

## FREQUENTLY ASKED QUESTIONS

# Organic Greens Booster



### WHAT IS ORGANIC GREENS BOOSTER?

Organic Greens Booster is a whole food supplement that provides the equivalent of one cup of raw, organic, nutrient-rich green vegetables (kale, spinach, and broccoli sprout) in every scoop.

### WHY USE ORGANIC GREENS BOOSTER?

Green vegetables provide phytonutrients essential for health, but many people don't eat enough green veggies – usually because they dislike the taste or aroma, or don't know how to prepare/cook them. This is especially true for vegetables that produce a sulphur-type aroma when cooked. Organic Greens Booster offers a convenient and healthy way for people to increase their intake of nutrient-rich green veggies.

### HOW DO I USE ORGANIC GREENS BOOSTER?

Add one scoop to your Life Shake or other beverage, or to food such as soups, stews, or pastas.

### CAN I ADD MORE THAN ONE SCOOP TO MY SHAKE OR FOOD?

Yes. You can add more than one scoop, if desired.

### HOW ARE THE VEGETABLES PROCESSED IN ORGANIC GREENS BOOSTER?

The vegetables are dehydrated in their purest forms, with all the dietary fibre intact.

### WHO CAN USE ORGANIC GREENS BOOSTER?

Organic Greens Booster is suitable for use by the entire family, with the exception of infants and toddlers. If you're taking a blood-thinning or another medication that requires limiting vitamin K intake or consumption of kale, spinach, or broccoli, please consult your health care practitioner.

### ARE THERE ANY SPECIAL STORAGE REQUIREMENTS FOR ORGANIC GREENS BOOSTER?

Store Organic Greens Booster in a cool, dry environment. Ensure that the lid is closed tightly to retain flavour and prevent caking.

### WHY IS THERE A DESICCANT IN ORGANIC GREENS BOOSTER?

The powdered, dehydrated organic green vegetables in this product may cake if there's too much moisture in the container.

### WHAT ARE PHYTONUTRIENTS, AND WHY DO WE NEED THEM?

Phytonutrients are nutrients naturally present in plants. They're beneficial to human health but are often deficient in people who don't eat enough vegetables and fruit in their daily diets.

### IS ORGANIC GREENS BOOSTER GLUTEN FREE, VEGAN, NON-GMO, AND KOSHER (STAR K)?

Yes.

### HOW MANY CALORIES ARE IN ONE SCOOP OF ORGANIC GREENS BOOSTER?

There are 10 calories per scoop.