



## Professional Education Series 5002/2007

*Information contained in this bulletin is for informational and educational purposes only and is not intended as a substitute for advise from your physician. This information should not be used for diagnosis or treatment of any health problem. You should consult with a health care professional for treatment of any health issue.*

# Green Magic™

## The Superfood of th 21st Century

This powerful formula is quite possibly the world's most nutritious fast food, yet it consists of only 12 calories per serving. Green Magic™ is formulated with seventeen superfoods selected for their nutritional benefits.

### Spirulina

- ◆ The world's richest source of non-animal protein. Spirulina used in Green Magic™ is grown aquatically for New Spirit Naturals in beautiful Hawaii. This dark green Micro Algae contains approximately 60% - 65% protein which is 85% to 95% digestible.
- ◆ A rich source of Beta Carotene, Spirulina contains approximately ten times as much of this provitamin as carrots.
- ◆ Nature's richest natural iron food, providing the highest quality of readily absorbable iron. (Most iron tablets contain inorganic sources and should be avoided except as recommended by your doctor. Too much of this type of iron has been implicated in some forms of heart disease). Good quality iron is essential for building healthy red blood cells and hemoglobin, plus iron helps prevent anemia.
- ◆ A source of quick energy that does not tax the pancreas, but stabilizes the blood sugar, thereby controlling symptoms of hypoglycemia and diabetes.
- ◆ A rich source of many enzymes, antioxidants and phytonutrients.

### Chlorella

- ◆ A dark green micro algae that boasts many of the same qualities as Spirulina.
- ◆ Often referred to as "The Emerald Food", chlorella is noted for (and gets its name from) its high content of chlorophyll. Chlorella contains more chlorophyll than any other plant.
- ◆ Contains many vitamins, minerals, nucleic acids, amino acids, enzymes and a substance known as CGF (Chlorella Growth Factor).

### De-oiled Soya Lecithin

- ◆ High in phosphatidylcholine, lecithin is involved in many biological processes that require the emulsification of lipids and water in the body.
- ◆ An important nutrient that assists in the assimilation of all fat soluble vitamins, including vitamins A, E, D & K.
- ◆ Barley Grass Juice Powder, Wheat Grass Juice Powder and Kamut Grass Juice Powder (synergistically blended)
- ◆ New Spirit Naturals selects the juice of tiny green plants harvested just as they emerge from the soil. (No grains are used in Green Magic™, as many people are allergic to grains).
- ◆ Incredibly rich in vitamins, minerals, protein, enzymes and, of course, chlorophyll (which gives all of these nutrient rich grasses their dark green color).

### Rice Kernel Membrane Powder

- ◆ The outer coating and most nutritional part of rice (valuable nutrients are destroyed by modern processing).
- ◆ Great source of B vitamins, an excellent source of bran and a natural source of vitamin E.

### High Pectin Apple Fiber

- ◆ Apples are first pressed, eliminating the juice, then dried slowly to yield a high pectin content. Some studies show that pectin (a soluble fiber) helps bind harmful excessive cholesterol and triglycerides.
- ◆ Contains approximately 50% insoluble fiber which is beneficial in achieving good elimination.
- ◆ Icelandic Kelp & Nova Scotia Dulse (Sea Vegetables)
- ◆ Rich in naturally chelated minerals from ocean water (approximately 28% minerals).

## **Wheat Sprouts, Superoxide Dismutase (SOD) and Catalase.**

- ◆ Sprouts are a rich source of many vitamins and minerals, plus important growth factors required by the plant in its earliest days. It is growth factors that empower the plant to push through the earth into the natural sunlight so that it may begin the process of photosynthesis. These phytonutrients are often referred to as auxins.

## **Coenzyme Q 10**

- ◆ Found throughout all cells of the body with a special concentration in the cells of the heart.
- ◆ Coenzymes are involved in many biological processes and help form other enzymes.

## **Royal Jelly**

- ◆ One of the world's richest natural sources of pantothenic acid (vitamin B 5), sometimes referred to as the anti-stress vitamin.
- ◆ Contains many vitamins (especially B vitamins), minerals and a host of natural enzymes.
- ◆ Recognized as one of the prized foods of the orient.
- ◆ New Spirit Naturals' Royal Jelly contains over 6% 10-HDA (compared to most native Royal Jelly that has only 3%).

## **Jerusalem Artichoke Powder**

- ◆ An excellent source of natural potassium.
- ◆ Contains Fructooligosaccharides (FOS) - a phenomenal food source to promote healthy bifidus bacterium found in the lower intestine. Bifidus bacterium are essential in normalizing the pH of the colon, helping eliminate many pathogenic bacteria such as Candida Albicans.

## **Lactobacillus Acidophilus & Bifidus Bacterium (Lactose Free)**

- ◆ Probiotic organisms, known as our "friendly flora", assist the body in the digestion, assimilation and elimination processes. A healthy colony of friendly flora can do wonders in assisting the body with good digestion.

## **Dietary Recommendations**

Consume a minimum of one serving of **Green Magic™** each day. (For optimum wellness, take three servings per day). Additional servings are recommended when the diet is lacking in green vegetables or where long term chronic nutritional needs persist.

You may mix your **Green Magic™ Powder** in your favorite juice or purified water. Many people start their day with a power shake. Information about making a **Green Magic™ Shake** is listed on your bottle. To make an outstanding nutritional protein drink, combine **Green Magic™** and **Meal in a Glass™ Protein Powder** along with your favorite fruits and/or juices.

**Green Magic™ Capsules** - 5 capsules equal 1 serving. Be sure to consume a minimum of 8 oz. liquid (purified water or your favorite juice) with each serving.