

Universal Greens (Item #6804)

An Alkalizing & Energizing Whole Food Greens Formulation

What are Universal Greens?

Universal Greens are a combination of forty herbs, grasses, grains, fruits and vegetables that are formulated for easy assimilation. One of the more important ingredients included in Universal Greens is Tracite®, our own proprietary blend of full-spectrum, plant derived trace minerals. Tracite (Item #2031) has over 77 different trace minerals and elements that are necessary for experiencing a healthy and vibrant life. Because of its high fulvic mineral content, Tracite facilitates the absorption of nutrients directly into the cells, while the special blend of grasses and whole food nourishes and balances your body's pH levels.

What are some of the benefits of taking Universal Greens?

Universal Greens offer many health benefits, including alkalizing and energizing your body. Using Universal Greens regularly can assist in slowing down the aging process and can help to prevent disease. Drinking Universal Greens throughout the day can also help to stabilize blood glucose levels and assist in weight loss, while also whitening and freshening your teeth and breath. This is a foundational food supplement that will support, nourish and build every cell in the human body.

Other important information:

The key to getting the best results from Universal Greens is to sip on your drink throughout the day (between meals) until you have ingested approximately three to four quarts of water with Universal Greens added. Our bodies are seventy percent water and most people are chronically dehydrated without even knowing it. Chronic dehydration can lead to many health issues. If you are overweight, consider drinking an additional quart of water per day. A good daily guideline for water amount is one quart for every 50 pounds of body weight.

After you have had three to four quarts of Universal Greens, you may want to keep drinking the Universal Greens or just plain filtered/distilled/spring water with a few drops of fresh lime or lemon juice, along with our pH Primer Plus drops (Item #2433). When combined with Universal Greens, the pH Primer drops offers an added boost for further alkalizing and oxygenating the body.

Recommended dosage: 1 tsp. in 32 oz. of water two to four times daily.

Optional use: Sprinkle on top of any meal to enhance your green food intake. It also works well to mix Universal Greens into yogurt, rice-milk or soymilk.

Universal Greens is one in a series of Opti-Blends specifically created by Universal Formulas. The Opti-Blend concept is to provide engineered combinations of nutrients that address certain health goals, packaged in a way to provide a simple and convenient delivery of nutrients at their optimal ratio. Our uniquely designed blends reduce the need to take numerous different supplements to achieve outstanding results. With our exclusive use of natural ingredients, these blends offer a more consistent and cost effective approach to supplementation.

Tracite, with its unique molecular structure and overwhelming fulvic acid content, is being added to many Universal Formulas products. The result is even better assimilation of the many nutrients being offered. We call this enhancement the "Tracite Delivery System." Because of this superior delivery system, we are a leader in the supplement industry and proud of our product advancements.

WHAT YOU MAY ENCOUNTER WHILE TAKING UNIVERSAL GREENS

- ✓ You may notice you are less hungry and therefore will not eat as often as you used to. You probably don't need to eat as much as you used to either. Some of the "hunger pangs" that we feel are actually our bodies asking for more water. Try drinking a quart of Universal Greens the next time you feel "hunger pangs." Most of the time this will make your hunger disappear.
- ✓ You may notice your cravings for certain unhealthy foods will be reduced and you may actually begin to crave more healthy foods like salad greens and vegetables.
- ✓ Once your body has had time to alkalize, your body will start to rid itself of excess fat. If you stay dedicated to drinking 3-4 quarts per day, it is not unusual to lose 10-20 pounds in as little time as a month.
- ✓ You may notice an increase in your energy and you may notice you sleep better and deeper.
- ✓ When you continue to drink the greens everyday you may also notice your skin will begin to look incredible. Water structured with Universal Greens can dramatically enhance the skin.
- ✓ You may also begin to think more clearly and lose the mental fog that some people experience. As your thinking becomes clearer, your ability to handle stress may improve.
- ✓ When you begin to drink Universal Greens you may initially experience some detoxifying symptoms like diarrhea, flu-like symptoms or a feeling of tiredness. These may be signs that your body is expelling stored toxins.
- ✓ In general, your immune system may be enhanced and supported by Universal Greens.

Ingredients include: Alfalfa juice concentrate, Alfalfa leaf, Apple pectin, Barley grass, Barley juice extract, Black Walnut leaf, Blueberry leaf, Broccoli, Cabbage leaf, Carrot powder, Celery, Chicory powder, Citrus Bioflavonoids 50 percent, Cornsilk, Couch grass, Dandelion leaf, Garlic, Ginger root, Lecithin w/flow agent, Marshmallow root, Oat grass, Papaya leaf, Parsley leaf, Peppermint leaf, Queen of Meadow, Red Raspberry leaf, Rosehips, Rosemary leaf, Sage leaf, Slippery Elm bark, Soy sprout concentrate, Spearmint leaf, Spinach, Thyme leaf, Tomato fruit powder, Watercress, Wheat grass, White Willow bark, Wild Yam powder, Wintergreen leaf, Tracite (Fulvic shale powder with minerals and elements).

Ordering Information

Universal Greens (*Item #6804*) ½ pound wide-mouth container
(one teaspoon scoop included)

Conveniently Order On-line at: <http://UniversalFormulas.com/>

<p>Please DO NOT modify levels of any prescribed medication without first consulting your physician!</p>

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.