

INDIGO GREENS



CLINICAL APPLICATIONS

- Provides Full-Spectrum Superfoods
- Contains Concentrated, Organic Berries, Vegetables and Greens
- Organic Ingredients, FODMAP-Compliant, No Added Sugar

ESSENTIAL MINERALS

Indigo Greens is a great-tasting, convenient nutritional shake that provides beneficial nutrients from berries, fruits, vegetables and greens to support balanced nutrition. The formula combines concentrated fruits and berries with a vegetable antioxidant blend to help build antioxidant reserves and protect the body from free radical damage. In addition, Indigo Greens provides 16 superfoods to boost energy levels.

Overview

The USDA's "MyPlate" program recommends that adult men and women load up 50% of their dinner plate with fruits and vegetables. Sadly, more than half of Americans are not consuming this amount on a daily basis. While most Americans know that fruits and vegetables are packed with nutrients, antioxidants and polyphenols that have been shown to have a positive impact on overall health, it can be difficult to comply with the current recommendations with hectic schedules and modern conveniences such as fast food. Indigo Greens provides a blend of organic fruits and greens paired with a wide variety of organic vegetable powders to help bridge the gap in the typical American diet. Indigo Greens can be taken as a standalone beverage mixed in juice or water, or used in a comprehensive fruit and vegetable smoothie to give an added boost of phytonutrients from organic fruits and vegetables. Children and adults alike are sure to enjoy and benefit from Indigo Greens in their daily regime.

FODMAP-Friendly[†]

A group of short-chain carbohydrates, called FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols) can be problematic to some individuals. These short-

chain carbohydrates are poorly absorbed in the small intestine and rapidly fermented by bacteria in the gut, causing gas and bloating. Individuals who have trouble digesting FODMAPs often have to follow a diet low in FODMAPs, which can be a challenge when trying to eat an array of fresh fruits and vegetables. Each fruit, vegetable and green in Indigo Greens supports those following a low-FODMAP diet.

Certified Organic[†]

Organically grown fruits and vegetables have been found to have higher levels of some beneficial antioxidants, polyphenols and other nutrients than their conventionally grown counterparts.^{1,2} In addition, organic agriculture restricts the use of synthetic pesticides, making organically grown produce considerably lower in residual pesticides compared to conventionally grown produce.³ Indigo Greens is certified organic and uses all organic fruits and vegetables.

Studies point to a positive correlation between organic food consumption and better health outcomes. Many of these studies conclude it can be difficult to distinguish between the effects of organic food on diet and the overall healthier lifestyle choices organic food consumers typically practice.^{4,5}

Diverse Blend of Fruits & Veggies[†]

It can be difficult to incorporate new fruits and vegetables into our daily diets for many reasons. The shelf life of produce can be short, the amount of time it takes to prepare certain fruits and vegetables can be daunting, and many of us simply return to the familiar, rarely seeking out variety. Indigo Greens contains a variety of fruits and vegetables not frequently consumed on a daily or even weekly basis. Beets, pumpkin, pomegranate and

[†] 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.

greens like spirulina and chlorella are just a few of the unique fruits and vegetables included in Indigo Greens.

Directions

Mix 1 scoop (7.6 grams) of Indigo Greens with 8 - 10 ounces of the beverage of your choice to the desired thickness, once daily or as recommended by your health care professional.

Does Not Contain

Gluten, yeast, artificial colors and flavors.

Supplement Facts <small>v1</small>		
Serving Size 1 Scoop (7.6 Grams) Servings Per Container 30 & 60		
1 scoop contains	Amount Per Serving	% Daily Value
Calories	30	
Total Carbohydrate	6 g	2%*
Dietary Fiber	<1 g	3%*
Total Sugars	3 g	**
Protein	<1 g	2%*
Iron	0.7 mg	4%
Sodium	20 mg	1%
Potassium	100 mg	2%
Proprietary Blend	7.6 g	
Quinoa (<i>Chenopodium quinoa</i>) (Grain) (Organic) (QuinoaTrim™)		**
Banana (Fruit) (Organic)		**
Orange (Fruit) (Organic)		**
Pumpkin (Fruit) (Organic)		**
Beet (<i>Beta vulgaris</i>) (Root) (Organic)		**
Kale (<i>Brassica oleracea acephala</i>) (Leaf) (Organic)		**
Raspberry (Fruit) (Organic)		**
Pineapple (Fruit) (Organic)		**
Pomegranate (Fruit Juice) (Organic)		**
Broccoli (Stem and Floret) (Organic)		**
Spirulina (Whole Plant) (Organic)		**
Spinach (Leaf) (Organic)		**
Chlorella (Whole Plant) (Organic)		**
Collards (<i>Brassica oleracea viridis acephala</i>) (Leaf) (Organic)		**
Parsley (Leaf) (Organic)		**
Kale (<i>Brassica oleracea acephala</i>) (Sprouted Seed) (Organic)		**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

ID# 613030 8 oz (228 Grams)

ID# 613060 1 lb (16 oz) (456 Grams)

References

1. Mie A, et al. Human health implications of organic food and organic agriculture: a comprehensive review. *Environ Health*. 2017 Oct 27;16(1):111. doi: 10.1186/s12940-017-0315-4.
2. Johansson E, Hussain A, Kuktaite R, Andersson SC, Olsson ME. Contribution of organically grown crops to human health. *Int J Environ Res Public Health*. 2014 Apr 8;11(4):3870-93. doi: 10.3390/ijerph110403870.
3. Barański M, et al. Higher antioxidant and lower cadmium concentrations and lower incidence of pesticide residues in organically grown crops: a systematic literature review and meta-analyses. *Br J Nutr*. 2014 Sep 14;112(5):794-811. doi: 10.1017/S0007114514001366. Epub 2014 Jun 26.
4. Brantsæter AL, Ydersbond TA, Hoppin JA, Haugen M, Meltzer HM. Organic Food in the Diet: Exposure and Health Implications. *Annu Rev Public Health*. 2017 Mar 20;38:295-313. doi: 10.1146/annurev-publhealth-031816-044437. Epub 2016 Dec 15.
5. Hurtado-Barroso S, Tresserra-Rimbau A, Vallverdú-Queralt A, Lamuela-Raventós RM. Organic food and the impact on human health. *Crit Rev Food Sci Nutr*. 2017 Nov 30;1-11. doi: 10.1080/10408398.2017.1394815. [Epub ahead of print]

† 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.

EFFICACY
the power of *e*

LT-PDN-006-B