

COMPLETE GREENS®



MAINTAIN A HEALTHY
DIGESTIVE TRACT

PROVIDE BENEFICIAL
PROBIOTIC ACTIVITY AND
NATURAL ENZYMES



PRODUCT SKU: 13140 | 60 SERVINGS
(TABLETS)

PRODUCT SKU: 13142 | 60 SERVINGS
(POWDER)

Why Choose Nutriclean Complete Greens?

A vegetable-rich diet is a great way to start looking, feeling and living better. But getting all the recommended is easier said than done. That's where Complete Greens can help. Offering more than 50 natural ingredients including green vegetable powders and natural grass fibers that are low in sodium, fat and calories, Complete Greens helps to maintain a healthy digestive tract, providing beneficial probiotics, nutrients and natural enzymes to the body's organs.

What are the recommended daily amounts of fruits and vegetables?

It is recommended that an individual consuming 2,000 calories per day include 1 cup (or two pieces) of fruit and 1½ cups of vegetables. A diet should include a variety of fruit and vegetables. For example, choose different vegetables several times a week from the vegetable subgroups, which include dark green, orange, legumes and starchy vegetables.

What are phytonutrients and where are they found?

The term phyto originated from a Greek word meaning plant. Phytonutrients are certain organic components of plants that are thought to promote human health. Fruits, vegetables, grains, legumes, nuts and teas are rich sources of phytonutrients.

What are enzymes needed for?

Our bodies use enzymes for processes such as digestion. Enzymes are the catalysts for all metabolic activities in the body, and without them, life would not be possible. Our bodies contain thousands of different types of enzymes, but most foods we eat are processed and cooked, which causes them to lose enzymes. We can obtain natural enzymes from fresh, raw foods like fruits and vegetables or from supplements like those included in Complete Greens.