

INGREDIENTS COMMENTS - UDO'S CHOICE BEYOND GREENS®

FIBRE AND SEED BLEND:

FLAXSEED is the richest vegetable source of Omega 3 essential fatty acid (alpha linoleic acid). It is also the richest known source of lignans (a class of phytonutrients that have anti-fungal, anti-bacterial, anti-viral, and anti-carcinogenic properties). It is an exceptional source of dietary fibre, both soluble and insoluble. Flax is high in Boron, a trace mineral that helps the body hold on to calcium. From the Omega 3 essential fatty acids the body produces Series 3 prostaglandins. These act on the cellular level in a variety of disease fighting ways, that include anti-clotting actions in the blood stream, anti-inflammatory responses that alleviate or prevent auto-immune diseases such as: arthritis, psoriasis and asthma. They are involved in mechanisms of transport and metabolism of both cholesterol and triglycerides that result in a strong lowering effect on both of these cardiovascular factors. Series 3 prostaglandins increase vitality, energy, and stamina due to their involvement in the body's process of oxidation, which, on a cellular level, is the way molecules are broken down to produce energy. Flaxseed is rich in Essential Fatty Acid Omega 3, soluble and insoluble fibre and Boron.

SESAME SEED has long been appreciated for its taste and nutritional benefits, especially in Mediterranean and Eastern civilisations. It contains more protein than any nut, as much iron as liver and is high in vitamin E. Sesame seed contains as much as 55% oil, consisting primarily of oleic and linoleic acids.

SUNFLOWER SEED besides being a nutrient and fibre rich seed, is included to bring the Essential Fatty Acid ratio to a more optimum level, by providing the Omega 6 Essential Fatty Acid (linoleic acid).

OAT BRAN restores the nervous system due to its ability to 'feed' the nervous system, especially when under stress. Assists with the reduction of cholesterol in arteries and digestive tract. It is one of the richest sources of silicon, beneficial in skin, bone and connective tissue regeneration. Oats also contains phosphorus which is required for brain and nerve formation during youth. Oats are also beneficial to help ease insomnia.

RICE BRAN is really the "brown" of rice; the parts that usually are processed out of the rice and that contain vitamins, minerals and good fibre. This is a rich carbohydrate that also delivers a powerful package of naturally occurring antioxidants.

GOLDEN FLAX SEEDS are split rather than crushed or ground to ensure the maximum release of their nutrients without exposing them to oxygen. A rich source of fibre, essential fatty acids, amino acids, vitamin E, minerals and lignans.

PSYLLIUM HUSK is a gentle and effective fibre, beneficial in keeping the colon cleansed and assists in bowel regularity. Beneficial for haemorrhoids and gastro-intestinal irritations.

GREEN BLEND:

BARLEY GRASS is an effective anti-inflammatory beneficial in lower digestive tract disorders. It is a rich source of calcium, vitamin B12, vitamin C, minerals and enzymes. It increases calcium absorption and is rich source of chlorophyll.

ALFALFA GRASS contains the nutrients calcium, copper, folate, iron, magnesium, manganese, phosphorus, potassium, silicon, zinc, vitamin A, B1-B6, C, D, E and K. It benefits the body in many ways due to its alkalising and detoxing abilities.

OAT GRASS contains the nutrients, calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc, all the B group vitamins and vitamin E.

RYE GRASS is useful in conditions where plaque calcification is prominent (fatty plaque in blood vessels or calcium deposits in smaller arteries), and there is a loss of elasticity coupled with high blood pressure. Aids fingernail, hair and bone regeneration.

CHLORELLA contains a high percentage of readily available chlorophyll, protein, carbohydrates, all the B vitamins, vitamin C, vitamin E, amino acids and trace minerals. The chlorophyll in chlorella can enhance the blood cleansing process. an excellent source of protein for those who choose not

BLEND OF FOOD CONCENTRATES:

CANE JUICE is pressed from freshly cut, organically grown sugar cane, washed, filtered and crystallised - all on the day of harvest. The simple one-crystallisation milling yields minimally processed sweeteners that undergo no enzymatic transformation.

CARROT is packed with beta-carotene (Provitamin A) and is probably the most famous phytonutrient. There is substantial evidence that suggests strong cancer and heart disease preventative effects. It contains 42 health benefiting molecules, including carotenoids, coumarins, flavonoids, terpenes, phenolic acids, phthalides. Carrot is rich in beta-carotene, Vitamin C.

SPROUTED SOYBEANS are a living food. When seeds sprout, a tremendous amount of life force is released and a powerhouse of nutrients becomes available. Seeds attain a higher level of vitamins, and complex carbohydrates and proteins are converted into easily digestible forms. Phytoestrogens help to increase bone density and assist in osteoporosis. Helpful for premenstrual syndrome, menopause, hot flushes and fibrocystic breast disease.

