

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

Real Fruits, Reds

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

Adaptogens

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

Organic ginger (rhizome, Zingiber officinale)	17mg
Organic turmeric (rhizome, Curcuma longa)	17mg

Mushrooms

Organic lion's mane (mycelia, Hericium erinaceus)	17mg
Organic maitake (fruiting body, Grifola frondosa)	17mg
Organic reishi (fruiting body, Ganoderma lucidum)	17mg
Organic chaga (mycelia, Inonotus obliquus)	17mg
Organic shiitake (fruiting body, Lentinula edodes)	8mg

Superfoods

Organic spirulina (Arthrospira platensis)	432mg
Organic chlorella (broken cell, Chlorella vulgaris)	332mg
Organic wheatgrass (leaf, Triticum aestivum)	233mg
Organic alfalfa (herb top, Medicago sativa)	233mg
Organic barleygrass (leaf, Hordeum vulgare)	233mg
Organic oatgrass (leaf, Avena sativa)	233mg
Organic oat (seed bran, Avena sativa)	266mg
Organic amalaki (fruit, Phyllanthus emblica)	133mg
Organic acai extract (fruit, Euterpe oleracea) 4:1	109mg
Organic acerola extract (fruit, Malpighia glabra) 10:1	69mg
Organic camu-camu extract (fruit, Myrciaria dubia) 18:1	40mg
Organic goji extract (fruit, Lycium barbarum) 10:1	37mg

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.