plexus

# Greens™

## Convenient, delicious nutrition for your family

Striving to get more fruits and vegetables into your diet should not leave you overwhelmed or worried about potential nutrient gaps. Plexus Greens is a functional, on-the-go powder mix that helps you get more greens every day to support a well-rounded, daily wellness routine.

## Your Life Isn't Average — Your Greens Mix Shouldn't Be Either

Plexus Greens is everything you love about a greens powder, made even better with a kombucha tea blend:

- **Fermentation** helps maintain and enhance the antioxidant and nutritional capacity of fruits and vegetables
- **Vitamin C** in Greens formulation protects against adverse effects of free radicals and is a factor in the development and maintenance of bones, cartilage, teeth, and gums
- **Sophisticated taste** for adults, but sweet and fruity enough for kids

## Don't Let a Busy Schedule Keep You from Better Health.

When you are constantly on the move, it can be difficult to find time to squeeze more fruits and vegetables into your diet. But eating a variety of colourful, plant-based foods can ensure your diet contains a range of health-promoting phytonutrients. Many quick options are filled with sugar and lack the nutrients you are looking for, which leaves you feeling sluggish and wanting more. You need a clean, convenient way to give your body the nutrition it craves so you can keep pace with your life.

## Be Nourished and Support Your Daily Diet.

We know you want to give yourself and your family the best health possible. That is why you need a trusted brand that understands who you are and can help you feel your best. Greens is a functional, on-the-go powder mix that helps you and your family get more greens every day to support a well-rounded, daily wellness routine. Featuring a proprietary blend of ingredients, Greens simplifies whole-body wellness so you and your family can enjoy more moments together.

## Less Worry. More Wellness.

What if getting a variety of nutrients from colourful fruits and vegetables into your diet did not have to be so taxing and time consuming? With Plexus Greens, better health is made to fit your schedule, and not the other way around. Enjoy Greens wherever you go and give your family more of the thriving Health and Happiness they deserve with these benefits and more:

- **Clean, Green, and Nutritious —** Support your daily regimen with nutrients from a colourful variety of plant-based foods and enhanced antioxidants from an added kombucha tea blend.
- **Compatible with your current lifestyle —** Add to your favourite Plexus® products, juices, smoothies, or salad dressings. It blends easily in drinks, smoothies, applesauce, and even yogurt for a power-packed boost to your day
- **On-the-go essentials —** Simplify your busy life with this delicious and satisfying way to get more greens in your diet and help close unwanted nutrient gaps.

## Did You Know?

- Each colour in fruits and vegetables indicates an abundance of specific phytonutrients.[1]
- Eating an assortment of colourful plant-based foods can be an effective way to get a range of nutrients your body needs.[1]
- Daily intake of phytonutrients from plants contributes to an overall sense of well-being.[2]
- Only an estimated 9% of adults eat the recommended amount of vegetables per day.[3]
- Only an estimated 12% of adults eat the recommended amount of fruit per day.[3]
- It's estimated that only 15% of children eat a high variety of fruits and vegetables.[4]
- Fermentation of fruits and vegetables often increases nutritional content.[5]
- Eating a variety of plant-based foods can help ensure your diet contains the nutrients your body needs.[6]

## Greens Primary Benefits and Features

- Clean, green and nutritious
- Convenient and delicious way to get more greens in your daily diet
- Provides antioxidants
- Blends well with other Plexus® mixes to support a well-rounded daily wellness routine
- Fermentation helps maintain and enhance the antioxidant and nutritional capacity of fruits and vegetables
- Daily intake of phytonutrients from plants contributes to overall sense of well-being
- Features a kombucha tea blend
- Aids in the development and maintenance of bones, cartilage, teeth, and gums
- Decreases the adverse effects of free radicals
- Delicious garden berry flavour
- Only 15 calories per serving
- No added sugar
- Sweetened with stevia leaf extract
- Only 6 grams of carbohydrates per serving
- Gluten free, vegan, and non-GMO
- No artificial colours, flavours, sweeteners, or preservatives

## Who Should Use Plexus Greens™?

This delicious, garden-berry-flavoured mix is perfect for anyone who wants to feel confident knowing they are supporting their health and wellness by boosting their daily nutrition. Greens is an on-the-go powder mix that nurtures your family's overall health and reduces the stress of avoiding potential nutrient gaps while managing a busy life.

### Here's how it works:

**Purchase Plexus Greens**
Get your 30-day supply of Greens and add it to your subscription order.

**Mix things up**
Mix 1 scoop of Greens with 16 fl. oz. (475 mL) of cold water to really enjoy the garden berry flavour, or add to your favourite drink, shake, smoothie, or yogurt for a boost that's all goodness and no guilt.

**Know the difference the right nutrients make!**
Nurture your body's wellness with the added nutrients and antioxidants it craves.

Sources:

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# Frequently Asked Questions

**What sets Plexus Greens™ apart?**
The popularity of greens powders continues to grow, but some products on the market undermine their beneficial ingredients with unnecessary sugars and excess calories. Plexus Greens enhances its benefits with ingredients like fermented fruits and vegetables plus a kombucha tea blend to help promote overall wellness for your family. Greens puts your family's whole-body needs first with a blend of dark-green vegetables and colourful fruits, 3 grams of dietary fibre, no added sugar, and only 15 calories per serving.