TOMATO is beneficial in purifying the blood and generally detoxing the body. It can encourage digestion and so is used in cases of diminished appetite, anorexia and constipation. Useful in reducing the high acidic blood level in cases of rheumatism and gout.

BET ROOT assists in strengthening the heart, improves circulation, purifies the blood, benefits the liver and moistens the intestines. It is a silicon rich vegetable.

BROCCOLI is a cruciferous vegetable and contains many phytochemicals, thirty-three having been identified to date. These include sulphides, indoles, isothiocyanates, glucarates, carotenoids, coumarins, terpenes, flavonoids and phenolic acids. Broccoli is high in good fibre and in the trace mineral boron. Its phytochemicals, particularly the indoles, sulphides, and isothiocyanates are anti-cancer agents that protect the DNA from damage by carcinogens. Broccoli is rich in fibre, Boron, Vitamin A and C.

KALE is an exceptional source of chlorophyll, calcium, iron and vitamin A. It assists in easing lung congestion and benefits stomach and duodenal ulcers.

PARSLEY is an umbelliferous vegetable.. It contains 22 known phytochemicals including flavonoids, carotenoids, coumarins, terpenes, phenolic acids, phthalides and polyacetylenes.

ALMOND FLAVOUR

BET JUICE-see Beet Root

PHYTO-NUTRIENT BLEND:

CINNAMON is usually used as a carminative addition to other herbs. It relieves nausea and vomiting, and diarrhoea and aids the peripheral circulation. It has a warming effect on the body, enhancing digestion, especially metabolism of fats.

GINGER ROOT has been a time proven remedy for upset stomach, indigestion and abdominal cramps. It has effectively been used for morning sickness as well as motion sickness. Many studies have indicated that it eases the symptoms of a cold and has a cleansing effect on the kidneys and bowels as well as helping to remove excess toxins from the body. Ginger Root is rich in natural enzymes, antioxidants and 22 known phytonutrients.

PEPPERMINT LEAF is one of the best natural carminative agents. It has a relaxing effect on the visceral muscles, anti-flatulent properties and stimulates bile and digestive juice secretion. Peppermint can be of assistance in the treatment of ulcerative colitis and Crohn's disease. It is most valuable in the treatment of fever associated with colds and flu. Peppermint increases stomach acidity, therefore aiding digestion.

BILBERRY LEAF is used in traditional folk medicine for vision problems, known to help preserve eyesight. It contains natural antioxidants that keep capillary walls strong and flexible. Bilberry contains anthocyanides, phytochemicals that help to lower blood pressure, inhibit clot formation, and enhance blood supply to the nervous system.

RED CLOVER BLOSSOM is a rich source of minerals including silica. Beneficial for overall health, skin, and lung inflammation, gout, arthritis and is a bacteria fighter. Contemporary Chinese research shows that red clover contains anti-microbial compounds which are effective against several bacterial, viral and fungal infections. Red clover facilitates the elimination of wastes and toxins through the skin, kidneys and bowels.

ARTICHOKE is beneficial for liver/gall bladder and circulatory system support and protection. It has been established that the active ingredients in the artichoke increase the healthy flow of bile. Artichoke strengthens digestion, and helps to maintain a healthy cholesterol level. It relieves flatulence and feelings of fullness.

LEMONGRASS acts as an astringent, tonic and digestive aid. Beneficial for the skin and nails, fever and flu, headaches and intestinal irritations.

DANDELION ROOT/LEAF is one of the best natural sources of potassium, also containing a high amount of iron, calcium, vitamins and minerals. It cleanses the blood and liver, and increases bile production. It reduces serum cholesterol and uric acid levels. Benefits the functioning of the kidneys, pancreas, spleen and stomach.

ROSEMARY contains 13 known health-benefiting phytochemicals and has a great taste which enhances palatability. Rosemary has been found to promote a synergistic increase in the antioxidant potency of naturally occurring tocopherols (Vitamin E related compounds).

THYME has an anti-microbial, carminative, anti-spasmodic, expectorant and astringent actions. It may be beneficial in respiratory problems, assisting in expectoration and reducing unnecessary spasm. Lowers cholesterol levels. Eliminates itching and flaking of scalp in conditions of candidiasis.

GRAPE SEED EXTRACT contains OPC's (Oligomeric proanthocyanidins), a group of plant flavonoids known to have many health benefits. OPC's exert potent effects that protect body tissues and cells from oxidative damage. It is believed that OPC's have an antioxidant activity fifty times greater than vitamin C. Grape seed extract is commonly used for allergies, cardiovascular disease and prevention, immune enhancement, circulatory disorders, connective tissue disorders and as a general antioxidant.