

FROM THE DESK OF DR. NEIL LEVIN, DC

THE STORY BEHIND TRIPLE GREENS

Dr. Neil Levin,
Practicing Chiropractor and
Triple Greens Formulator



The Secret is in the Phytonutrients!

I recently completed a trip to the Mid-West states conducting field research at the Farm. Quality is crucial to me and I can confidently state our Triple Greens Formula contains the highest quality ingredients available, utilizing low temperature processing to preserve key enzymes and active ingredients. I have been fascinated with the research behind the rich array of phytonutrients found in fruits and vegetables for years. Here's why I believe reds and greens are one key secret to revitalizing our health: When we look at the healthiest, most long-lived cultures in the world there is one common denominator. The healthiest people in the world eat astounding amounts of **FRUITS & VEGETABLES!** Fruits and vegetables are packed with a dynamic arsenal of **PHYTONUTRIENTS, THE SECRET TO RADIANT HEALTH.**

Phytonutrients are the health promoting molecules that plants use to protect themselves from disease and the environment. When we eat fruits and vegetables these molecules go to work in our bodies fighting disease and free radicals. We need to follow the instructions of the The National Institute of Health, and get the recommended 7 to 9 servings of fruits and vegetables every day (7 servings for women, and 9



Dr. Levin inspecting the fields at the Farm

for men) in order to **support healthy energy levels, sharp memory, focus, sharpness of thought, strong immunity and healthy digestion and circulation.*** But only 4% of us are getting enough greens, and as a result our health suffers.

Phytonutrients & Your Dream House

Imagine that you are going to build your dream house. You hire an excellent contractor and he shows up to work on your house with his team but there is one big problem. There are not enough raw materials, not enough nails and plywood, and your dream house does not materialize. It's the same way with your body. Your body is an incredibly complex machine with **six trillion cells that perform millions of reactions a day.** It needs vitamins, phytonutrients and enzymes to eliminate waste, neutralize free radicals and pump blood filled with nutrients and oxygen through miles of vessels every day. This takes energy, nourishment and fuel – the phytonutrients can help.

*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.

The Secret is in the Phytonutrients! (continued)

That's Why I Invented Triple Greens

Years ago, when I was a student in Chiropractic school, I had more time. I regularly ate 9 servings of fruits and vegetables and juiced. Juicing was time consuming, and a big mess, but a nice distraction from the hours of studying. But when I got married, had kids and became a chiropractic physician, I just didn't have the time to juice anymore, and my energy and health declined.

So I began experimenting with the various green drinks on the shelf of the local health food store. First of all, they tasted awful, and second I never knew how many servings of greens that a scoop of the powder was equivalent to. Then one day it hit me! I was reading about a new test known as the ORAC assay.

What is ORAC?

What are Free Radicals?

ORAC stands for **Oxygen Radical Absorption Capacity**. It's an in vitro test that measures the power of a food or drink to neutralize free radicals. Free Radicals are harmful molecules that damage our cells and cause our skin to age. Free Radicals are linked to aging. They can damage our blood vessels, destroy our DNA and even cause cellular mutation. **Free radical damage** is also known as oxidative damage and it is similar to what happens to iron if left out in the rain for years. The metal rusts, weakens and breaks down. Free radicals are bad news and when they enter our bodies we need to neutralize them quickly.



Dr. Levin conducting field research at the Farm

The Department of Agriculture indicates we need about 9 servings of Greens **DAILY**, which equals 3150 ORAC units to fight aging. I realized that with this test I could now create a Greens Drink that could deliver the antioxidant power of 9 fruits and vegetables (3150 ORAC) every day, enabling people to live healthier lives! I also knew that if people were going to drink it regularly it had to taste good. I decided to bring my idea to Purity Products and together we have created **TRIPLE GREENS**,

the finest Greens Drink available.

The Antioxidant Power Of Over 9 Servings Of Fruits And Vegetables

Try to eat raw fruits and vegetables daily, but if you fall short there's Triple Greens. **Triple Greens has an ORAC score of 5000+ in every serving.** It is by far the most powerful Greens Drink, that we have tested. **Our closest competitor scored only 2000 ORAC per serving, and many score below 1000.** Please feel free to review our website at www.purityproducts.com to see a copy of the ORAC assay linked under Triple Greens. It is guaranteed to be at least 5000.

Why Do We Call It Triple Greens?

We had to include 3 key factors to make the finest greens drink available. Other Greens Drinks are not as comprehensive. Triple Greens contains the following:

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#1. HIGH ORAC FRUITS for healthy aging, strong vision, healthy radiant skin, healthy cell division and increased energy.* We included blueberries, strawberries, raspberries, grapeskin extract, papaya, pineapple, and bilberry extract. Blueberries are possibly nature's finest fruit. They have a very high ORAC value and are adept to reducing free radicals. Notice all of the bright colors. The colorful fruits have the highest concentration of health giving phytonutrients and powerful antioxidants.

