



designs for health®

PALEO GREENS®

PHYTONUTRIENT GREENS WITH FRUIT AND VEGETABLE BLEND

LEMON-LIME FLAVOUR | 270 G POWDER | NPN80051725 | PGRLLM-CN

UNFLAVOURED | NPN80063206 | 270 G POWDER | PGRUNF-CN

PaleoGreens® is a great-tasting greens powder with 94% organic ingredients. PaleoGreens® consists of an extraordinary formula with ingredients that have been meticulously cultivated and protected. Designs for Health® works closely with the certified organic growers to ensure the optimal preservation of enzymes and beneficial phytonutrients in PaleoGreens® ingredients. These ingredients are harvested at their peak of potency and immediately concentrated and dried by utilizing proprietary cool-temperature processes that preserve their energetic and nutritional integrity. The proprietary greens, vegetable, and fruit ingredients are brightly colored and non-oxidized, as the powders are protected from direct heat, UV light, and moisture from start to finish. The chlorella in PaleoGreens® is a specially cultivated, easy-to-digest strain with a soft cell wall vs. hard cell strains that require nutrient depleting “cracking” methods. Unlike other greens powders, this product has no inexpensive fillers or bulking agents (such as fiber, whole grasses, pectin, rice bran, or flax), which greatly dilute potency, can be a source of genetically-modified material, and may interfere with the bioavailability of the fragile phytonutrients. A systematic review found that daily consumption of concentrated fruit and vegetable supplements significantly increased concentration of antioxidant compounds in the serum including beta-carotene, vitamin C and E, and folate, and reduced homocysteine levels and markers of lipid, DNA, and protein oxidation.¹ Each serving of PaleoGreens® contains densely packed nutrition that intensely nourishes and strengthens each system in the body and overall well-being.

HIGHLIGHTS

- Over 90% active ingredients compared to 40-60% filler in other formulations
- Paleo profile: no grains or legumes; free of common allergens
- Available in unflavoured (unsweetened) and lemon-lime flavour which is sweetened with stevia
- Predominantly air-dried vs. spray-dried ingredients, resulting in ultra-low maltodextrin
- Barley and wheat grass are 100% cold-processed juice solids vs. powders
- Certified organic spirulina which is unique to greens products
- Chlorella is grown in closed fermentation system, leading to a softer, thinner cell wall for greater bioavailability and digestibility
- Stinging nettles are flash-frozen and freeze-dried
- Kale, broccoli, and cauliflower sprouts have been assessed to contain high levels of health-promoting glucosinolates and sulforaphane
- PET packaging protects ingredients from damaging light, oxygen, and moisture after bottling

NEED FOR PHYTONUTRIENTS

Extracts of greens, fruits, and vegetables are possibly the most important and most needed supplement for today's lifestyles. According to the CDC, in 2015 only 1 in 10 American adults consumed adequate levels of phytonutrient-rich vegetables and fruits daily; an estimated 9% of American adults are meeting the recommended

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3-5 servings of vegetables, and only 12% are getting the recommended 2-4 servings of fruits.² Inadequate intake of vegetables and fruits is associated with a variety of non-communicable diseases such as cardiovascular disease (CVD), cancers, and stroke, which are among the leading causes of death globally.^{3,4} Therefore, increasing fruit and vegetable intake has been shown in systematic reviews and meta-analyses to have a significant inverse association with the risk of metabolic syndrome, weight change, CVD, depression, coronary heart disease, stroke, total cancer, and all-cause mortality.⁵⁻⁸ While fruit and vegetable extracts cannot replace a healthy diet containing the recommended amount of fruits and vegetables, the additional antioxidants may help reduce oxidative stress.

