

# NutriDyn®

## Energy Fruits & Greens

### Energy Fruits & Greens Supplementation

Our bestselling product now contains a balanced energy boost and support for mental alertness with plant-based ingredients like green tea, gotu kola, and ginkgo biloba.\* Energy Fruits & Greens is the same easy-to-mix, delicious, nutrient-dense, and antioxidant-rich superfood formula. We combine 100% whole food concentrates with pre- and probiotics, a potent fiber blend, and digestive enzymes with the added health benefits of clinically validated herbal extracts and minerals to give an extra boost to your cognitive health and energy.\*

This innovative formula has numerous health benefits:

- Powerful antioxidant benefits\*
- Promotes energy and mental alertness\*
- Supports immune system function\*
- Naturally alkalizes the body\*
- Promotes healthy detoxification\*
- Supports healthy metabolism and lean body mass\*
- Supports healthy digestion and nutrient absorption\*
- Promotes a healthy gut microbiome and GI tract function\*
- Promotes overall health, well-being, and longevity\*
- Supports cognitive health and memory\*

### How Energy Fruits & Greens Works

#### Plant-Based Superfood Micronutrients for Immune Support\*

Energy Fruits & Greens derives its antioxidant power exclusively from nutrient-packed whole food concentrates that encourage efficient absorption and utilization by the body.\*<sup>1</sup> Our 100% whole food fruit and vegetable concentrates provide essential vitamins, minerals, and polyphenols to support the immune system against everyday free radical bombardment.\*<sup>2</sup> We also made sure to omit key allergens and preservatives which can wreak havoc on susceptible individuals.\*

The SuperFruitox and Vegetable Antioxidant Blends are packed with premium micronutrients that support immune health, satiety, natural detoxification, energy metabolism, and healthy digestion.\*<sup>3</sup>



For more information, visit: [www.nutridyn.com](http://www.nutridyn.com)

## How Energy Fruits & Greens Works Continued

### Balanced Energy and Mental Alertness with Green Tea, Gotu Kola, and Ginkgo Biloba\*

This formula enhancement to the bestselling Fruits & Greens supports cognitive health and energizes your day without the jitters commonly associated with caffeine.\* Green tea leaf extract provides a smooth release of plant-based caffeine, known for its ability to promote alertness and support concentration.\*<sup>4,5</sup> Gotu kola, revered for its cognitive-enhancing properties, supports brain function and mental clarity. Ginkgo biloba, with its long history of use in supporting healthy blood circulation, particularly to the brain, aids in memory and cognitive speed.\*<sup>6-10</sup> This dynamic trio is meticulously chosen for its synergistic effects on energy levels, mental clarity, and overall cognitive performance.\*

### Support Gut Health with Probiotics, Prebiotics, Fiber, and Digestive Enzymes\*

Energy Fruits & Greens includes a potent 4-strain blend of probiotics formulated to promote the growth of healthy bacteria in the GI tract.\* A healthy gut microbiome acts as a barrier against undesirable microbes and promotes the absorption of vital nutrients from food.\*<sup>3,11</sup> It also contains beneficial fibers that act as prebiotics to nourish the GI tract and provide sustained energy throughout the day.\*<sup>3</sup> In addition, we included essential digestive enzymes to support the proper absorption of nutrients from foods.\*<sup>12</sup>

## Supplement Facts

### BERRY

Serving Size: About 1 Scoop (11.69 g)

Servings Per Container: About 30

	Amount Per Serving	%DV*
Calories	45	
Total Carbohydrate	10 g	4%*
Dietary Fiber	2 g	7%*
Sugars	2 g	**
Protein	<1 g	
Vitamin C (as ascorbic acid)	99 mg	110%
Iron	6.17 mg	34%
Sodium	20 mg	1%

SuperFruitox Antioxidant Blend	2.86 g	**
Raspberry Fruit Extract, Black Raspberry Fruit Powder, Blackberry Fruit Powder, Papaya Fruit Powder, Plum Fruit Powder, Strawberry Fruit Powder, Cranberry Fruit Powder, Kiwi Fruit Powder, Watermelon Fruit Powder, Pomegranate Fruit Extract, Quercetin Dihydrate, Grape Seed Extract, Blueberry Leaf Extract, Acerola Berry Powder, Bilberry Fruit Extract, Black Cherry Fruit Extract, Organic Acai Berry Powder, Organic Pomegranate Fruit Powder, Organic Raspberry Fruit Powder, Bromelain, Organic Bilberry Fruit Powder, Organic Blueberry Fruit Powder, Lycium (Goji) Berry Powder, Mangosteen Fruit Powder, Noni Fruit Powder.		

	Amount Per Serving	%DV*
Digestive Enzyme and Probiotic Blend	2.4 g	**
Fructooligosaccharides, <i>Lactobacillus acidophilus</i> , Protease, Amylase, Lipase, Cellulase, Lactase, Papain, <i>Lactobacillus casei</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium breve</i> .		
Vegetable Antioxidant Blend	2.03 g	**
Carrot Root Powder, Beet Root Powder, Radish Root Powder, Purple Cabbage Leaf Powder, Japanese Knotweed Root Extract, Green Tea Leaf Extract, Ginger Root Powder, Turmeric Root Extract, Kale Leaf Powder, Kelp Powder, Chlorella Cracked Cell Wall Powder, Alfalfa Herb Powder, Spirulina Powder, Broccoli Head Powder.		
Fiber Blend	1.73 g	**
Oat Bran Powder, Apple Fruit Powder, Aloe Vera Leaf Powder, Prune Fruit Extract.		
Gotu Kola Powder (stem and leaf)	750 mg	**
Caffeine (from green tea leaf extract)	80 mg	**
Ginkgo Biloba Powder (leaf)	60 mg	**

**Other Ingredients:** Natural Flavors, Citric Acid, Stevia Leaf Extract, Luo Han Guo Fruit (Monk Fruit) Extract.

**Directions:** Mix 1 scoop in 8 fluid ounces of chilled water daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use.

#### References:

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\* 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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