

# GIVING GREENS FAQs



## WHAT ARE THE VEGETABLES IN GIVING GREENS, AND WHY WERE THESE THE CHOSEN VEGGIES?

The veggies in Giving Greens are broccoli, carrot, tomato, beet, spinach, cucumber, Brussels sprouts, cabbage, celery, kale, asparagus, green bell pepper, cauliflower and parsley. These veggies were chosen based on a variety of root veggies, leafy greens and cruciferous veggies with high nutrient value, fiber, vitamins, minerals and phytonutrients.

## WHAT ARE THE FRUITS IN GIVING GREENS?

Immune-boosting acerola cherry, antioxidant-rich blueberry and goji berry — also known as the “happy berry” — make up our superfruit blend. These cherries and berries are determined to help you have the best day ever!

## WHAT ARE DIGESTIVE ENZYMES?

Digestive enzymes help your body properly and efficiently break down food, so that you receive all of the nutrients from it. Our premium enzyme blend includes highly active digestive enzymes that help your body unlock Giving Greens’ nutritive goodness.

## WHAT IS SPROUTED SEED NUTRITION?

Sprouted seeds are brimming with nutrition, and when harvested at the peak of the sprouting process, nutrition levels are maximized and healthy compounds are unlocked. Giving Greens contains the following forms of sprouted nutrition:

### Broccoli Sprouts

Broccoli sprouts are a nutritional powerhouse, packing 10 to 100 times more sulforaphane, a compound shown to promote detoxification and strengthen antioxidant power.

### Amaranth Sprouts

Amaranth is high in fiber and the essential amino acid lysine and contains as much as 12 to 17 percent protein.

### Millet Sprouts

Millet’s stellar nutritional profile, which includes manganese, phosphorus, magnesium and niacin (vitamin B3), ensures its place among the leading heart-healthy ingredients.

## HOW MUCH GIVING GREENS SHOULD I TAKE?

Add two scoops to 8 oz. water, blend and enjoy!

You may also consider taking an additional serving to get the benefits of high fiber.

Remember, you're taking the equivalent of 5 servings of veggies with a full serving of Giving Greens. Depending on your current intake of veggies and fruits, and if you are new to taking greens drinks, you may want to consider starting with 1 scoop and building up to 2 scoops over a few days.

## WHAT IS THE BEST TIME OF DAY TO TAKE GIVING GREENS?

Giving Greens is an ideal choice for breakfast on-the-go, a boost of energy during the afternoon slump, or a refreshing post-workout shake. Take it any time of day for optimal nutrition!

Giving Greens can be enjoyed cold or hot — as long as the temperature is no hotter than hot tap water, not to exceed 115°F (45°C).

## HOW OFTEN SHOULD I TAKE GIVING GREENS?

We recommend taking Giving Greens once per day.

## WHAT ARE THE KEY INGREDIENTS IN GIVING GREENS?

A rich base of spinach, alfalfa and chlorella provides vital phytonutrients, vitamins and minerals for optimum nutrition. Fresh sprouts from broccoli, amaranth and millet are harvested at their peak to ensure maximum benefits, providing all nine essential amino acids. Superfruits goji berry, blueberry and acerola combine with cinnamon to provide a naturally sweet flavor while giving you a happy antioxidant boost. And five highly active digestive enzymes help your body unlock all of the nutritive value within.

## WHAT IS CHLORELLA VULGARIS?

Chlorella Vulgaris is whole-plant cracked cell that offers detoxifying, immune and digestive support.

## NUTRIFII™ OPTIMALS ALSO HAS A VEGETABLE BLEND, SO WHY WOULD GIVING GREENS BE AN IMPORTANT ADDITION TO OUR NUTRITIONAL REGIME?

The Optimals contain plant extracts and whole food components because they provide co-factors that aid in the absorption of vitamins and minerals. Giving Greens is designed to provide phytonutrients, micronutrients, a wide array of antioxidants and the vegetable nutritional components that meet the U.S. Recommended Daily Allowance guidelines.

