



NutriDyn®

Antioxidant Power of  
**20+ SERVINGS**  
of Fruits & Vegetables\*



# Benefits of NutriDyn Fruits & Greens



The ingredients in NutriDyn Fruits & Greens serve to support overall health and longevity in a variety of ways. The main benefits include:

- Supports healthy GI tract function and digestion \*
- Supports hormonal balance, healthy lipid profile and energy levels, as well as immune system function \*
- Antioxidant capacity of over 20 servings of whole fruits and vegetables in just one serving \*
- Contains proprietary blends of superfoods, probiotics, fiber, and key digestive enzymes
- Supports energy production and vitality \*
- Naturally alkalizes the body \*
- Supports healthy nutrient digestion and gastrointestinal function \*
- Tastes delicious in drinks and smoothies with 12 refreshing flavors

## What's Not in NutriDyn Fruits & Greens



NON-GMO



NO ARTIFICIAL  
SWEETENERS



WHEAT &  
GLUTEN-FREE



NO ADDED  
SUGAR



STIMULANT  
FREE

# How the Ingredients in NutriDyn Fruits & Greens Work

## Plant-Based Micronutrients

Micronutrients, as opposed to macronutrients, are nutrients that living beings require in relatively small quantities for proper health and function. These include substances such as vitamins, minerals, and polyphenols (all of which may serve antioxidant roles in the body).

Our fruit and vegetable concentrates provide essential vitamins, minerals, and polyphenols to support the immune system against everyday free radical bombardment.\*

*NutriDyn Fruits & Greens derives its vitamins, minerals, polyphenols, and other antioxidants exclusively from nutrient-packed whole food concentrates to encourage efficient absorption and utilization by the body.\* We also made sure to omit key allergens, preservatives, added sugars, and stimulants, which can all wreak havoc in susceptible individuals.*

## Fiber, Prebiotics, and Digestive Enzymes

Our proprietary Fiber Blend supports the growth of healthy gastrointestinal (GI) bacteria.\* These ingredients are also low-calorie and have been shown to support healthy lipid levels, blood sugar, and digestion.\*

*NutriDyn Fruits & Greens contain beneficial fibers that act as prebiotics to nourish your GI tract and provide sustained energy throughout the day. We also made sure to include essential enzymes for supporting absorption and digestion of nutrients from foods.\**



## Probiotic Blend

The human GI tract contains nearly three pounds of bacteria—comprised of 1000 or more different species—and a medley of enzymes that help us digest and absorb nutrients from food. A healthy GI tract is crucial for proper endocrine function, immune system support, and even body weight regulation. Moreover, healthy GI tract microbes act as a barrier against undesirable microbes and promote absorption of vital nutrients from food.

*NutriDyn Fruits & Greens' potent 4-strain blend of probiotics is formulated to promote the growth of healthy bacteria in the GI tract.\**

# Superfood Blend Packed with Key Micronutrients, Probiotics, and Fiber to Optimize Your Nutrition

NutriDyn Fruits & Greens is a premium nutrient-rich dietary supplement that provides powerful antioxidant capacity, satiety, lasting energy, and support for a healthy digestive system.\* Better yet, it mixes easily in liquid or food and comes in 12 delicious flavors that are sure to satisfy your appetite!

Formulating a true “superfood” product requires a deep understanding of the biological processes that drive our health, longevity, and well-being. Fortunately, we’ve done the work, so you don’t have to. Our packaging highlights some of the great superfoods that are in NutriDyn Fruits & Greens. Here are some of the benefits:



## Goji Berry

Also known as the Lycium berry, this fruit contains more iron than spinach and more vitamin C than oranges (per serving). Goji is also rich in zeaxanthin, a chemical closely related to lutein that supports healthy eye function. Moreover, Goji has been shown to have positive effects on the immune system and inflammation.\*



## Pomegranate

This antioxidant-rich fruit is high in vitamin C, vitamin K, polyphenols, and potassium. Research has shown that pomegranate consumption can support healthy blood pressure and cardiovascular function by promoting healthy endothelial function.\*



## Kale

This variety of cabbage contains astonishing amounts of micronutrients, with over 100% of the daily value of vitamin C, vitamin A, and vitamin K per 100 grams. Kale also contains a class of rare compounds called glucosinolates that help detoxify the body by activating important enzymes.\*



## Açaí

This berry may be small in size, but it packs a punch of anthocyanins that is unmatched. Anthocyanins are a class of antioxidants found in plants that have been shown to support healthy blood lipid levels. They also help with digestion, weight loss, immunity, energy levels, and longevity.\*



## Turmeric

This perennial plant gives curry dishes their distinctive taste and golden color. Turmeric has been used in traditional medicine throughout Asia for thousands of years, thanks to its unique compounds called curcuminoids. Curcuminoids act as antioxidants and support the immune system. Research also suggests that curcumin can help maintain healthy circulation and support joint health.\*



## Noni

This flowering evergreen shrub has been used in Traditional Chinese Medicine for centuries to support gastrointestinal function. Noni contains a large amount of alkaloids, compounds that help lower blood pH and maintain an alkaline state; in turn, alkaloids have a variety of beneficial properties in humans, especially with regards to vascular and immune function.\*



