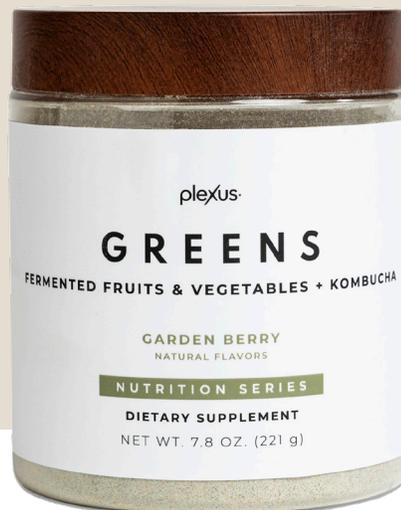


# Greens

EVERYTHING YOU LOVE ABOUT GREENS POWDER AND MORE.

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 satisfying, kid-friendly dietary supplement mix that helps you and your family get more of the plant-based phytonutrients you need to thrive.



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

Plexus Greens is everything you love about a greens powder, plus fermented fruits and vegetables, insoluble oat fiber, and a powerful kombucha and green tea blend:

- **Fermented fruits and vegetables** – Increase positive impact on overall health and gut support with enhanced antioxidant and nutritional properties\*
- **Insoluble oat fiber** – Help cleanse your digestive track and eliminate waste to support healthy digestive function\*
- **Powerful kombucha and green tea** – This unique blend contains antioxidants that help protect your cells from free radical damage caused by lifestyle and environmental factors\*

## Be Nourished, Feel Healthy, and Support Your Gut.\*

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 dynamic superfood blend that you and your family can enjoy anywhere, anytime. Featuring a proprietary blend of phytonutrients and ingredients to support a balanced gut, Greens simplifies whole-body wellness so you and your family can enjoy more moments together.\*

### Primary Benefits

- Clean, green vitality booster\*
- Supports a healthy immune system to help keep you feeling your best every day\*
- Convenient and delicious way to get more greens in your daily diet

- Supports good digestive function\*
- Supports gut health\*
- Provides antioxidants\*
- Blends well with other Plexus® mixes to support a well rounded daily wellness routine
- Fermentation helps maintain and enhance antioxidant and nutritional capacity of fruits and vegetables

### Primary Features

- Green superfood supplement
- Packed with phytonutrients from dark-green vegetables and colorful fruits
- Features a kombucha and green tea blend plus gut supporting ingredients like insoluble oat fiber and fermented fruits, vegetables, and ginger\*
- A good source of fiber
- Delicious garden berry flavor
- 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 colors\*\*, flavors, sweeteners, or preservatives
- For adults and children 4+

\*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.

## DID YOU KNOW?

- Each color in fruits and vegetables indicates an abundance of specific phytonutrients.<sup>1</sup>
- Eating an assortment of colorful plant-based foods can be an effective way to get a range of nutrients your body needs.<sup>1</sup>
- U.S. dietary guidelines recommend consuming 2.5 cups of vegetables and 2 cups of fruit per day.<sup>2</sup>
- Only an estimated 9% of adults eat the recommended amount of vegetables per day.<sup>3</sup>
- Only an estimated 12% of adults eat the recommended amount of fruit per day.<sup>3</sup>
- It's estimated that only 15% of children eat a high variety of fruits and vegetables.<sup>4</sup>
- Fermentation of fruits and vegetables often increases nutritional content.<sup>5</sup>
- Nutrients produced by food-fermenting bacteria help support a healthy gut microbiome community.<sup>6</sup>

### Sources:

1. "Eating an assortment of colorful fruits, vegetables can help commissary customers get complete range of needed vitamins, minerals." Indian eGov Newswire, 3 Apr. 2020, p. NA. Gale OneFile: News, link.gale.com/apps/doc/A619309483/STND?u=uphoenix&sid=ebsco&xid=a0bb8be4. Accessed 23 July 2021.
2. <https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>
3. <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/adults-fruits-vegetables.html>
4. Hoy MK, Clemens J, Martin C, Moshfegh A. Fruit and Vegetable Intake Among Children by Level of Variety, What We Eat in America, NHANES 2013–2016. *Curr Dev Nutr.* 2020;4: 206–206. doi:10.1093/cdn/nzaa043\_057.
5. Marco ML, Sanders ME, Gänzle M, Arrieta MC, Cotter PD, De Vuyst L, Hill C, Holzapfel W, Lebeer S, Merenstein D, Reid G. The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on fermented foods. *Nature Reviews Gastroenterology & Hepatology.* 2021 Mar;18(3):196–208.
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7925329/>

## 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 gut-health-supporting ingredients like fermented fruits and vegetables and insoluble oat fiber, plus a powerful kombucha and green tea blend to help promote a balanced gut and optimal wellness for your family. Greens puts your family's whole-body needs first with a blend of phytonutrients from dark-green vegetables and colorful fruits, 3 grams of dietary fiber, no added sugar, and only 15 calories per serving.\*

### 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 phytonutrients 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 phytonutrients from dark-green vegetables and colorful fruits in your diet. Only 1 out of 10 U.S. adults consumes the minimum daily recommended servings of fruits and vegetables, and Greens is a delicious, beneficial boost!

