

A Special Report That Reveals...

“How Simple & Delicious Breakfast Shakes Supply The Body’s Need For Vital Greens & Fruits To Help Improve Alkalinity, Help Reduce Body Fat And Prevent Nutrient Deficiency!”*



Keep reading this special report to find out if you and your family are suffering from nutrient deficiency and what you can do about it!

Inside this Special Report you’ll discover...

- How Missing Breakfast Causes A Fourfold Increase In The Risk Of Obesity!**
- How To Easily Fill Your Afternoon Nutrition Gap And Help You Lose Weight!**
- How Skipping Breakfast Can Lead To Low Energy, And Sugar Cravings!**
- How A Healthy Breakfast Has Been Shown To Improve Short-Term Memory!**

The Role Nutrients Have On Health!

With today’s busy lifestyles of eating on the run, skipping meals and fast foods, many of us do not get the balanced nutrition we need. Often, imbalanced eating leads to gaps in our nutrition that result in low energy, sugar and carbohydrate cravings, mood swings, weight gain and a host of other illnesses.

Why Is Breakfast So Important?

It is not a myth. Eating breakfast is an important part of attaining and maintaining a healthy lifestyle. The morning meal enables your body to refuel itself after enduring a nightlong fast or 10 hours or more.

It assists in re-energizing your body’s metabolism and providing sufficient amounts of energy and nutrients for you to survive the earliest part of the day. Remember, breakfast is the first

opportunity for you to replenish your body's exhausted energy reserves. Whatever you do, don't waste this opportunity!

While breaking the nocturnal fast is important, eating appropriately is just as essential. Eating a good breakfast, low in fat, and rich in dietary nutrients will mentally and physically set you up for anything the day may throw at you.

A Balanced Breakfast is A Must!



By choosing not to eat a well-balanced breakfast you may be putting your health in danger. Studies have shown that people who regularly skip breakfast are more likely to be overweight and have less energy than those who always eat breakfast. Research suggests that breakfast eaters are leaner, with one study reporting that missing breakfast was associated with a fourfold increase in the risk of obesity.

The consumption of a healthy breakfast has been shown to help improve short-term memory. People who regularly eat breakfast have less fatigue and lower cholesterol level than those who skip breakfast. Research has demonstrated that children who eat correctly at breakfast perform better in class and produce higher marks than those who do not.

If you want to have an improved, healthy body then it is vital to eat a nourishing breakfast. Research has shown that skipping breakfast causes a lowered metabolic rate, which means fewer calories burned throughout the day. Over time this has the potential to lead to an unhealthy Body Mass Index.

Why Are We Nutritionally Deficient?

Despite the abundance of food today, people are simply not meeting their nutritional needs. Extensive research clearly links a variety of chronic conditions to poor nutrition and, in fact, shows us that these factors are key elements in disease development. Poor nutrition is further complicated by such related issues as constant exposure to toxins, chemicals and our high-speed, high-stress lifestyles.

What Can We Do About It?

You have several choices that are delicious as well as nutritious! The *Greens First Wellness Shake (Greens First & Greens First Boost)* or the *Greens First Healthy Living Shake (Greens First, Dream Protein & Omega-3 First)* help to fill nutritional gaps by providing a great tasting, healthy fast food alternative that's low in calories but very high in nutritional value. These products are an easy, affordable and delicious way to improve energy, restore vitality and maximize your health!

Taste and feel the difference. Both the *Wellness Shake* and the *Healthy Living Shake* are nutrient dense supplement drinks that may help to:

- Increase Energy & Endurance
- Boost Immune Function
- Improve Digestion & Elimination
- Stabilizes Blood Sugar Levels
- Maintain Healthy Weight Management
- Improve Digestion & Elimination

A Healthy Fast Food Meal or Snack!

Both the Wellness Shake & the Healthy Living Shake are whole food supplements that were created to provide building blocks and fuel for every cell and organ in the body. Most people find they can thrive on a serving of either product for several hours.