Man evolved adapting to a hunter-gatherer diet rich in phytonutrients over millions of years. Only in the last 10,000-50,000 years have we begun to substitute uncultivated fruits, vegetables and grass-fed game and fish with starches coming from refined cereal grains, and meats and dairy products from corn-fed animals.⁹ This diet shift is responsible for a much lower intake of phytonutrients and important minerals like magnesium, potassium, zinc, and selenium. Our physiology simply cannot function properly due to these micronutrient deficiencies and imbalances created by modern diets and we are paying the price with increased rates of “civilization diseases,” such as obesity, diabetes, cancer, autoimmune diseases, and Alzheimer’s.⁹

The evolution-based solution is to replace grains and starches with non-starchy vegetables and leafy greens, and antioxidant-rich fruits. Furthermore, protein sources from primarily grass-fed/grass-finished animals may be the superior options as the animals store these same phytonutrients in their body fat and milk that are ultimately consumed by humans. In vitro and animal models show that the phenolics and triterpenoids derived from vegetables and fruits exhibit high anti-inflammatory activities as they are natural modulators of proinflammatory gene expressions.^{17,18}

WHY “PALEO”?

Paleolithic diet patterns have been shown in research to be inversely linked with all-cause and cause-specific mortality.¹⁹ Unlike other greens powders, PaleoGreens® does not include any grain-derived components (such as oat or pea fibers/particles) or alfalfa grass (which are common in many other greens powders) as there is ample scientific evidence pointing to the detrimental effects of grains’ and legumes’ allergenic components on the immune system.²⁰ Alfalfa contains a toxic element, the non-protein amino acid L-canavanine, an antagonist to L-arginine, which has been shown to aggravate autoimmune conditions.²¹

Medicinal Ingredients (per scoop/1 Tbsp/9 g):

Fruit and Vegetable Blend (*Beta vulgaris* (Beet), *Daucus carota* (Carrot), *Solanum lycopersicum*-Fruit (Tomato), *Vaccinium angustifolium*-Fruit (Blueberry), *Vaccinium macrocarpon*-Fruit (Cranberry), *Rubus idaeus*-Fruit (Raspberry), *Malus domestica*-Fruit (Apple), *Vaccinium corymbosum*-Fruit (Blueberry), *Brassica oleracea var. italica*-Sprout (Broccoli), *Brassica oleracea var. viridis*-Leaf (Kale), *Petroselinum crispum*-Leaf (Parsley), *Spinacia oleracea*-Leaf (Spinach), *Myrciaria dubia*-Fruit (Camu-camu), *Brassica oleracea var. Botrytis*-Sprout (Cauliflower), *Brassica oleracea var. viridis*-Sprout (Kale))..... **5.1 g (Lemon-Lime) / 5.6 g (Unflavoured)**

Spirulina (*Arthrospira maxima*-Whole).....1550 mg

Barley grass (*Hordeum vulgare*-Herb)..... 600 mg

Wheatgrass (*Triticum aestivum*-Leaf) 600 mg

Chlorella vulgaris (Broken cell)..... 250 mg

Grape (*Vitis vinifera*-Seed) (95% Polyphenols).....175 mg

Burdock (*Arctium lappa*-Root)58 mg

Nettle (*Urtica dioica*-Herb top)50 mg

Grape (*Vitis vinifera*-Skin, Fruit) (10% Resveratrol)..... 31 mg

Alpha-Amylase (*Aspergillus flavus var. oryzae*-Whole)15 mg (1500 FCC DU)

Cellulase (*Trichoderma longibrachiatum*-Whole).....15 mg (2700 FCC CU)

Lipase (Triacylglycerol lipase, *Candida rugosa*-Whole).....15 mg (3600 FCC LU)

Protease (*Aspergillus flavus var. oryzae*-Whole)15 mg (8700 FCC HUT)

Lemon-Lime Non-Medicinal Ingredients: Organic lemon lime flavours with other natural flavours, stevia leaf powder extract. **Unflavoured Non-Medicinal Ingredients:** None added. **Recommended Dose:** Adults: Add 1 scoop (1 Tbsp/9 g) to water, stir briskly and consume immediately once daily. Take with food. For prolonged use, consult a health care practitioner. Consult a health care practitioner for use beyond 3 months. Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Healthcare practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage.

REFERENCES

For a list of references cited in this document, please visit: <http://www.designsforhealth.com/techsheet-references/paleogreens-references.pdf>