



PURITY GREENS

CORRECT

Healthy liver & gut support



vita-sol.com
@vitasolskin



PURITY GREENS

Acne, eczema, psoriasis, hormonal imbalance, gut and liver support

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RRP \$72

30 serves

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Healthy liver & gut support

Organic greens

Wheatgrass, Barley Grass, Alfalfa Grass, Spirulina, Chlorella, Kale, Collard greens, Spinach, Green kiwi. Nutrients include - essential amino acids, vitamins and minerals such as beta carotene (pro vitamin A), B vitamins, vitamin C, omega 3, potassium, magnesium, calcium, iron, potassium.

Broccoli Sprouts

Broccoli sprouts are one of the most potent and nutritious foods on the planet. Nutrients include vitamins C, K, A (mostly as beta- carotene), a plethora of B vitamins, vitamin E, minerals – iron, calcium, magnesium, manganese, potassium, and zinc, along with omega 3 fatty acids and the amino acid tryptophan. **Broccoli sprouts contain up to 100 times more of the precursor to sulforaphane than mature broccoli.**

Inactivated Nutritional Yeast

Post biotic source of vitamins including B vitamins and magnesium and zinc.



- Sprout Blend
- Prebiotic Nutrients
- Vegan
- Gluten Soy, Dairy & Sugar free

Organic Sprout Blend – Amaranth, Quinoa, Millet, Buckwheat, Chickpea, Lentil, Adzuki, Alfalfa, Flax seed, Sunflower seed, Pumpkin seed, Chia seed, Sesame seed sprouts
Bio-genic nutrition using the life generating phase of plants. High in nutrients such as vitamins, minerals, amino acids and essential fats.

Organic Jerusalem Artichoke

Contains Inulin a naturally derived soluble fibre. Rich in soluble prebiotic fibre to support healthy digestion.

Acerola Cherry

One of the worlds richest sources of Vitamin C. A good source of nutrients including magnesium and beta carotene to support skin health.

Liver support

(Dandelion and Milk Thistle) herbal extract blend. Aids bile release, digestion and detoxification process.

Collard Greens

Protein, fibre, calcium and iron, very good source of vitamin B1, vitamin B6, choline and iron. Good source of vitamin E, copper, amino acids, magnesium, phosphorus, vitamin B5, folate, omega-3 fatty acids, niacin, vitamin B1 and potassium.



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Ingredients

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| Organic Greens blend (Wheatgrass, Barley grass, Alfalfa grass, Spirulina, Chlorella) |
| Organic Jerusalem Artichoke Inulin powder |
| Organic Sprouted Pea Fibre powder |
| Organic Collard Green powder |
| Organic Kale leaf Powder |
| Organic Spinach leaf Powder |
| Organic Liquorice root powder |
| Organic Broccoli Sprout powder |
| Organic Sprout blend (Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Chick Pea Sprout, Organic Lentil Sprout, Organic Adzuki Sprout, Organic Alfalfa Sprout, Organic Flax Sprout, Organic Sunflower Sprout, Organic Pumpkin Sprout, Organic Chia Sprout, Organic Sesame Sprout) |
| Organic Grape juice powder |
| Liver Support (Dandelion, Milk Thistle) herbal extract blend |
| Green Kiwi Fruit powder |
| Organic Ginger powder |
| Organic Rosemary powder |
| Organic Acerola powder |
| Natural Lime flavour |
| Inactivated nutritional yeast, Zinc powder |

Total 33 Active Ingredients



33
active ingredients





Treatments

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- Acne
- Keratosis pilaris
- Deep cleansing
- Lymphatic drainage
- Fat freezing
- Detox treatments
- PRP
- Post op/antibiotics – liver and gut support





Contra indications

- Potassium sparing BP meds
- SIBO – Be wary, start with $\frac{1}{4}$ of a teaspoon and build up tolerance
- Pregnancy and breastfeeding (unless medical consent)
- Ideally take away from tea and coffee
- When in doubt refer to a medical practitioner

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How to take



- 2 flat teaspoons every day in water or juice. Can be taken as a shot
- Can be mixed together, 1 heaped teaspoon (2 flat) of each. If sensitive start with a smaller dose.
- Add to smoothies

