

UDO'S CHOICE BEYOND GREENS

FREQUENTLY ASKED QUESTIONS

How does it taste?

Beyond Greens is one of the best tasting greens products available. Its pleasant flavour has hints of almond and cinnamon, and it is lightly sweetened with cane juice. It mixes up into a smooth blend that is easy to drink.

I can see crushed seeds - is this OK?

Yes. Beyond Greens contains some small, crushed flax seeds as well as seed meal, germ and bran from grains. These are sources of soluble and insoluble fibre. Three servings of Beyond Greens throughout the day will add five grams of fibre to the diet. They help to bulk the stool, gently scrub the intestines and feed the friendly intestinal bacteria. This leads to better elimination, regularity and improved nutrient absorption.

Should I keep it in the fridge?

Beyond Greens keeps well unopened at room temperature. Once opened, however, it is best to refrigerate Beyond Greens to retain optimal freshness and consume within 90 days.

How and when should I take it?

Take one tablespoon (8 g) mixed well with water or juice, up to three times daily. Use Beyond Greens as a quick, nutritious meal or as a pick-me-up snack between meals. Drink plenty of pure water throughout the day.