#2. HIGH ORAC VEGETABLES critical for healthy aging, strong vision, healthy radiant skin, healthy cell division and healthy energy.* We included Broccoli, cauliflower, kale, spinach, parsley, celery and carrots. Again the deep dark greens and bright colors. These are nutrient dense vegetables that go to work enhancing health by giving the body the phytonutrients that it needs to properly perform its daily functions. For instance the luteins in spinach help support healthy vision.* The carotenes in carrots help to promote healthy cellular metabolism.* The monoterpenes in broccoli support healthy cholesterol.* Terpenoids from spinach and kale have been shown to support healthy arteries.*

#3. FIBER & FLAX - We included over 3 grams of soluble and insoluble fiber: soluble and insoluble fibers act to cleanse the blood, the intestinal tract, and the colon. This is crucial for healthy absorption of nutrients and elimination of waste.*



TRIPLE GREENS

JUICING

THE BEST INGREDIENTS FROM NATURE

Triple Greens is Power Packed With 40 Nutrients

- **Spirulina** contains over 100 vitamins, amino acids, enzymes and phytonutrients such as: chlorophyll, carotenes, and phycocyanin, (a nutrient found only in spirulina). Spirulina has more amino acids than beef, 10 times more bone-building amino acids than milk, and it's loaded with B-12, chromium, vitamin E, selenium and essential fatty acids.
- **Chorella** is the #1 selling food supplement in Japan. It contains high levels of chlorophyll, amino acids, enzymes, antioxidants, carotenes, and vitamins and mineral – especially zinc which is commonly deficient in the American diet.
- **Chorophyll** (the phytonutrient in plants which make them green) deodorizes, detoxifies and promotes natural healing by the body.*
- **Barley Grass, Wheat Grass & Alfalfa:** counterparts to the blue-green algae on land. These are nutrient power houses full of enzymes, chlorophyll, carotenes, vitamin C, minerals and dozens of phytonutrients. Why would you pay \$2.00 - \$3.00 for a shot of wheat grass juice in your local health food store when you can purchase Triple Greens for less than \$1.00 per day and receive a greater variety and quantity of nutrients?

TRIPLE GREENS VS. JUICING – COMPARISON CHART

Cost & Expense	Sugar and Carbohydrate Levels	Healthy Benefits of Green Tea	Over 40 Super Fruits and Greens	Clean Up / Convenience Factor
Affordable, less than \$1.00/day	Low Sugar and Low Carbs	Abundant levels of Green Tea	YES	EASY to store, no mess, no clean up
Often \$2.00/day	Higher Sugar and High Carbs	Difficult to juice wheatgrass, spirulina, green tea	NO	Cumbersome, messy, hard to keep fresh

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POWER PACKED TRIPLE GREENS ALSO INCLUDES....

- **Digestive enzymes:** What good is it to consume Mother Nature's finest foods if your digestive tract is incapable of breaking them down, extracting their valuable nutrients and absorbing them into your blood stream? That's why we add 7 different types of digestive enzymes to support your digestive system.
- **Probiotics:** Ever wonder what happens to the healthy flora (friendly bacteria) in your gut when it is challenged with antibiotics, or fungus, or yeast? That's when you need probiotics. That's why we added 13 billion total probiotic cultures including Acidophilus, Bifidus and Lactobacillus. These cultures re-populate your digestive tract with normal healthy flora to aid with absorption and digestion.*
- **Milled Flaxseed:** A great plant source of Omega-3 fatty acids. Your body needs them, your brain needs them and your immune system needs them for optimal function and most of us are deficient.
- **Green Tea extract:** (decaffeinated) Research indicates this powerful antioxidant increase immunity, promotes fat burning and a healthy metabolism.*
- **Quercetin and Tumeric:** Studies indicate these herbs act to support a healthy-inflammatory response.*
- **Milk Thistle:** To support a healthy liver.*
- **Aloe:** For its healing and gastrointestinal supporting properties.*

Purity  **Products**
Your Source For Evidence Based Nutraceuticals

TRIPLE GREENS CAPSULES & POWDER



DIRECTIONS

HOW TO TAKE TRIPLE GREENS

Triple Greens tastes great, and personally I add only cold water and ice when I make my own. The colder, the better. **Add two ice cubes** and mix a scoop with water in my Turbo Mixer, or mini-shaker, and it comes out as a **BLUEBERRY GREENS SMOOTHIE**. I use the Turbo Mixer. Many of my friends prefer to add a few ounces of their favorite fruit or vegetable juice. It's also great with Vanilla soy milk. My son Gory likes it with chocolate soy milk.

NOW TRIPLE GREENS – IN CAPSULES!

While most people find drinking Triple Greens enjoyable, there are some people who prefer Triple Greens in capsule form. **That's right – you can get the same high 5000 orac score in just 3 capsules!** There is less fiber and flax in the capsules though due to the limited space of our 3 capsule serving size. So, while I recommend the Triple Greens powder, the capsules are a great alternative. Either way you get your greens everyday. Take charge of your health and feel your best with Triple Greens!

Satisfaction Guaranteed

Order Line: 1-800-281-7781 (24 hours)

www.purityproducts.com

Mail: 200 Terminal Drive, Plainview, NY 11803

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