



Superfood Greens and Reds (SKU 24001) PRODUCT TRAINING SHEET



PRODUCT BASICS

PRODUCT DESCRIPTION: Finally! There's clean, healthy, plant-based nutrition that tastes as good as you'll feel. Superfood Greens and Reds powder offers a blend of 16 fruit and vegetable powders, including the added power of tropical soursop, betaine, and a proprietary Glycan blend for an even healthier drink.

BENEFITS:

- Provides phytonutrients from 20 plant extracts, fruits and vegetables.
- Supports heart health.*
- Helps increase endurance and energy.*
- Supports performance and recovery after activity.*
- Supports healthy cortisol levels.*
- Helps support metabolism for weight management.*
- Supports cellular reproduction.*
- Provides prebiotic fiber.
- Supports healthy digestion and liver function.*
- Provides antioxidant support from vitamin C to fight free radicals.*
- Contains proprietary Glycan blend featuring AmbroGuard® arabinogalactan.
- Provides potent phytonutrients for general wellness and healthy cellular function.*
- Helps balance nutrition to support fat-loss.*†
- Helps provide nutritional benefits traditionally only available by eating a variety of fruits and vegetables.*
- Can help supplement your diet to aid satisfying your body's need for crucial phytonutrients.*

FEATURES:

- Suitable for low-carb or ketogenic diet
- Suitable for vegan/vegetarian
- Made with organic strawberry, raspberry, blueberry, tart cherry, elderberry, and cranberry
- Low glycemic
- Free from gluten, soy, dairy, MSG, preservatives, artificial colors, flavors or sweeteners, high fructose corn syrup
- Non-irradiated

SUPPORTING INFORMATION:

313 million Americans do not eat the daily recommended nutrition from fruits and vegetables daily. There is a large nutritional gap and Mannatech's Superfood Greens and Reds can help bridge this gap.¹

Many people enjoy cooked vegetables. Did you know that food preparation including cooking and draining can lead up to a 75% loss in nutrients compared to raw?²

WHAT MAKES THIS PRODUCT SPECIAL?

POINT OF CONVENIENCE:

One scoop daily provides a quick, delicious way to provide your family with the essential benefits of fruits and vegetables, in an energizing, clean and nutrient-rich drink.

WHO IS IT FOR?

- Primary: For anyone who falls short of getting their required servings of fruits and vegetables recommended for a healthy diet.
- Secondary: Anyone wanting to enhance water to make it a functional drink, boost a smoothie or to replace unbeneficial beverages such as soda.

WHAT MAKES IT UNIQUE?

Unlike most greens' products, this is a great tasting product that you can actually feel the benefits. Superfood contains some unique ingredients your average greens powders do not. Soursop is a powerful superfruit containing phytonutrients. Betaine, which is sourced from beet root, is well known as which is a robust amino acid. And finally, our proprietary Glycan blend featuring AmbroGuard®.

WHAT IT IS NOT:

- Superfood is not a multivitamin. It is focused on providing nutrients found in a colorful array of green and red plants to help meet your daily recommendation and provide energy.*
- Does Superfood Greens and Reds provide all the nutrients you need in your diet? No, Superfood is a great way to supplement your diet and to help where there is a nutritional gap.

TOP FAQ:

1. What is Superfood Greens and Reds?

Mannatech's Superfood Greens and Reds is a naturally strawberry-kiwi flavored drink mix that delivers energy, immunity + digestive health support in every scoop from a rainbow of phytonutrients that includes a blend of 20 plant extracts, fruits and vegetables.* Superfood contains soursop, betaine and our proprietary Glycan, for a unique blend that actually tastes as good as you'll feel!*

2. How is Superfood different from NutriVerus™?

NutriVerus is a savory way to make your meal more nutritious.* This comprehensive multi-vitamin, mineral and Glycan supplement supports overall wellbeing, healthy digestion, and your immune system in every scoop.*

Superfood is a refreshing, sweet functional drink mix to help fill the fruit and vegetable gap! Superfood Greens and Reds contains a phytonutrient-rich blend of 20 plant extracts, fruits, and vegetables, including Glycans in each serving to support energy, endurance, healthy cortisol levels and gut health.*

3. Is there fiber or protein in Superfood Greens and Reds?

Yes, it has both! There are .9 grams of fiber = 3% of your daily recommended value in every serving. The fiber blend can help impart a feeling of fullness while the prebiotic fiber works to help improve beneficial gut bacteria which in turn promotes a healthy gut microbiome and better digestion.* There are 2 g of plant protein = 4% of your daily recommended value in every serving!

4. Why was betaine specifically chosen as an ingredient?

The betaine in the Superfood formula is sourced from beet root. Betaine was chosen as an ingredient because it is a powerful amino acid which can support liver detoxification, heart health, help the body process fat and increase endurance.* It also helps the body process fat and supports healthy cortisol levels, as well as supporting endurance, energy and recovery after activity.* †

5. What is soursop?

Soursop (also known as graviola) is the fruit of *Annona muricata*, a broadleaf, flowering, evergreen tree, native to the tropical regions of the Americas and the Caribbean. Soursop is known as an ancient, powerful superfruit that contains powerful phytonutrients and fiber which can help immunity.*

6. What is the best time of the day to drink Superfood?

It's always the right time for extra fruits and vegetables! In the morning it can help refresh and hydrate to keep cortisol levels healthy as you start your day.* In afternoons or evening it can boost energy and endurance to push through the end of a busy day!*

DIRECTIONS: Add 1 scoop (6.4g) to 8 fl. oz. of cold water and mix well. Drink once a day.

†When taken in conjunction with a reduced calorie diet and exercise.

¹https://www.healthstatus.com/health_blog/pre-workout-supplement/americas-nutrition-gap-although-60-americans-report-eat-healthy-diet-94-fall-short-daily-recommendations/

²<https://nutritiondata.self.com/topics/processing>

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

Supplement Facts

Serving Size 1 rounded scoop (6.4 g)
Servings Per Container about 30

Amount Per Serving		% Daily Value
Calories	25	
Protein	2 g	4% †
Carbohydrates	4 g	1% †
Dietary Fiber	0.9 g	3% †
Vitamin C (ascorbic acid, acerola cherry (fruit) extract)	30 mg	33%
Calcium	33 mg	3%
Iron	0.5 mg	3%
Sodium	25 mg	1%
Betaine (as trimethylglycine)	2 g	**
Greens Blend spinach (leaf), soursop (leaf), broccoli (stem, floret), alfalfa (leaf), spirulina extract, kale (<i>leaf of Brassica oleracea</i>)	1.6 g	**
Reds Blend carrot (root), plum (prune) (fruit), pomegranate (fruit), strawberry (fruit), raspberry (fruit), blueberry (fruit), sour cherry (tart cherry) (fruit), <i>Sambucus</i> spp. (elderberry) (fruit), cranberry (fruit)	560.5 mg	**
Prebiotic Fiber/Glycan Blend isomalto-oligosaccharides, gum acacia, arabinogalactan ^s (from <i>Larix</i> spp. wood), gum tragacanth, Aloe vera extract (inner leaf gel) ^t	835.5 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.