



## MultiGreens

Serving Size 5 capsules

Servings Per Container 30

Amount Per Serving

Vitamin A (100% as beta carotene)	5000 IU
Vitamin C (magnesium ascorbate)	375 mg
Vitamin D (cholecalciferol)	800 IU
Vitamin E (d alpha tocopheryl succinate, mixed tocopherols)	200 IU
Thiamin (thiamin HCl)	25 mg
Riboflavin	5 mg
Niacin (niacinamide)	50 mg
Vitamin B6 (pyridoxine HCl)	15 mg
Folate (folic acid)	800 mcg
Vitamin B12 (methylcobalamin)	3 mcg
Biotin	300 mcg
Pantothenic acid	25 mg
Calcium (calcium citrate, AAC)	100 mg
Iodine (potassium iodide)	100 mcg
Magnesium (ascorbate/glycinate/citrate)	200 mg
Zinc (zinc citrate)	15 mg
Selenium (selenomethionine)	150 mcg
Chromium (polynicotinate)	200 mcg
Molybdenum (AAC)	50 mcg
Potassium (citrate)	99 mg
Citrus bioflavonoids	150 mg
Cranberry concentrate	100 mg
R-alpha lipoic acid	10 mg
Ascorbyl palmitate	50 mg
Betaine	50 mg
Bromelain	50 mg
L-Taurine	50 mg
Garlic (bulb—odor controlled)	50 mg
Quercetin dihydrate	50 mg
Choline (choline bitartrate)	25 mg
Eleuthero extract (root 0.8%)	25 mg
Ginger root extract (5%)	25 mg
Ginkgo biloba extract (24:6 leaf)	25 mg
Inositol	25 mg
Milk Thistle extract (seed 80%)	25 mg
Flaxseed	25 mg
PABA (para amino-benzoic acid)	25 mg
Papain	25 mg
Rosemary extract (4:1 aerial parts)	5 mg
Aloe leaf	15 mg
Celery Seed	10 mg
Chlorophyll	10 mg
Dandelion root	10 mg
Fennel seed	10 mg
Grape seed extract (95%)	10 mg
Green tea leaf extract (50%)	10 mg
Marshmallow root	10 mg
Parsley leaf	10 mg
Spirulina	10 mg

continued on reverse

# MULTI GREENS

## HEALTHY GREENS, PHYTO-NUTRIENT, MULTIVITAMIN/MINERAL & ENZYME FORMULA

- **5,000+ ORAC** (Oxidation Reduction Absorbance Capacity) per serving (equivalent to 8-9 servings of fruits & vegetables)
- **True multifaceted “super food” product in capsules**
- **Proprietary blend of 15 different fruits**
- **Proprietary blend of 16 different vegetables**
- **Proprietary blend of 10 enzymes to support protein, carbohydrate, and fat absorption as well as brush border enzymes to support small intestine absorption\***
- **Numerous flavonoids, antioxidants, botanicals, and green foods to supply a broad range of micronutrients**
- **Overall alkalinizing effect on body pH**

MultiGreens is your choice product when you have a full-spectrum, food-based multivitamin/mineral supplement in mind for your patients. This product is also excellent for picky eaters, who often don't get the recommended servings of fruits and vegetables each day. While MultiGreens is not a substitute for a well balanced diet, it does supply nutritional support that may be lacking from some people's diets. Many greens formulas suffer from taste compliance issues. Because MultiGreens is in capsules patients will have no problem ingesting it on a regular basis.

**FULL MULTIVITAMIN & MINERAL** A full spectrum of vitamins and minerals is provided to aid in the metabolism of macronutrients.

**GLUCOSE & HEALTHY INSULIN SUPPORT** MultiGreens provides support with chromium, biotin, magnesium, zinc, Alpha R-Lipoic Acid, and B vitamins.

**BOTANICAL ADAPTOGENS** are provided to enhance a person's ability to adapt under occasional stress. Liver support is provided to promote healthy liver function.

