



# Green Superfoods

## complete & life sustaining

**“ Let your food be your medicine  
and your medicine your food ”**

- Hippocrates

Green superfoods go beyond green vegetables because, as whole foods, they are rich in functional nutrients and phytonutrients. They are a complex bundle of thousands of components. They contain high concentrations of living chlorophyll, bioactive enzymes, high quality protein and many vitamins and minerals. The nutrients are completely assimilated by the human body within 20 minutes. For this reason, these are “quick energy” foods. They have broad effectiveness, both nutritional and medicinal.

### **General Health benefits**

Although there are many diseases, all cures start with detoxification.

general detoxification of the body

powerful antioxidant

improves immune system

promotes the cell structure

increase of energy and endurance level

assists weight loss

stabilizes blood sugar levels and lowers blood pressure

promotes wound healing

nourishes and moisturizes the skin

may help protect the body from carcinogens

improves metabolism and digestion

prevention of premature-aging

### **Chlorophyll - concentrated sun power -**

Whenever anyone talks about the healing power of green superfoods, they mention chlorophyll first. Green superfoods are one of the best sources of living chlorophyll available. The chlorophyll molecule is almost identical to the hemoglobin molecule in human blood. It actively revitalizes your blood. We are as healthy as our blood is, and the more you rejuvenate your blood, the more you slow the process of aging.

Chlorophyll is also called “concentrated sun power”, as it is the first product of light and, therefore, contains more light energy than any other element.

### **High quality vegetable protein**

Our every cell contains proteins, the basic building blocks of our body. Green superfoods are a low-fat, low-calorie, cholesterol-free source of easily-digestible vegetable protein containing all the essential amino acids that cannot be produced by the body but are needed to synthesize the non-essential Amino acids.

### **Vitamins**

Green superfoods are a rich source of vitamins. Added as a supplement to your regular diet, green superfoods can be an easy way to boost your daily nutrition.

### **Enzymes**

Enzymes are considered the “sparks of life.” Even with appropriate levels of minerals, vitamins, amino acids, water and other nutrients, without enzymes, life ceases to exist. For this reason, they are said to possess life force energy. Green superfoods are a natural source of many beneficial bioactive enzymes. They help to increase the enzyme levels in our cells, aiding with the metabolism of nutrients and the rejuvenation of the body. These enzymes assist in dissolving tumors. Green superfoods are abundant sources of superoxide dismutase (SOD), a powerful antioxidant and anti-aging enzyme.

## Minerals

Green superfoods contain many minerals, including high concentrations of the most alkaline minerals: potassium, calcium, magnesium and sodium. They also contain trace elements such as iron, zinc and selenium

## 100% Food safe

Green superfoods are 100% natural and completely food safe without any known side effects. They may cause a “detoxing reaction” or “healing crisis” in the beginning, which is a natural, significant body initiated process that can occur when accumulated toxins are being eliminated from the body

## Usage & Dosage

2 to 6 grams daily. There is no fixed rule on how much one should consume. Start with one measuring spoon (2g) in a glass of cold or lukewarm water, 1 to 3 times a day. Or mix with lemon juice or any other of your favorite fruit/vegetable juices or smoothies, salad dressing or any other food, to suit an individual's specific taste. For better absorption, avoid eating any food for half an hour before and after consumption. For detoxification, some users may increase their daily intake.

## AV SuperGreens

AV SuperGreens is a blend of nature's most nutrient rich green superfoods, composed of spirulina, wheatgrass, barley grass and alfalfa together with stevia as a natural sweetener. These greens are the best known sources of high quality nutrition, containing a complete nutritional profile of thousands of components. AV SuperGreens offers a wide spectrum of highly concentrated bio available chlorophyll, enzymes, high quality protein, phytonutrients, vitamins and minerals, all balanced by nature and more effectively absorbed than those found in synthetic formulations.

**It is folly to dose ourselves with one or two vitamins when we know nothing of their relationships to fifty other food factors**

- Charles F. Schnable

## Spirulina

Spirulina (*Arthrospira plantensis*) is a tiny blue-green algae in the shape of a perfect spiral coil. Biologically speaking, it is one of the oldest inhabitants of the planet. Appearing 3.6 billion years ago, it provided an evolutionary bridge between bacteria and green plants. This water plant has renewed itself for billions of years and has nourished many cultures throughout history. Spirulina grows naturally in mineral-rich alkaline lakes which can be found on every continent, often near volcanoes.

Many of the essential nutrients needed by our bodies are concentrated in spirulina. It is comprised of at least 60% all-vegetable protein, essential vitamins and phytonutrients such as the rare essential fatty acid GLA, phycocyanin, sulfolipids, glycolipids and polysaccharides.

## Moringa

Moringa (*Moringa oleifera*) is a softwood tree which is considered one of the most nutritious crops in the world. Most of its benefits are stored in its small green leaves. Moringa leaf powder contains more than 90 nutrients, including 40 powerful antioxidants and all eight essential amino acids required for proper protein synthesis. It is rich in flavonoids and is a good source of protein, vitamins, beta-carotene and various phenolics.

## Alfalfa

Alfalfa (*Medicago sativa*) is also known as Lucerne. It is one of the richest sources of the many minerals and vitamins necessary for great health; it grows up to 30 feet deep into the ground and stores many minerals that are not present at the surface but which are present in deeper layers of soil. These minerals and vitamins play a vital role in strengthening the body, particularly promoting the growth of bones, and it assists in the treatment of arthritis. Alfalfa is used for lowering cholesterol and blood sugar levels and it is said to be hormone balancing. It is useful in the treatment of kidney, bladder and prostate disorders. Not recommended during pregnancy.

## Wheatgrass & Barley Grass

Wheatgrass (*Triticum aestivum*) and barley grass (*Hordeum vulgare*) come from the leaves of the immature plants. The wheat and barley grains are germinated for a few days, after which they are seeded. The young cereal grasses are ready for harvesting after 8-14 days, at the jointing stage when 6-10 inches tall. At this time, they reach peak nutritional value level and contain the maximum amount of active medicinal ingredients. They contain high concentrations of living chlorophyll, bioactive enzymes, high quality protein and many vitamins and minerals.