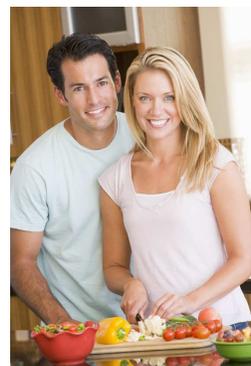
Reach Your Body's Highest Health Potential!

What is the Greens First Wellness Shake?



Mix & Match To Make The Greens First Wellness Shake With Vegan/Vegetarian Protein & More!

The **Greens First Wellness Shake** is a delicious nutritional drink that is made by mixing **Greens First®** (Original or Berry) together with either flavor of **Greens First Boost®** (Vanilla or Chocolate) 10-12 oz of pure, cold water. Shake & enjoy! **Greens First** provides the organic fruits and vegetables while **Greens First Boost®** provides all 3 Food Groups (vegetarian/vegan brown rice and vegetable pea protein, good carbohydrates & healthy oils) plus vitamins and minerals that your body needs to fuel up for the day. It's the perfect nutritious and delicious **“instant breakfast”** or an anytime **“energy booster”**!



Dangers Of Too Much Animal Protein

The importance of protein in a healthy diet is well known and widely understood, however the amount one needs to stay healthy is not. Research has shown that we don't need as much protein as previously thought. The recommended amounts of protein for adults has more than halved in the last 20 years.

Research published in the American Journal of Clinical Nutrition in 2008 shows the amount adults need is based on weight not age. The recommended daily allowance (RDA) for protein is 0.8 grams per kilogram of body weight which translates to about 54 grams a day for a 150 pound adult.

The U.S. Surgeon General's Report on Nutrition and Health in 1988 states; "The average man in the U.S. eats 175% more protein than the RDA's and the average woman eats 144% more." Chronic inflammatory conditions exist in millions of Americans who eat too much dietary animal protein.

Benefits Of Vegetarian Protein

"We now know that eating a low-fat, low protein diet high in complex carbohydrates from fruits and vegetables will help you lose weight. Plant protein is linked to lower blood cholesterol, lower rates of breast cancer, lower risk of cancers of the digestive tract and along with an active lifestyle result in a healthy weight." *The China Study; T. Colin Campbell, Ph.D., Professor of Nutritional Biochemistry; Cornell University*

The Wellness Shake - The Perfect Balance of Healthy Vegetarian Protein

The Wellness Shake includes a scoop of Greens First Boost which contains only the healthiest form of protein for your body. Our source is 100% non-GMO Brown Rice & Vegetable Pea Protein. These are safe, pure and easily digestible forms of protein that are readily absorbed by the body.

What Is The Greens First Healthy Living Shake?

The Greens First Healthy Living Shake – Hormone Free Whey Protein & More!

The Greens First Healthy Living Shake is a delicious meal replacement that combines all three food groups, low-fat protein, complex carbohydrates and healthy fats. The products help to create a low-glycemic response that helps balance blood sugar levels. The Healthy Living Shake provides a nutrient dense, calorie and carbohydrate restricted meal replacement, that helps achieve optimal vitality.



The Healthy Living Shake consists of Dream Protein, GreensFirst and a bottle Omega-3 First. Simply mix a scoop of Dream Protein and GreensFirst in 8 to 12 ounces of water or your favorite beverage and take 1 Omega-3 First softgel.

The Greens First Healthy Living Shake can be used as a...

- Daily nutritional supplement to maximize energy and optimize health
- Wholesome and complete “fast food” meal replacement or snack.
- Pre workout endurance enhancing drink to stabilize blood sugar levels, re-invigorate your entire body and prepare you for exercise.
- Post exercise energy boosting “recovery” drink that provides the perfect blend of antioxidants and amino acids to build and maintain lean body mass.
- Beneficial part of a weight management, detoxification-cleansing program when directed by your healthcare provider.

Whether you prefer **The Wellness Shake** (with Vegan Protein of Brown Rice & Vegetable Pea and More!) or the **Healthy Living Shake** (with 20 grams of pure, hormone-free Whey Protein & More!) we'll help you fill the gap between what you eat and what you should eat!

Healthy Never Tasted So Good!

To Learn More, visit www.greensfirst.com
Or Call us at 1-866-410-1818



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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.