**HIGH ORAC FOODS, BOTANICALS, FLAVONOIDS, VITAMINS, AND MINERALS** make MultiGreens



Amount Per Serving

Tocotrienol extract (7.5%)	10 mg
Turmeric extract (95%)	10 mg
FloraGlo Lutein (5%)	40 mg
Blueberry PE (4:1)	5 mg
Chlorella algae	5 mg
Spinach powder	5 mg
Boron (chelate)	3 mg
Lycopene (5%)	40 mg

**PROPRIETARY FRUIT BLEND** 375 mg  
 (Apple powder, Grape powder, Grapefruit powder, Orange powder, Pineapple powder, Lemon powder, Lime powder, Cherry powder, Watermelon powder, Pear powder, Mango powder, Strawberry powder, Papaya powder, Tangerine powder, Apricot powder)

**PROPRIETARY VEGETABLE BLEND** 375 mg  
 (Carrot powder, Broccoli powder, Tomato powder, Cucumber powder, Kale powder, Spinach powder, Parsley powder, Cabbage powder, Celery powder, Cauliflower powder, Green Bell Pepper powder, Asparagus powder, Brussels Sprouts powder, Onion powder, Garlic powder, Ginger powder)

**PROPRIETARY ENZYME BLEND** 100 mg  
 (Protease, Protease II, Protease III, Peptidase, Amylase, Lipase, Cellulase, Maltase, Lactase, Invertase)

**SUGGESTED DOSE:** As a dietary supplement, take 5 capsules daily with food (or divide dose during the day) or as directed by a healthcare professional.

# MULTI GREENS

FRUIT AND VEGETABLE CONCENTRATES supply high levels of antioxidants and trace factor nutrients, which are often missing in people's fast paced, unbalanced diets.

"MULTIGREENS is made up of 98 different vitamins, minerals, antioxidants, botanicals, enzymes, fruits, and vegetables making it one of the most powerful super foods ever produced."

—DAVID B. WOOD, ND

MultiGreens has been independently tested for nearly 200 pesticides (PAM/Luke methodology), all of which came back as not detected. The complete certificate of analysis is available upon request at [www.bio-genesis.com](http://www.bio-genesis.com)

## REFERENCES:

1. PDR for Nutritional Supplements. *Medical Economics/Thompson Healthcare. 2001*
2. Murray MT. Encyclopedia of Nutritional Supplements. *Prima Publishing, Rocklin, CA, 1996.*
3. Packer L et al. Antioxidant properties and clinical implications of α-lipoic acid, in Packer L & Cadenas E eds., *Biothiols in Health and Disease, Marcel Dekker, Inc. New York, 1995, pp. 479-516.*
4. Werbach MR. Nutritional Influences on Illness: A Sourcebook of Clinical Research, 2nd Ed. *Third Line Press, Tarzana, CA 1993.*
5. Marz RB. Medical Nutrition From Marz, *A Textbook in Clinical Nutrition, 2nd Ed.*

\*These statements have not been evaluated by the Food and Drug Administration.

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November 9, 2005			
Riley Livingston President Biogenesis Nutraceuticals, Inc. 18303 Bothelle-Everett Hwy., Suite 110 Mill Creek WA 98012			
CERTIFICATE OF ANALYSIS Job # 24807			
Sample Identification: Sample #: 05-4695 MultiGreens, 150 Capsules, Lot #05260 Date Received: 10-20-05, Time Received: 10:25 AM			
Method: AL213: Pesticide Residues, FDA (PAM/Luke)			
Results:			
Test	Result	Sample #05-4695 MRL	Units
OC Pesticides			
A, b, d-BHC	ND	0.010	ppm
Alachlor (Lasso)	ND	0.020	ppm
Alert (Pirate)	ND	0.020	ppm
Aldrin	ND	0.010	ppm
Benfluralin (Balan, Benefin)	ND	0.010	ppm
BHC (Benzahex)	ND	0.010	ppm
Bifenox (Modown)	ND	0.050	ppm
Bifenthrin	ND	0.050	ppm
Bromacil	ND	0.050	ppm
Captafol	ND	0.010	ppm
Captan	ND	0.010	ppm
Chlordane	ND	0.100	ppm
Chlorobenzilate (Acaraben)	ND	0.050	ppm
Chlorothalonil (Bravo)	ND	0.010	ppm
Cyanazine	ND	0.020	ppm
Cyfluthrin	ND	0.050	ppm
Cypermethrin	ND	0.010	ppm
Dachthol (Chlorthal)	ND	0.010	ppm
DDD	ND	0.010	ppm
DDE	ND	0.010	ppm
DDT	ND	0.010	ppm
Dichlobenil (Casoron)	ND	0.010	ppm
Dichlone	ND	0.020	ppm
Dicloran (Botran)	ND	0.010	ppm
Dicofof (Keltthane)	ND	0.020	ppm
Dieldrin	ND	0.010	ppm
Dyrene (Amilozine)	ND	0.050	ppm
Endosulfan alpha	ND	0.010	ppm
Endosulfan beta	ND	0.010	ppm
Endosulfan sulfate	ND	0.010	ppm