## CAN I TAKE GIVING GREENS WITH MY PRESCRIPTION MEDICATION?

Offering a diverse group of nutrient-dense veggies, Giving Greens is a nutrition powerhouse. If you are taking prescription medication, we recommend speaking with your healthcare provider before taking Giving Greens or starting any new nutritional regime.

## CAN I TAKE GIVING GREENS WITH OTHER VITAMINS OR NUTRITIONAL SUPPLEMENTS?

Yes, you can take Giving Greens along with your daily vitamins and nutritional supplements for optimal health.

## WHAT DOES GIVING GREENS TASTE LIKE?

Sweetened by nature with superfruits combined with coconut juice, notes of cinnamon and a hint of stevia and xylitol, Giving Greens has a naturally sweet and delicious flavor loved by kids and adults alike!

## **CAN I TAKE GIVING GREENS WHILE PREGNANT OR BREASTFEEDING?**

With 2 lbs. of vegetables in every serving, Giving Greens offers incredible nutritional support! However, if you are pregnant or breastfeeding, we recommend speaking with your healthcare provider before taking Giving Greens or starting any new nutritional regime.

## **CAN GIVING GREENS HELP ME LOSE WEIGHT?**

Giving Greens is a healthy and satisfying shake that can help you get the nutrition your body needs without added fats and sugars. With just 15 calories per serving, simply mix with water or blend in a smoothie and you've got the perfect companion to your weight management plan!

## **HOW CAN I PURCHASE GIVING GREENS?**

To purchase Giving Greens, visit [slenderiiz.com](http://slenderiiz.com) or contact your ARIIX Representative today!

## **WHAT DOES GIVING GREENS GIVE ME THAT REGULAR FOODS DO NOT?**

It's difficult to get the nutrition we need with our fast-paced, on-the-go lifestyle. Giving Greens provides 2 lbs. of veggies in every serving, plus fresh sprouted seed nutrition and enzymes to help improve digestive health — so you can give your body what it needs anytime, anywhere.

## **HOW SHOULD I STORE GIVING GREENS?**

Store in its sealed pouch in a cool, dry location.

## **WHAT CAN I MIX GIVING GREENS WITH?**

Mix Giving Greens with water or your favorite nut milk. For a creamier shake and an added boost of protein, mix with PureNourish™.

## **DOES GIVING GREENS CONTAIN SUGAR?**

Giving Greens is low glycemic and contains less than 1 gram of sweetener per serving, in the form of xylitol and stevia leaf extract.

## **WHY IS ACACIA GUM SO PROMINENT IN THE INGREDIENT LIST? WHAT PURPOSE DOES IT SERVE?**

Our greens product is very efficacious! Acacia gum serves as a thickener to blend all of the ingredients together. If you add all of the greens ingredients up, they far outweigh the acacia gum. It is also important to note that even the functional ingredients, such as gums and thickeners, were chosen for their beneficial qualities. For example, acacia gum is an excellent prebiotic, good for digestion and high in dietary soluble fiber.

## **IS GIVING GREENS SAFE FOR KIDS?**

We're not sure who loves it more — us, or them! Giving Greens is a safe, delicious and nutritious way to give kids the veggies their growing bodies need, without the fight!

## **IS GIVING GREENS SENSITIVE TO HEAT?**

Giving Greens can be enjoyed cold or hot — as long as the temperature is no hotter than hot tap water, not to exceed 115°F (45°C).

## **IS THERE CAFFEINE IN GIVING GREENS?**

No, there is no caffeine in Giving Greens.

## **IS GIVING GREENS GLUTEN FREE?**

Yes, Giving Greens is gluten free.

## **IS GIVING GREENS DAIRY FREE?**

Yes, Giving Greens is dairy free.

## **IS GIVING GREENS SOY FREE?**

Yes, Giving Greens is soy free.

## **IS GIVING GREENS NON-GMO?**

Yes, Giving Greens is non-GMO.