today contain little or no protein. This can contribute to fluctuating blood sugar levels. Pea Protein Isolate is easily digested and helps balance the vegetable carbohydrates and protein ratio needed for complete nutrition. This is also a perfect protein choice for those with allergic dietary concerns.

4. Patented Fiber Protection – The recommended daily fiber intake based on a 2000-calorie diet is 25 grams per day. Most American diets rarely achieve this goal. Beneficial aspects of dietary fiber include decreased intestinal transit time, delayed gastric emptying, increased pancreatic secretions, provide bulk to stools, improved intestinal flora and may also help decrease serum lipid levels (cholesterol). A low dietary fiber diet can lead to serious health conditions, including obesity, diabetes, gout, gallstones, hypertension, cardiovascular diseases, ischemic disease, constipation, hemorrhoids and irritable bowel syndrome. **Get Healthy Greens** has added patented fiber (Fibersol™) that yields 10% of the RDA fiber requirements to help fortify and protect your intestinal tract.

5. Antioxidant Protection - Antioxidants are our best defense against the damaging effects of free radicals on our cells. It is vital to include adequate amounts of antioxidant rich nutrients, like those found in fresh vegetables, to help fight free radicals every day. **Get Healthy Greens** contains nutrient-dense cereal greens, vegetables, herbal extracts and fruits for potent antioxidant protection. Each serving contains the antioxidant activity of over 7 cups of fresh fruits and vegetables! We don't just say it's a great antioxidant, we measure it using the Oxygen Radical Absorbance Capacity (ORAC) lab test. The ORAC assay specifically measures the scavenging capacity of antioxidants in nutrients against the peroxyl radical; one of the most common reactive oxygen species found in the body. It is estimated that a scant 10% of the U.S. population consumes the recommended six servings of fruits and vegetables per day. This means that 90% of Americans don't meet the minimum standards! The average serving of fruits and/or vegetables yields approximately 500 ORAC units and the USDA recommends that to provide meaningful antioxidant health benefits, you need at least 2,400 to 3,000 ORAC units in your daily diet. **Get Healthy Greens** offers excellent antioxidant protection by providing 4845 ORAC units per serving!

6. Gentle Detoxification & Cleansing – Get Healthy Greens contains amino acids and herbal detoxifiers to purify and cleanse your blood and help remove destructive toxins, such as heavy metals and pollutants, that we ingest every day. These toxins will gradually weaken our tissues and lead to disease unless removed from our bodies daily.

7. Probiotics - friendly bacteria that play an important role in digestion, proper metabolism and overall health. Current scientific literature supports that regular use of probiotics promotes normal digestive health and helps to restore intestinal balance, even for those who suffer with conditions such as Irritable Bowel Syndrome (IBS).

8. The Branch Chain Amino Acids (BCAA's) leucine, isoleucine and valine are important, essential amino acids that positively affect skeletal muscle growth, enhance fat loss, help to stimulate protein synthesis and inhibit its breakdown. BCAA's are critical to human life and are particularly involved in stress, energy and muscle metabolism.

Benefits of Get Healthy Greens:

- Balances normal blood sugar fluctuations.
- Enhances the immune system.
- Helps to neutralize excess acidity.
- Naturally and gently helps to detoxify your system.
- Improves digestive function and increases regularity.
- Provides excellent antioxidant protection against free radicals.
- Increases energy levels naturally, without the use of stimulants.
- Provides a wide variety of nutrients to support cellular metabolism.
- Establishes a proper pH in the intestines which may lead to a healthier colon environment.

Supplement Facts

Serving Size: One (1) Scoop (15.5 g)
Servings Per Container: 50

Amount Per Serving:		% Daily Value*
Calories	55	
Calories from Fat	10	
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	15 mg	0%
Total Carbohydrate	7 g	2%
Dietary Fiber	2.5 g	10%
Sugar	0.5 g	
Sugar Alcohols	0.5 g	
Protein	5 g	10%
Fiber Blend (Fibersol™, and Rice Bran.)	2250 mg	†
Proprietary Vegetable Blend (Organic Red Beet Root Juice Powder, Organic Carrot Juice Powder, Organic Broccoli Juice Powder, Cauliflower Juice Powder, Organic Spinach Juice Powder, Parsley Juice Powder and Organic Tomato Juice Powder.)	1750 mg	†
Greens Blend (Pea Protein Isolate and Organic Barley Grass Juice Powder.)	8500 mg	†
Detoxification Blend		
Chlorella (cracked cell wall)	500 mg	†
Spirulina	500 mg	†
N-Acetyl Cysteine	50 mg	†
Lecithin (NON GMO SOY) (Phosphatidylcholine, Phosphatidylethanolamine, and Phosphatidylinositol.)	500 mg	†
Glutamine	500 mg	†
High ORAC Blend (Quercetin, Acerola Cherry, Blueberry Extract, Bilberry Extract, Grape Seed Extract, Green Tea Extract, and Pine Bark Extract.)	425 mg	†
Digestive Health Blend (Turmeric Rhizome Extract and Organic Aloe Vera Leaf Extract.)	150 mg	†
Probiotic Blend (L. Acidophilus, B. Bifidum, L. Bulgaricus, L. Rhamnosus, L. Casei, L. Salivarius, L. Lactis, L. Brevis, L. Plantarum.)	100 mg	†
Enzyme Blend		
Alpha and Beta Amylase	1154 DU	†
Gluco Amylase	1 AG	†
Protease I, II, III, IV	(pH 6.0) - 10,333 USP (pH 7.0) - 3507.3 PC (pH 4.7) - 4756.5 HUT	†
Peptidase SP®	66.6 SPU	†
Lactase	84.6 LACU	†
Cellulase	16.73 CU	†
Hemiseb®	24.4 HCU	†
Lipase I & II	29.6 LU	†
Maltase	147.3 DP	†
Sucrase (Invertase)	19.3 INVU	†

* Percent Daily Values (%DV) are based on a 2000 calorie diet.
† Daily Value Not Established.

Other Ingredients: Natural Blueberry Flavor, Xylitol and Stevia Extract.
Fibersol® is a trademark of Matsutani.

"NOTICE TO CALIFORNIA RESIDENTS"

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.

*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.

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