

# Greens Matrix

A comprehensive powdered blend of greens, reds, adaptogens, mushrooms and superfoods. 39 medicinal ingredients – all certified organic.



## Each scoop contains:

### Greens

Spinach (leaf, <i>spinacia oleracea</i> )	150mg
Broccoli (herb top, <i>brassica oleracea</i> var. <i>italica</i> )	150mg
Parsley (herb top, <i>petroselinum crispum</i> )	150mg
Kale (leaf, <i>brassica oleracea</i> var. <i>viridis</i> )	150mg
Tomato (fruit, <i>Solanum lycopersicum</i> )	150mg

### Real Fruits/Reds

Apple (fruit, <i>malus domestica</i> )	190mg
Blueberry extract (fruit, <i>vaccinium corymbosum</i> ) 8:1	80mg
Tart cherry (fruit, <i>prunus cerasus</i> )	80mg
Pomegranate (fruit, <i>punica granatum</i> )	80mg
Wild strawberry (fruit, <i>fragaria virginiana</i> )	40mg
Raspberry (fruit, <i>rubus idaeus</i> )	40mg
Cranberry (fruit, <i>vaccinium macrocarpon</i> )	40mg

### Adaptogens

Green tea extract (leaf, <i>camellia sinensis</i> ) 5:1	91mg
Milk thistle (seed, <i>silybum marianum</i> )	58mg
Siberian ginseng (root, <i>eleutherococcus senticosus</i> )	17mg
Rhodiola extract (root, <i>rhodiola rosea</i> ) 6:1	17mg
Ashwagandha extract (root, <i>withania somnifera</i> ) 10:1	17mg
Astragalus (root, <i>astragalus membranaceus</i> )	17mg
Schisandra extract (fruit, <i>schisandra chinensis</i> ) 20:1	17mg
Maca (root, <i>lepidium meyenii</i> )	17mg
Ginger (rhizome, <i>zingiber officinale</i> )	17mg
Turmeric (rhizome, <i>curcuma longa</i> )	17mg

Vegan. GMO, gluten, soy and dairy free.

### Mushrooms

Lion's Mane (mycelia, <i>hericium erinaceus</i> )	17mg
Maitake (fruiting body, <i>grifola frondosa</i> )	17mg
Reishi (fruiting body, <i>ganoderma lucidum</i> )	17mg
Chaga (mycelia, <i>inonotus obliquus</i> )	17mg
Shiitake (fruiting body, <i>lentinula edodes</i> )	8mg

### Superfoods

Spirulina ( <i>arthrospira platensis</i> )	432mg
Chlorella (broken cell, <i>chlorella vulgaris</i> )	332mg
Wheatgrass (leaf, <i>triticum aestivum</i> )	233mg
Alfalfa (herb top, <i>medicago sativa</i> )	233mg
Barleygrass (leaf, <i>hordeum vulgare</i> )	233mg
Oatgrass (leaf, <i>avena sativa</i> )	233mg
Oat (seed bran, <i>avena sativa</i> )	266mg
Amalaki (fruit, <i>phyllanthus emblica</i> )	133mg
Acai extract (fruit, <i>euterpe oleracea</i> ) 4:1	109mg
Acerola extract (fruit, <i>malpighia glabra</i> ) 10:1	69mg
Camu-camu extract (fruit, <i>myrciaria dubia</i> ) 18:1	40mg
Goji extract (fruit, <i>lycium barbarum</i> ) 10:1	37mg

300 grams powder

**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 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.

## Key points

- 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

## Related products

Adrenal-Matrix  
DT-Matrix  
IM-Matrix  
Mushroom Matrix  
Rhodiola Rosea Extract

**Non-Medicinal Ingredients:** Organic VitaFiber™ isomalto-oligosaccharides (tapioca), organic rice flour, organic maltodextrin, organic sunflower oil, sunflower lecithin, silicon dioxide.

**Indications:** Provides antioxidants for the maintenance of good health. Source of fungal polysaccharides with immunomodulating properties.

**Directions:** Adults - Mix 1-2 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.

**Duration of use:** Consult a health care 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.

**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.

**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.