

Get your five servings of vegetables every day with **Bio-Greens** and improve your health. The US Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) have said to eat 5 or more servings of fruits and vegetables every day. The properties in vegetables contribute to an alkaline or basic environment in our bodies. Vegetables are powerful in neutralizing the acid produced during metabolism. New research with cancer cells has shown that cancer grows much faster in an acid media than in alkaline media.

Vegetables provide a wide variety of nutrients to support cellular metabolism. They can also contribute to an increase in energy levels—naturally. Vegetables have been shown to help improve immunity. Chlorophyll and antioxidant vitamins aid in detoxification. Properties found in vegetables improve the quality and appearance of the hair, skin and nails. Powerful antioxidants found in vegetables protect against free radical damage and help to reduce signs of aging. In addition, vegetable material helps promote a healthy heart by balancing the pH of the body and improving circulation.

## Brings Balance

### Bio-Greens gives you the benefits of five servings of vegetables in easy to swallow capsules

Bio-Greens is a proprietary blend of juice extracts from broccoli, carrots, tomatoes, beets, spinach, cucumbers, brussels sprouts, cabbages, celery, kale, asparagus, green peppers, cauliflower, parsley, barley greens, wheat grass, alfalfa, dandelion leaves, spirulina, and chlorella. Juice powders are derived from juicing the vegetables, and then dehydrating the juice under low heat in order to extract the water content. What is left is a super concentrated form of juice powder. The ratio of juice powder is 33:1, meaning that it takes 33 lbs of vegetables to create 1 lb of powder.

There are many juice concentrates available on the market, but none of them combine the best properties of grass concentrates, vegetable concentrates and concentrates from the whole foods spirulina and chlorella algae—which contain nature's highest levels of chlorophyll—all in one product. Now you can get all that nutrition in four to six easy to swallow capsules per day. Each capsule is equivalent to 3/4 ounce of vegetables. It is recommended that you consume each capsule with at least 4 ounces of water to fully reconstitute the vegetables in each capsule. Because Bio-Greens is a juice concentrate, it is quickly absorbed for rapid results.

### Vegetables promote alkalization

One of the most important health advantages associated with vegetables is the impact they have on the pH balance of the body. Bio-Greens is a powerful dietary alkalizer that can change the pH of urine and saliva in a matter of hours from acid to basic. The optimum pH for the urine and saliva is between 6.4 and 6.8.



**Ingredients:** Broccoli, kale, dandelion leaf, alfalfa, wheat grass, chlorella algae, spirulina algae, and powdered juice extracts of the following: barley grass, carrot, tomato, spinach, cucumber, brussels sprout, cabbage, celery, asparagus, green bell pepper, cauliflower, parsley. Magnesium stearate and silica.

Serving Size: 6 Capsules  
Servings Per Container: 30



**MBI**  
NUTRACEUTICALS<sup>®</sup>

*Bringing Balance Back to Life*

## Is Unique

### Bio-Greens is a combination product

It contains the right ingredients in the right amounts to contribute to an alkaline environment in the body and to fight free-radical damage. This special blend of vegetable juice extracts is just what is needed to enjoy the benefits of a wide range of vegetable properties.

### Processing

On-site labs are constantly monitored and tested by expert chemists and microbiologists to ensure consistent quality of raw materials, product batches, and finished products.

Vitamin and mineral analyses are conducted to validate the product content and specifications of Bio-Greens, assuring high quality.

### No Additives

This product contains no sugar, starch, salt, preservatives, artificial colors, flavors or additives, and no corn, wheat, yeast, soy, or milk derivatives.

### FDA Drug Manufacturing Standards

MBi Nutraceuticals operates its own FDA licensed Drug Manufacturing facility. Our standard operating procedures are based on "Current Good Manufacturing Practices" as defined by the Food and Drug Administration. MBi ensures the highest quality nutraceuticals by applying our drug manufacturing procedures to every nutritional, herbal, food, homeopathic, and personal care product we make.

### Synergistic BMi Products

Bio-Mag  
Bio-Cal  
Cal-Mag+

### Further Reading

Potter JD, Vegetables, fruit, and cancer. Lancet. 2005 Aug 13-19; Vol. 366 [9485], pp. 527-30.  
Fung TT, Hu FB, Holmes MD, Rosner BA, Hunter DJ, Colditz GA, Willett WC, Dietary patterns and the risk of postmenopausal breast cancer. International journal of cancer. Journal international du cancer. 2005 Aug 10; Vol. 116 [1], pp. 116-21.  
Yeh CT, Yen GC, Effect of vegetables on human phenolsulfotransferases in relation to their antioxidant activity and total phenolics. Free radical research. 2005 Aug; Vol. 39 [8], pp. 893-904.  
Shi Q, Le X, Wang B, Abbruzzese JL, Xiong Q, He Y, Xie K, Regulation of vascular endothelial growth factor expression by acidosis in human cancer cells. Oncogene 2001 Jun 21; Vol. 20 [28], pp. 3751-6.  
Kanadaswami C, Lee LT, Lee PP, Hwang JJ, Ke FC, Huang YT, Lee MT, The antitumor activities of flavonoids. In Vivo 2005 Sep-Oct; Vol. 19 [5], pp. 895-909.  
Demark-Wahnefried W, Aziz NM, Rowland JH, Pinto BM, Riding the crest of the teachable moment: promoting long-term health after the diagnosis of cancer. Journal of clinical oncology : official journal of the American Society of Clinical Oncology. 2005 Aug 20; Vol. 23 [24], pp. 5814-30. Date of Electronic Publication: 2005 Jul 25.