

VEGEGREENS CLEAN ENERGY

Key Benefits:

VegeGreens Clean Energy builds on the VegeGreen formula, with a wonderful array of greens and superfoods to support optimal health. With a combination of land and sea greens, medicinal mushrooms, antioxidant rich vegetables like beets, and liver-support nutrients such as turmeric, each scoop adds nutrient variety that one may not find in their typical diet. With the addition of a Clean Energy Blend (B vitamins, L-Theanine, Bacopa Leaf, and Caffeine from green coffee bean) that helps to improve energy.

Health Canada Claims:

VegeGreens Clean Energy's complex formula provides the following Health Canada approved claims:

- Source of digestive enzyme (s)
- Provides antioxidants
- Source of fungal polysaccharides with immunomodulating properties
- Used in Herbal Medicine as an anti-inflammatory to help relieve joint pain
- Used in Herbal Medicine to aid in digestion
- Used in Herbal Medicine as a liver protectant
- Promotes alertness and wakefulness
- Reduces tiredness and fatigue
- Enhances physical energy
- Helps support memory
- Helps support cognitive health
- Enhances motor and cognitive performance

Target Market

- Individuals looking to diversify and increase their intake of vegetables.
- Busy, on-the-go
- Looking for a refreshing way to boost energy

Cautions and Warnings:

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners, birth control medication or undergoing hormone replacement therapy (HRT). Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners. Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have diabetes. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have high blood pressure, glaucoma, and/or overactive bladder syndrome (detrusor instability). This product is not intended as a substitute for sleep. Avoid taking with health products or foods that contain caffeine and/or increase blood pressure (e.g. medications, coffee, tea, colas, cocoa, guarana, mate, bitter orange extract, synephrine, ocatopamine, ephedra, ephedrine). Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have gallstones, a bile duct obstruction, stomach ulcers or excess stomach acid. Do not use this product if you are pregnant, breastfeeding, or have a history of systemic lupus erythematosus.

References

1. Health Canada – Product Information, VegeGreens Clean Energy. Accessed 05/27/2021 at: <http://health-products.canada.ca/finhd/>.
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3. Calabrese, C., Gregory, W. L., Leo, M., Kraemer, D., Bone, K., & Chen, B. (2008). Effects of a standardized *Bacopa monnieri* extract on cognitive performance, anxiety, and depression in the elderly: a randomized, double-blind, placebo-controlled trial. *Journal of alternative and complementary medicine* (New York, N.Y.), 24(6), 707-714. <https://doi.org/10.1089/jamc.2008.0014>.
4. Karkou, P. D., Leong, S. C., Karlos, C. D., Shwai, N., & Asimakopoulos, D. A. (2011). Spirulina in clinical practice: evidence-based human applications. *Evidence-based complementary and alternative medicine: eCAM*, 20(1), 53-63. <https://doi.org/10.1093/ecam/hen058>.



Ingredient Highlights:

L-tyrosine: Multiple studies have demonstrated that L-tyrosine can help to prevent declined cognitive function under stressful, cognitively demanding conditions².

Bacopa: Studies indicate supplementing with Bacopa can improve cognitive performance³.

Spirulina: Research shows this sea alga has the ability to modulate immune functions and exhibits anti-inflammatory properties by inhibiting the release of histamine by mast cells⁴.

Ingredient and Directions:

Digestive Support Blend:

Cellulase (<i>Trichoderma longibrachiatum</i> , Whole)	250 FCC CU (11.25 mg)
Hemicellulase (<i>Trichoderma reesei</i> , Whole)	15 FCC HCU (15 mg)
Pectinase (<i>Aspergillus niger</i> , Whole)	10 Endo-PGU (10 mg)
Inulin (<i>Helianthus tuberosus</i> , Tuber)	700 mg
L-Tyrosine	250 mg
L-Theanine	20 mg

Plant Oils Blend:

Flaxseed Oil (<i>Linum usitatissimum</i> , seed)	50 mg
Sunflower Lecithin (<i>Helianthus annuus</i> , Seed)	900 mg

Mushroom Blend:

Reishi (<i>Ganoderma lucidum</i> , Fruiting body and Mycelium)	100 mg
Lion's Mane (<i>Herichium erinaceus</i> , Fruiting body and Mycelium)	100 mg
Chaga (<i>Inonotus obliquus</i> , Mycelium)	50 mg

Vegetable Blend:

Beetroot (<i>Beta vulgaris</i> , root)	150 mg
Carrot (<i>Daucus carota</i> , Root)	300 mg
Kale (<i>Brassica oleracea</i> var. <i>viridis</i> , Leaf)	300 mg
Spinach (<i>Spinacia oleracea</i> , Leaf)	300 mg
Broccoli (<i>Brassica oleracea</i> var. <i>italica</i> , Herb top)	300 mg
Alfalfa (<i>Medicago sativa</i> , Leaf)	900 mg
Chlorella (<i>Chlorella vulgaris</i> , Broken cell)	300 mg
Spirulina (<i>Arthrospira patensis</i> , Whole)	1,100 mg

Vitamins:

Vitamin B5 (Calcium D-pantothenate)	1.7 mg
Vitamin B6 (Pyridoxine hydrochloride)	5 mg
Vitamin C (Ascorbic acid)	90 mg

Herbs, Botanical Extracts & Phytonutrients:

Bacopa Extract	300 mg
(<i>Bacopa monnieri</i> , Herb top) 50% Bacosides	
Natural Caffeine from Green Coffee Beans	100 mg
Quercetin	30 mg
Turmeric Extract (20:1)	50 mg
(<i>Curcuma longa</i> , Rhizome) equivalent to 1000 mg of dry herb	
Bilberry Extract (4:1)	25 mg
(<i>Vaccinium myrtillus</i> , Fruit) equivalent to 100 mg of dry herb	
Milk thistle (<i>Silybum marianum</i> , Seed)	100 mg
Black Elderberry Extract (4:1)	25 mg
(<i>Sambucus nigra</i> subsp. <i>nigra</i> , Fruit) equivalent to 100 mg of dry herb	
Tart Cherry Extract (4:1)	25 mg
(<i>Prunus cerasus</i> , Fruit) equivalent to 100 mg of dry herb	

Non-Medicinal Ingredients: Acacia gum, stevia leaf extract, natural flavours, citric acid, calcium silicate.