### Is Greens safe for the family?

Yes! Greens is safe to share with the family. Children ages 4 and up can drink one serving daily.

### Can I use Greens with other products and with other Plexus® supplement drink mixes?

Yes! Greens complements any Plexus product and fits easily into your wellness routine—whether you're supporting gut health, weight management, or an active lifestyle.\* The refreshing garden berry flavor tastes great on its own or mixed with other Plexus drink mixes like Hydrate, Active, Slim, or even added to your Lean shake.

### Is there a limit to how many Greens servings I can take in a day?

Children ages 4 to 18 should not exceed one serving per day. Adults can enjoy Plexus Greens as needed.

\*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.

plexus

## Frequently Asked Questions

### 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

### Greens

**DIRECTIONS:** Mix 1 scoop with 16 fl. oz. (475 mL) of cold water or drink of choice.

### Supplement Facts

Serving Size 1 Scoop (about 7 g<sup>Ⓞ</sup>)  
Servings Per Container 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	6 g	2% <sup>†</sup>
Dietary Fiber	3 g	11%
Insoluble Fiber	3 g	
Total Sugars	less than 1 g	†
Includes 0g Added Sugars		0% <sup>†</sup>
Protein	less than 1 g	
Vitamin C (ascorbic acid)	7 mg	8%
Sodium	10 mg	<1%
Potassium	40 mg	<1%
Oat Fiber	3 g	†
<b>Vegetable Blend</b>	1 g	†
Organic kale leaf, organic broccoli stalk & flower, organic carrot root, organic spinach leaf, organic beet root, organic green cabbage leaf, organic parsley leaf		
<b>Fermented Fruit &amp; Vegetable Blend</b>	500 mg	†
Organic apple fruit, organic blueberry fruit, organic carrot root, organic cranberry fruit, organic broccoli stalk & flower, organic kale leaf, organic parsley leaf, organic spinach leaf		
Organic fermented ginger rhizome powder	250 mg	†
<b>Kombucha Tea Blend</b>	250 mg	†
Apple cider vinegar, ginger rhizome powder, kombucha powder, green tea leaf extract		
Spirulina whole plant powder	15 mg	†

<sup>Ⓞ</sup>Percent Daily Values are based on a 2,000 calorie diet.

<sup>†</sup>Daily Value (DV) not established.

**Other Ingredients:** Natural flavors, citric acid, spirulina extract (color), turmeric (color), and stevia leaf extract.

Gluten free, vegan, non-GMO

No artificial colors<sup>\*\*</sup>, flavors, sweeteners, or preservatives

**NOTE:** Do not exceed one serving per day for children between 4 and 18 years of age. As with any dietary supplement, consult your physician prior to use if you are pregnant, nursing, have or suspect a medical condition, or are taking medication. Do not use if inner safety seal under the cap is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

<sup>Ⓞ</sup>7 grams per scoop is an average. Individual scooping technique may yield slightly more or slightly less than 7 grams. This product is filled by weight, not volume. Some settling of the contents may occur during transit and cannot be avoided.

<sup>\*\*</sup>Added color from natural sources.

\*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.

plexus

## Greens

**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, such as digestion support.\*

**Beet root (*Beta vulgaris*):** Beet root is a red or purple root vegetable. Beet root 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 colors 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 that have 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, including making food more easily digestible — supporting gut health and nutrient assimilation.\*

**Ginger rhizome powder (*Zingiber officinale*):** Ginger has been widely employed in Chinese, Ayurvedic, and Unani traditional/home remedies since antiquity. Ginger is commonly used to help calm a mildly upset stomach and has been linked to other 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 fiber:** Oat fiber is a dietary fiber source that helps support and maintain a healthy 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.\*

**Vitamin C (Ascorbic Acid):** Vitamin C is an essential water-soluble vitamin that helps with a range of function in the body. Greens provides vitamin C to help support a healthy immune system to help keep you feeling your best every day. Vitamin C also provides antioxidants, supports collagen synthesis, and contributes to the reduction of tiredness and fatigue.\*



\*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.

plexus