**Who should take Greens?**
Because fruits and vegetables are pivotal to a sensible diet, Greens is ideal for everyone, especially those who want to supplement their daily diet, fill nutrient gaps, and simplify their wellness routine when they are on the go.

**Will I be able to feel a difference after drinking Greens?**
Studies suggest that people with regular, higher intakes of fruits and vegetables feel better, both mentally and emotionally, without the post-sugar crash from typical fruit and vegetable juices that are loaded with added sugars. Refresh and nourish daily with the fruit and vegetable nutrients of Greens!

**Does Greens replace my daily servings of fruits and vegetables?**
Greens does not act as a replacement for eating whole fruits and vegetables, but as a convenient and delicious way to get more nutrients from dark-green vegetables and colourful fruits in your diet. Greens is a delicious, beneficial boost!

**Is Greens safe for the family?**
Yes! Greens is safe to share with the family.

**Can I take Greens with other products?**
Yes! Added nutrition complement any Plexus® product and pair well with focused wellness plans like supporting your active lifestyle.

**Is there a limit to how many Greens servings I can take in a day?**
Children should not exceed one serving per day. Adults can enjoy Plexus Greens as needed.

**Can Greens be mixed with other Plexus drink mixes?**
Yes! The delicious garden berry flavour of Greens is designed to taste great on its own or mixed with other Plexus drink mixes like HydroPlex, Active, and Slim. It's a great addition to just about anything!

**Is it safe to take Greens while pregnant or breastfeeding?**
If pregnant or nursing, consult with your physician prior to use.

**Is Greens gluten free, vegan, and non-GMO?**
Yes! Greens is gluten free, vegan, and non-GMO.

**Is there any caffeine in Greens?**
There is no caffeine content in Greens.

# Ingredient Glossary

## Nutrition Facts
## Valeur nutritive

Per Scoop (7.4 g)
Pour mesure (7.4 g)

| | % Daily Value*/ % valeur quotidienne* |
|---|---|
| **Calories 15** | |
| **Fat / Lipides** 0 g | **0%** |
| Saturated / saturés 0 g | **0%** |
| + Trans / trans 0 g | |
| **Carbohydrate / Glucides** 6 g | |
| Fibre / Fibres 3 g | **11%** |
| Sugars / Sucres 1 g | **1%** |
| **Protein / Protéines** 0.3 g | |
| **Cholesterol / Cholestérol** 0 mg | 0% |
| **Sodium** 10 mg | 1% |
| Potassium 40 mg | 1% |
| Calcium 10 mg | 1% |
| Iron / Fer 0.5 mg | 3% |
| Vitamin C / Vitamine C 7 mg | 8% |

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

**Apple cider vinegar —** Apple cider vinegar contains acetic acid and various bioactive compounds, including polyphenols and antioxidants. Vinegars have been used as traditional remedies in many cultures, and when consumed regularly, have been reported to provide beneficial health benefits.

**Beetroot (*Beta vulgaris*) —** Beetroot is a red or purple root vegetable. Beetroot is a natural source of nitrates, which can be beneficial as the body can convert it to nitric oxide. Nitric oxide plays a role in maintaining cardiovascular health.

**Blueberry (*Vaccinium spp.*) —** A blue fruit that contains anthocyanin pigments. Anthocyanins impart red, blue, and purple colours to fruits and some vegetables and have antioxidant properties. Dietary sources of anthocyanins, such as berries, are associated with cardiovascular health.

**Carrot root (*Daucus carota*) —** Carrot root is naturally rich in an impressive selection of bioactive phytochemicals, including carotenoids, anthocyanins, and other phenolic compounds with antioxidant properties and other health benefits.

**Fermented fruits and vegetables —** Fermentation helps maintain and enhance antioxidant and nutritional capacity of fruits and vegetables. Fermented foods influence human well-being thanks to a number of properties.

**Ginger rhizome powder (*Zingiber officinale*) —** Ginger has been widely employed in Chinese, Ayurvedic, and Unani traditional/home remedies since antiquity. Ginger has been linked to health benefits.

**Green cabbage leaf (*Brassica oleracea L.* var. *Capitata*) —** Cabbage is a cruciferous vegetable in the same family as kale, broccoli, cauliflower, and brussels sprouts. Cruciferous vegetables contain phytonutrient antioxidants called glucosinolates, which are converted to their bioactive form, isothiocyanates.

**Kale (*Brassica oleracea* var. *Acephala*) —** Kale is a cruciferous vegetable popular in salads, cooked or sauteed, or baked into "chips." Cruciferous vegetables contain phytonutrient antioxidants called glucosinolates, which are converted to their bioactive form, isothiocyanates.

**Kombucha powder —** Kombucha is a fermented beverage traditionally obtained through the fermentation of sugared tea with symbiotic bacteria and osmophilic yeast. Literature suggests kombucha's health-promoting benefits are derived from the products of fermentation, including glucuronic acid, acetic acid, and polyphenolic antioxidants.

**Oat fibre —** Oat fibre is a dietary fibre source that helps support and maintain a digestive system.

**Parsley leaf (*Petroselinum crispum*) —** Parsley contains phenolic compounds, including luteolin, apigenin, chrysin, and baicalein. These antioxidant compounds are associated with multiple health benefits.

**Spinach (*Spinacia oleracea*) —** In addition to its exceptional micronutrient content, spinach contains antioxidant carotenoids and polyphenols, which provide additional health benefits.