

I am very deeply committed to researching and developing the highest quality, most effective, life enhancing nutritional products based on my on-going research into life force, whole foods, enzymes, Mother Nature, and true science, with a reverence for all life. I wish you great health and happiness always - Jameth Sheridan, N.D.

Suggested Usage: Start with one teaspoon per day and increase gradually over two weeks to suggested usage of 1 to preferably 2 (or more) heaping tablespoons per day, either all at once or divided. 3 tsp. per day = approximately 53 day supply, 2 heaping tbsp. per day = approximately 20 day supply. Do not take so much that you find it unpalatable, as you will end up taking and benefiting less! Can be mixed into pure water and consumed all at once or over several hours. To improve the flavor, can be added to other liquids/drinks. Carrot juice tends to clash. Other fresh vegetable juices, fresh apple juice (by itself or blended with other fruits and/or a banana into a fruit smoothie), or other fruit juices work well. Add 1-2 tbsp.

of freshly ground flax and/or chia seeds for extra nutrition. Can also be sprinkled on or mixed with foods. Vitamineral™ Green contains an extremely potent and comprehensive array of nature's most nutritive and cleansing superfoods, specifically grown and processed to maximize their benefits. If you experience temporary beneficial cleansing reactions that you find undesirable (such as loose bowels), reduce amount used to 1 teaspoon or less, and then increase over several days or weeks to 2 (or more) heaping tablespoons per day. Vitamineral™ Green is food. It is not a supplement. It is a bio-compatible nutritional superfood™. It is

HEALTHFORCE NUTRITIONALS- WHEN NUTRITION REALLY MATTERS™
ESCONDIDO, CA 92025 (800) 357-2717 <http://www.healthforce.com>

*These statements have not been evaluated by the FDA. This nutritional product is not designed to diagnose, treat, or cure any disease.

PLEASE RE-USE AND RECYCLE THIS BOTTLE. IT MATTERS. "Expires" 6/2010 WHEN KEPT IN THIS BOTTLE



SUGGESTED ADJUNCTS: A whole foods, organic, Vegan diet with emphasis on fresh, high water content, uncooked/raw foods and juices (see the book "Uncooking with Jameth & Kim"); other nutritional support products such as Greener Grasses™ v2, and Liver Rescue™ III+; exercise; fresh air; and everything else healthful. You deserve it!

HEALTHFORCE NUTRITIONALS VITAMINERAL™ GREEN

100% ORGANIC
OR WILDCRAFTED



OF THE
EARTH

100% WHOLE FOOD NUTRITION
Includes NSO™ Probiotics

CREATED BY MOTHER NATURE & DR. JAMETH SHERIDAN (N.D.)

Cleansing & Detoxifying*
Enhances Regularity*

100% Deeply
Nutritive Superfoods

Version
3.75
• 100% More Probiotics
• Enhanced Bioavailability
• Anti-Flatulence

Supports Liver,
Kidneys, Blood, Bones,
Colon, Circulation and
Immune Function*

16 OZ (1 LB / 453.5 GRAMS) UP TO 53 DAY SUPPLY

INGREDIENTS (100% ORGANIC OR WILDCRAFTED):
100% SUPERFOODS - NO FILLERS

LARD VEGETABLES

• WHOLE LEAF BARLEY GRASS
• WHOLE LEAF WHEAT GRASS
• PETTLE LEAF
• SHAVEGRASS (MORSETAIL)
• ALFALFA LEAF JUICE
• DANDELION LEAF JUICE
• BARLEY GRASS JUICE

• OAT GRASS JUICE
• BURROCK ROOT
• BROCCOLI JUICE
• KALE JUICE
• SPINACH JUICE
• PRASLEY JUICE
• CARROT PULP
• GINGER ROOT

• PINK CACTUS
• ANLA BERRY
ALGAE
• SPIRULINA
• BROKEN CELL WALL
• CHLORELLA
**WILDCRAFTED AQUATIC
VEGETABLES**
• ICELANDIC KELP
• NOVA SCOTIA DULSE

ENZYMES
(OPTIMUM ABSORPTION, CLEANSING +)
• PAPIASE
• AMYLASE + LIPASE
• CELLULOSE
• BRUSSELS
• PAPAIN
• ALPHA GALACTOSIDASE

Comprehensive Probiotic Mixture - Beneficial Organisms, Includes Exclusive NSO™ (Natural Soil Organisms) and Implantable Species: A. Agilis, L. Acidophilus, R. Arrhizus, DOS-1 Acidophilus, Bifidus, L. Bulgaricus, A. Brasilensis, B. Brevis, P. Chrysosporium, A. Clostrus, L. Casei, P. Calcia, S. Cellulase, P. Denitrificans, S. Faecium, S. Fradiae, P. Fluorescens, A. Globiformis, S. Griseoflavus, P. Gelatic, B. Lipolyticum, A. Luteus, A. Lipoferrum, A. Lwoffi, B. Lactosporus, P. Marinoglutinosus, B. Macerans, P. Nigricans, P. Purida, L. Plantarum, B. Pumilus, B. Polymyxa, B. Saccinosis, L. Salivarius, B. Subtilis, B. Succinogenes, A. Simplex, B. Subtilis, S. Thermopila, A. Terreus, M. Vermicularia, T. Viride, J. K. Zopfle.

CAREFULLY DRIED AT LOW TEMPERATURES TO PRESERVE LIFEFORCE AND OTHER HEAT SENSITIVE ELEMENTS

Vitamineral™ Green is the current evolution of a 16 year quest for excellence. It simultaneously represents the innate wisdom of nature and the advancements of science. It contains an extremely potent & comprehensive array of nature's most nutritive and cleansing superfoods, grown and processed to maximize their benefits. It was designed to be the most beneficial, nutrient dense and comprehensive superfood product ever offered. Contains a full spectrum of naturally occurring, absorbable and non-toxic vitamins, minerals (including naturally colloidal and better forms), all the essential amino acids (protein), antioxidants, fatty acids, chlorophyll, soluble and insoluble fibers, tens of thousands of phytonutrients, and a plethora of other synergistically bound, organic nutrients. Contains no synthetic or isolated nutrients (not excreted as expensive yellow urine or stored as toxic deposits). "Manufactured" by Mother Nature herself; not a chemist. 100% whole food nutrition. **NEW For Version 3.75!** Pro-biotic content has been doubled. Anti-flatulence effect. Improved growing and grinding process has resulted in the whole leaf grasses being even more nutritious and ground much finer (superior bio-availability, while still maintaining the beneficial fiber). The evolution of Vitamineral™ Green will never stop!

VEGAN



SEARCH
HEALTH
COMPASSION

Not Just Another Green Food.™ Possibly the most comprehensive nutritional product ever created. Vitamineral™ Green has been enhanced by HealthForce's exclusive, multi-faceted, life force energy enhancement and balancing process.