## Kelp

Kelp is a large brown seaweed rich in micronutrients such as potassium, magnesium, calcium, and iron. It provides a large amount of iodine and supports digestion.\*



## Chlorella

Chlorella is an exceptionally nutrient-dense algae containing plentiful amounts of vitamins A, B1, B2, B3, and B6. It is also a rich source of vital minerals, such as calcium, iron, magnesium, phosphorus, and zinc. Recent clinical trials suggest it may also support healthy blood pressure, blood lipid levels, enhance the immune system function, and wound healing.\*



## Raspberry

The raspberry contains a multitude of potent phytochemicals with therapeutic properties in the human body. Such phytochemicals include ellagic acid, catechins, and quercetin, which have been shown to support healthy inflammatory response. Furthermore, raspberries are rich in essential micronutrients, such as vitamin C, folic acid, iron, copper, and magnesium.\*



## Mangosteen

This white, fleshy fruit is renowned for its refreshing taste and bounty of micronutrients, particularly magnesium and manganese (which are commonly lacking in typical Western diets). The polyphenols (called xanthonoids) have been shown to support healthy immune, pancreatic, and cardiovascular function.\*

# NutriDyn Fruits & Greens Varieties

Fruits & Greens is Available in 12 Refreshing Flavors!



**BERRY**



**PINK  
LEMONADE**



**GRAPE**



**STRAWBERRY  
& KIWI**



**GREEN TEA  
MELON**



**KID'S FRUIT  
PUNCH**



**BLACKBERRY  
TANGERINE**  
SWEETENED WITH  
MONK FRUIT



**CHOCOLATE**  
SWEETENED WITH  
MONK FRUIT



**CHOCOLATE**



**ESPRESSO**



**CHOCOLATE  
PEPPERMINT**



**MINT**

# Fruits & Greens Ingredients

## SuperFruitox Blends

**Berry, Pink Lemonade, Grape, Strawberry & Kiwi, Green Tea Melon, Kid's Fruit Punch & Blackberry Tangerine (Sweetened with Monk Fruit).**

### SuperFruitox Antioxidant Blend

Raspberry Fruit Extract, Black Raspberry Fruit Powder, Blackberry Fruit Powder, Papaya Fruit Powder, Plum Fruit Powder, Strawberry Fruit Powder, Cranberry Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Pomegranate Fruit Extract, Quercetin Dihydrate, Grape Seed Extract, Blueberry Leaf Extract, Acerola Berry Powder, Bilberry Fruit Extract, Black Cherry Fruit Extract, Organic Acai Berry Powder, Organic Pomegranate Fruit Powder, Organic Raspberry Fruit Powder, Bromelain, Organic Bilberry Fruit Powder, Organic Blueberry Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder.

### Digestive Enzyme and Probiotic Blend

Fructooligosaccharides, *Lactobacillus acidophilus*, Protease, Amylase, Lipase, Cellulase, Lactase, Papain, *Lactobacillus casei*, *Lactobacillus rhamnosus*, *Bifidobacterium breve*.

### Vegetable Antioxidant Blend

Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Extract, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder.

### Fiber Blend

Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract.

## SuperVegetox Blends

**Chocolate, Chocolate (Sweetened with Monk Fruit), Espresso, Chocolate Peppermint & Mint.**

### SuperVegetox Antioxidant Blend

Organic Spirulina Powder, Organic Carrot Root Powder, Organic Broccoli Leaf Powder, Organic Cauliflower Bulb Powder, Organic Spinach Leaf Powder, Organic Parsley Leaf Powder, Chlorella Cracked Cell Wall Powder, Green Tea Leaf Extract, Japanese Knotweed Root Extract, Turmeric Root Extract, Organic Beet Root Powder, Kelp Powder, Kale Leaf Powder, Alfalfa Herb Powder, Trace Mineral Complex (Alfalfa ConcenTrace®).

### Fruit Antioxidant Blend

Pomegranate Fruit Extract, Grape Fruit Extract, Quercetin Dihydrate, Acerola Cherry Powder, Grape Seed Extract, Blueberry Leaf Extract, Concord Grape Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder, Acai Berry Powder, Bromelain.

### Digestive Support Blend

Organic Cinnamon Bark Powder, Organic Aloe Vera Leaf Powder, Apple Fruit Powder, Licorice Root Powder, Amylase, Lipase, Cellulase, Lactase, Protease, Papain.

### Probiotic Blend

*Lactobacillus acidophilus*, *Bifidobacterium longum*, *Lactobacillus casei*, *Lactobacillus rhamnosus*.

## Dosing Recommendations

Mix one scoop of NutriDyn Fruits & Greens in 8 ounces of water (or liquid of choice) daily or as directed by your healthcare practitioner. If you are nursing, pregnant, or taking medications, consult your healthcare practitioner before use.

For more information, visit: [www.nutridyn.com/fruitsandgreens](http://www.nutridyn.com/fruitsandgreens)



**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.**