



Green Protein

Plant-Based Protein with Phytonutrients French Vanilla Flavor

DESCRIPTION

Green Protein, available from Medical Wellness Associates, is a plant-based protein powder that contains 5 sources of protein from pea, chia, brown rice, flaxseed, and chlorella. Additional organic greens, soluble fiber, inulin, probiotics, enzymes, vitamins and minerals, along with a phytonutrient blend make this formula a nutritionally satisfying, great-tasting vanilla shake. The Spectra™ Phytonutrient proprietary blend of powdered fruits and vegetables contributes antioxidant activity, and has been clinically shown to support healthy levels of oxidative stress markers and cellular metabolic activity.† This formula is vegan, gluten-free, soy-free, and sweetened with Stevia.

FUNCTIONS

Dietary plant-based proteins provide essential and non-essential amino acids that support general daily protein requirements along with cardiovascular health benefits.† Vegan plant proteins tend to be higher in non-essential amino acids than most animal-derived food proteins, and as a result can support healthy blood glucose and lipid levels.† Additionally, studies show that a low-calorie, low-protein vegan diet supports healthy blood pressure, lipid, insulin, and CRP levels in comparison to an animal protein Western diet.†

The 5 sources of plant proteins in this formulation deliver different characteristics and nutritive benefits. Organic black chia seed (*Salvia hispanica*) provides a source of protein, fiber, antioxidants, essential minerals and B vitamins. Organic chlorella from algae, with a cracked-cell wall, has shown in studies to support liver detoxification, immune health, and DNA/RNA.† Organic milled golden flax seed is high in fiber and healthy omega-3 fatty acids. Pea protein isolate from yellow peas provides an excellent amino acid profile and naturally occurring minerals. Brown rice protein is from non-GMO sprouted brown rice with an amino acid profile similar to mother’s milk and well tolerated, making this an excellent alternative protein source to dairy or soy.

The fiber blend in this formula includes inulin, a prebiotic for gastrointestinal health and probiotic survival, and apple pectin is a soluble fiber to aid in bowel regularity and colon health.† *Bacillus coagulans*, also called *Lactobacillus sporogenes* is a spore probiotic with increased survivability through stomach acid and bile to proliferate beneficial bacteria and lactic acid in the intestines.† Vegetarian enzymes protease and hemicellulase are included in this formula to help digest the protein for nutrient assimilation. Organic green grasses of spinach, kale, alfalfa and spirulina provide key nutrients such as vitamins, minerals, phytosterols and antioxidants. Vitashine D3™ is vegan vitamin D from lichen, a plant-like source.

A healthy balance between levels of free radicals and levels of related oxidants is important for optimal health. Imbalances of free radicals, and potentially unhealthy levels of oxidants versus antioxidants are defined as oxidative and nitrosative stress. Ultra Protein Green contains a full color spectrum of 29 fruits, vegetables, and herbs that provide a high total ORAC antioxidant value. The Spectra™ Phytonutrient blend has been clinically studied in humans for support of healthy oxidative and nitrosative stress markers (free radicals), nitric oxide levels, and cellular metabolic activity.† Biological active phytochemical compounds including quercetin, vitamins, minerals, and a strong antioxidant capacity allow the Spectra blend to help support optimal health.

INDICATIONS

Green Protein is indicated for individuals that desire a vegan protein supplement for general health.

FORMULA (#57658P-619X)

One scoop (approx 30.9 g) contains:

Calories	115
Total Fat.....	2 g
Total Carbohydrates	7 g
Fiber	2 g
Protein	17 g

(Continued on reverse)

Vitamin A.....1,100 I.U.
(as Vitamin A Palmitate)
Vitamin C (as Sodium Ascorbate)..... 20 mg
Vitamin D-3 (as Cholecalciferol from lichen)..65 I.U.
Vitamin E (as D-Alpha Acetate).....5 I.U.
Vitamin K1 (as Phytonadione)..... 25 mcg
Thiamine (as Thiamine Mononitrate)..... 0.4 mg
Riboflavin..... 0.5 mg
Niacin (as Niacinamide) 7.5 mg
Vitamin B-6 (as Pyridoxine HCl)..... 0.6 mg
Folate (as L-Methylfolate, Metafolin®).....200 mcg
Vitamin B-12 (as Methylcobalamin).....0.6 mcg
Biotin10 mcg
Pantothenic Acid (Calcium Pantothenate)..... 2 mg
Calcium (Calcium Carbonate) 365 mg
Phosphorus (as Potassium Phosphate) 39 mg
Iodine (as Potassium Iodide).....50 mcg
Magnesium (as Magnesium Citrate) 100 mg
Zinc (as Zinc Citrate) 3 mg
Selenium (as L-Selenomethionine)16 mcg
Manganese (as Manganese Citrate) 0.6 mg
Chromium (as Chromium Citrate) 100 mcg
Molybdenum (as Molybdenum Citrate)25 mcg
Potassium (as Potassium Phosphate) 98 mg
Apple Pectin1,000 mg
Organic Alfalfa grass400 mg
Organic Spinach (*Spinacia oleracea*, leaf) ..50 mg
Organic Kale (*Brassica oleracea*, leaf).....50 mg
Organic Spirulina..... 200 mg
Bacillus coagulans.....1 Billion CFU
Protease 10,000 HUT
Hemicellulase800 HCU
Fiber Blend1,100 mg
(Inulin, pea fiber)
Spectra™ Phytonutrient Blend.....100 mg
Coffea arabica Extract (coffee cherry), Broccoli
sprout concentrate (seed), Green Tea Extract (leaf),
Onion Extract (bulb), Apple Extract (skin), Acerola
Extract (fruit), Camu Camu Concentrate (fruit),

Quercetin (flower), Tomato concentrate (fruit),
Broccoli concentrate (florete and stems), Acai
concentrate (fruit), Turmeric concentrate (root),
Garlic concentrate (clove), Basil concentrate (leaf),
Oregano concentrate (leaf), Cinnamon concentrate
(bark and stem), Elderberry concentrate (fruit), Carrot
concentrate (root), Mangosteen concentrate (fruit),
Blackcurrant Extract (fruit), Blueberry Extract (fruit),
Sweet Cherry concentrate (fruit), Blackberry
concentrate (fruit), Chokeberry concentrate (fruit),
Raspberry concentrate (fruit), Spinach concentrate
(leaf), Kale concentrate (leaf), Bilberry Extract
(fruit), Brussels sprout concentrate (edible head).
Other ingredients: **Plant-based Protein blend:** pea
protein, organic chia seed, brown rice protein, organic
flax seed and organic chlorella powder (cracked-cell),
natural French vanilla flavor and natural flavor, and
purified stevia extract.

SUGGESTED USE

Adults take one scoop daily mixed with 8-10 ounces
of water or other liquid. Blend well.

Warning: This product contains Vitamin K, which
interferes with the prescription drug Coumadin
(Warfarin). Consult your physician before taking this
product.

If you are pregnant, nursing, taking prescription
medications or have a medical condition, consult a
health care professional before use.

SIDE EFFECTS

No adverse side effects have been reported.

STORAGE

Store in a cool, dry place, away from direct light.
Keep out of reach of children.

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

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