



GREEN Qi

DESCRIPTION

Qi means balance in Chinese, and the proprietary blend of ingredients in Green Qi are designed to help you balance out your diet. We'll never say you can ignore your leafy greens - everybody knows they are some of the best things we can put in our bodies - but we'll always be here to help boost your nutrition when a busy life interferes. That's why we developed Green Qi.

Green Qi - The Qi to great health. A superfood formula, specially developed for the European Region with 100% organic* ingredients. Green Qi supplies your body with a multitude of fruit and vegetable ingredients to help maintain energy, healthy body cells, support antioxidants and support healthy digestion. The ingredient combination in Green Qi is rich in vitamins, minerals, amino acids and essential enzymes.

It's a potent nutritional combination to help you feel healthier, more energised, and balanced.

A growing trend is super foods, foodstuff that give more than just basic nutrition to your diet. All foods have some nutritional value, but there are some that are so beneficial to your health they are known as 'superfoods'. Knowledge and understanding of superfoods amongst nutritionists is constantly evolving, and there is no doubt that diligently sourced raw ingredients and effective manufacturing proce-

dures will provide an optimised nutritional profile. The overall consensus is that unrefined and organic fruits, vegetables and grains lead the way. The ingredients in Green Qi feature 100% organic status and, following a freeze-drying manufacturing process are powdered and then combined to provide the highest possible level of nutrients. Nothing is removed apart from water - all the other key elements remain in place - awaiting rehydration!

*Organic food is produced according to a set of principles and standards concerning such issues as pesticides, additives, animal welfare and sustainability. There are different forms of organic, some stricter than others. The main accreditation body to look for in the UK is the Soil Association and thus we have the approval from the Soil Association to support our claim of 100% organic ingredients

FEATURES & BENEFITS

- Qi means balance in Chinese, and the proprietary blend of ingredients in Green Qi are designed to help you balance out your diet.
- A proprietary blend of marine greens, fruit and berry extracts, herbs and grasses.
- An easy, uncomplicated way to eat your greens - like your mother always told you to! Boost your nutrition when a busy life interferes.



GREEN Qi

KEY INGREDIENTS

- **Activated Pre Sprouted Barley™ PSB (Organic)** — One of the key ingredients of the formulation, PSB contains an abundance of nutritional strength. Key elements include protein, soluble fibres, enzymes, essential fatty acids plus complex carbohydrate. Most of the essential vitamins and minerals are present, as are all eight essential amino acids in a ratio mirroring the human body.
- **Chlorella (Organic)** — Chlorella is a genus of single celled green algae, and seen by many as an excellent food source. When dried chlorella contains about 45% protein, 20% fat, 20% carbohydrate, 5% fiber, and 10% minerals and vitamins.
- **Linseed/Flaxseed (Organic)** — Linseed oil is one of the richest, natural sources of Omega-3 fatty acids and is an ideal alternative to fish oil (ideal for vegans). Linseed is also an optimal source of dietary fibre and protein and containing all eight essential amino acids plus it is the richest known source of lignans, which have antioxidative properties.
- **Spirulina (Organic)** — Spirulina is a microscopic blue green algae containing a balance of nutrients that make it virtually a 'whole food' capable of sustaining life without the need for other foods. Spirulina provides vitamins, many minerals, essential amino acids, carbohydrates and enzymes. Spirulina is at least 60% vegetable protein, which is predigested by the algae, making it a highly digestible food. Spirulina also contains a wealth of pigments.
- **Barley Grass (Organic)** — Barley Grass has a high alkalizing effect, which helps keep the ratio between acidity and alkalinity in our body fluids balanced. Barley grass also contains live enzymes including the anti-aging enzyme superoxide dismutase (SOD). SOD aids in digestion and metabolism by helping to disperse vitamins and minerals into the blood stream and also acts as a cellular anti-oxidant.
- **Raspberry Leaf (Organic), Bilberry Fruit (Organic), Lemon Peel (Organic) Carrot (Organic)** — These ingredients provide an extra fortification of valuable pigments including carotenoids and anthocyanin pigments to deliver additional antioxidant support. These ingredients also provide simple and natural flavour enhancements.

INGREDIENTS

(Activated Pre Sprouted Barley™) Powder, Chlorella Powder, Linseed/Flaxseed Powder, Spirulina Powder, Barley Grass Powder, Raspberry Leaf Powder, Bilberry Fruit Powder, Lemon Peel Powder, Carrot Powder.

FACTS

Directions

Mix 1 heaped spoon (4g) in 200ml of water or juice, one to three times a day before a meal.

Size

120g powder

Product code

16023GB/BE

Suitable for vegans and vegetarians.

Companion products

Adult Multivitamin, Hawaiian Noni, Omega 3, Mineral Classic or Solutions, Cell Protect, Protozymes,