

Greens·Matrix

A comprehensive powdered blend of greens, reds, adaptogens, mushrooms and superfoods. 39 medicinal ingredients – all certified organic.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A comprehensive blend of 39 organic and non-GMO medicinal ingredients
- Powerful antioxidant function through greens, reds, adaptogens, mushrooms and superfoods
- Indicated to improve energy, alkalinity, immune function and overall wellness
- 44 servings provided in each 300g container

Greens Matrix is more than just a greens blend. With 39 ingredients included in the formula, Greens Matrix is certified organic and non-GMO. It contains a combination of 4 essential ingredient groups:

Greens and Reds: The core greens mixture includes vegetable extracts from broccoli, spinach, kale and parsley. Spirulina and chlorella are added for their magnesium-rich chlorophyll content and many cardiovascular benefits. The red blend is a mix of berries such as blueberry, tart cherry and cranberry that provide proanthocyanidins, the powerful antioxidants with beneficial effects on mood, cognition and cardiovascular function.

Adaptogens: Various herbs have been included for their ability to positively affect stress, cortisol and the HPA-axis, modulate the immune system and reduce inflammation. **Greens Matrix** contains some of the most well-researched adaptogenic herbs, including rhodiola rosea, ashwagandha, astragalus and Siberian ginseng.

Mushrooms: Known for their powerful immunomodulating effects, mushrooms have long been consumed as nutritive compounds chock-full of vitamin and minerals. Current research supports many of these ancient uses for specific mushroom species. For example, clinical trials show that reishi can drastically increase natural killer cell activity, promote healthy cellular differentiation and reduce metastases. Additionally, Lion's Mane has been shown to have an affinity for the nervous system through the induction of nerve growth factor.

Superfoods: Acai, goji berry and camu give Greens Matrix a combination of high-capacity antioxidants and nutritive compounds. Some of the included superfoods have been incorporated for their clinically studied benefits. As just one example, Amla fruit has been shown to be effective in treating dyspepsia, healing stomach ulcers and reducing

general inflammation in the digestive tract. It has also demonstrated the ability to lower blood sugars and improve lipid profiles in diabetics.

Collectively, Greens Matrix provides one of the most comprehensive blends of plant extracts to support the individual through a broad range of health concerns, encouraging optimal physiology and well-being. Each 300-gram container offers 44 servings.

Each scoop contains

Greens

Organic spinach (leaf, Spinacia oleracea)	150mg
Organic broccoli (herb top, Brassica oleracea var. italica)	150mg
Organic parsley (herb top, Petroselinum crispum)	150mg
Organic kale (leaf, Brassica oleracea var. viridis)	150mg
Organic tomato (fruit, Solanum lycopersicum)	150mg

Real Fruits, Reds

Organic apple (fruit, Malus domestica)	190mg
Organic blueberry extract (fruit, Vaccinium corymbosum) 8:1	80mg
Organic sweet cherry fruit (Prunus avium)	80mg
Organic pomegranate (fruit, Punica granatum)	80mg
Organic wild strawberry (fruit, Fragaria virginiana)	40mg
Organic raspberry (fruit, Rubus idaeus)	40mg
Organic cranberry (fruit, Vaccinium macrocarpon)	40mg

Adaptogens

Organic green tea extract (leaf, Camellia sinensis) 5:1	91mg
Organic milk thistle (seed, Silybum marianum)	58mg
Organic siberian ginseng (root, Eleutherococcus senticosus)	17mg
Organic rhodiola extract (root, Rhodiola rosea) 6:1	17mg
Organic ashwagandha extract (root, Withania somnifera) 10:1	17mg
Organic astragalus (root, Astragalus membranaceus)	17mg
Organic schisandra extract (fruit, Schisandra chinensis) 20:1	17mg
Organic maca (root, Lepidium meyenii)	17mg

Organic ginger 17mg
(rhizome, Zingiber officinale)

Organic turmeric 17mg
(rhizome, Curcuma longa)

Mushrooms

Organic lion's mane 17mg
(mycelia, Hericium erinaceus)

Organic maitake 17mg
(fruiting body, Grifola frondosa)

Organic reishi 17mg
(fruiting body, Ganoderma lucidum)

Organic chaga 17mg
(mycelia, Inonotus obliquus)

Organic shiitake 8mg
(fruiting body, Lentinula edodes)

Superfoods

Organic spirulina 432mg
(Arthrospira platensis)

Organic chlorella 332mg
(broken cell, Chlorella vulgaris)

Organic wheatgrass 233mg
(leaf, Triticum aestivum)

Organic alfalfa 233mg
(herb top, Medicago sativa)

Organic barleygrass 233mg
(leaf, Hordeum vulgare)

Organic oatgrass 233mg
(leaf, Avena sativa)

Organic oat 266mg
(seed bran, Avena sativa)

Organic amalaki 133mg
(fruit, Phyllanthus emblica)

Organic acai extract 109mg
(fruit, Euterpe oleracea) 4:1

Organic acerola extract 69mg
(fruit, Malpighia glabra) 10:1

Organic camu-camu extract 40mg
(fruit, Myrciaria dubia) 18:1

Organic goji extract 37mg
(fruit, Lycium barbarum) 10:1

Non-Medicinal Ingredients

Organic VitaFiber™ isomalto-oligosaccharides (tapioca), organic rice flour, organic maltodextrin, organic sunflower lecithin, silicon dioxide, organic rice syrup solids, organic acacia gum.

Recommended Use Claim

Provides antioxidants for the maintenance of good health. Source of fungal polysaccharides with immunomodulating properties.

Directions of Use

Adults - Mix 1-2 heaping scoops in 250ml water, 1 time per day or as directed by a healthcare professional. Take with food, and a few hours before or after taking other medications or natural health products.

Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use if you have liver disorder, auto-immune disorder, iron deficiency, gallstones or a bile duct obstruction, stomach ulcers or excess stomach acid, or a history of kidney stones. Consult a healthcare professional prior to use if you are undergoing hormone replacement therapy (HRT) or taking birth control medication, blood thinners (anti-coagulants), or antidepressant medication. Consult a healthcare professional prior to use if you have any type of acute infection or if symptoms persist or worsen. Consult a healthcare professional if you have or develop abdominal pain, nausea, fever or vomiting. Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended. Stop use if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite and consult a healthcare professional.

Duration of Use

Consult a healthcare professional for use beyond 1 month.

Contraindications

Do not use if you are pregnant or breastfeeding or if you have high blood pressure, bipolar disorder, bipolar spectrum disorder, or a history of systemic lupus erythematosus.

Known Adverse Reactions

Hypersensitivity/allergy or laxative effect may occur; in which case, discontinue use. If you experience irritability or insomnia, discontinue use. Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported.

Storage Conditions

Do not use if safety seal is broken.