

# Super Greens

Our Naturopath's Tip-"**Super Greens is the best product to take for weight management and to improve energy and endurance**".

Synergy Super Greens is a synergistic blend of Nature's most nutrient dense green superfoods, Spirulina, Chlorella, Barley Grass and Wheat Grass. When we ask our customers what they like most about taking Super Greens the most common response is "I have more energy now!".

Synergy Super Greens provides a wide spectrum of highly bio-available whole food nutrients, balanced by Nature, that are absorbed more effectively than those found in synthetic formulations. It can contribute to your 5 + daily servings of vegetables in a convenient and affordable way.

When choosing a Super Greens brand, consider that meaningful amounts of a few potent ingredients may be significantly more beneficial than low amounts of a large number of ingredients.

**Spirulina** is a microscopic freshwater plant with a high content of easily absorbed and valuable nutrients. On a weight for weight basis, it is the most nutritious whole food known to humankind. For more detailed information on Spirulina,

**Chlorella** is also a microscopic freshwater plant that contains more chlorophyll than any other plant. It can help cleanse and detoxify the body. For more detailed information on Chlorella,

**Barley Grass** and **Wheat Grass** are green plants that are high in chlorophyll and fibre and contain a range of other important nutrients. They are highly alkalising green vegetables that can help counter the over-acidity of many processed foods. For more detailed information on Barley Grass. For more detailed information on Wheat Grass,