



My Green SUPREME

Lectin free Superfood • Organic • Gluten-free

FRESH APPLE 36-ingredients

30 Servings | Net Wt. 4.6oz (132g)



This 36-ingredient organic lectin free formula combines polyphenol-rich green superfoods with digestive & metabolic support blends. It is designed to help you maintain or regain your health, heal your gut & alkalize your system. The countless amount of minerals, vitamins, & vital substances from MyGreenSupreme will give you the building blocks you need to increase energy, better metabolism, digestive support, & youthful hair and skin. It has a refreshingly delicious apple flavor & is easily dissolved in your smoothie or in water.

Non-GMO • Lectin Free • Gluten-Free Sugar-Free • Soy Free • Organic • No Artificial Sweetener

SUPPLEMENT FACTS

Serving size: 4.4 grams
Amount per serving (mg) DV%

IMMUNE + CELL SUPPORT

Thiamin (cell growth, development)	1.5	100%
Riboflavin (normal cell growth & function)	1.7	100%
Niacin (lower cardiovascular risks)	20	100%
Vitamin B6 (central nervous system)	2	100%
Folate (healthy heart, cancer prevention)	0.4	100%
Vitamin B12 (helps blood cells)	0.006	100%
Biotin (supports metabolism)	0.3	100%
Panthenoic acid (blood & body energy)	0.01	100%
Selenium (supports immune system)	0.07	100%
Chromium (supports metabolism)	0.12	100%

GREENS

Spinach	150
Broccoli	150
Kale	100
Cinnamon bark	50
Gymnema sylvestre	50
Fennel seed	50
Mulberry leaf	80
Pine bark	50
Rhodiola rosea	50
Diindolylmethane	20
Berberine HCl	50

REDS

Red Beet root	50
Blueberry	50

METABOLIC SUPPORT

Green tea leaf extract	175
Ginger root	20
White tea leaf extract	175
Tumeric root	20
Bitter melon fruit extract	20
Black pepper	5

DIGESTIVE

Slippery Elm bark	100
Modified Citrus Pectin	750
Bromelain	400GDU

PROBIOTIC

3 billion CFU

Bacillus coagulans, Lactobacillus acidophilus, Bifidobacterium lactis, Lactobacillus Reuteri

OTHER INGREDIENTS

Natural green apple flavor, Stevia leaf extract, Monk fruit extract, Malic acid, Silicon dioxide, Calcium Sillicate

AlkalineDietGuy money back guarantee.
If you are not happy, get your money back.

1 month supply \$ 59.95

3 months supply \$159.95

6 months supply \$299.95

1. WHY LECTIN FREE?

Lectins like gluten are a class of plant proteins that bind to certain sugars in our blood, the lining of our gut and on our nerves. When they find a good spot to land, they cling to those cells, breaking down their ability to communicate with our immune systems. Then, they tear open the structure of cells that line our intestines. This perforation is the cause of Leaky Gut Syndrome, that can result in lots of unpleasant symptoms and autoimmune issues. Lectins may be a defense mechanism for plants to keep insects and animals from eating them. For humans though they act as "antinutrients," because they interfere with nutrient absorption and digestion.

As lectins increase inflammation in the body they are of many modern chronic diseases such as Arthritis, diabetes, celiac disease but also brain fog, digestive problems, skin issues and weight gain, just to name a few.

The lectin-free diet is a diet that removes all major sources of this protein, which is found mostly in plants, but also some dairy products and conventionally raised meats.

2. FOODS HIGH IN LECTIN

Beans & Legumes – Beans carry more lectins than any other food. Limit or better eliminate beans, peas, lentils, and other legumes or cook them in a pressure cooker (which destroys the lectin shield)

Some lectins hide in nuts – so it's best to cut out peanuts and cashews as well.

Grains – Most grains are lectin bombs, as well as gluten-free grain substitutes. It's best to limit grain intake. If you must, eat white flour over wheat.

Squash – An easy rule to remember is that any vegetable with seeds is actually considered a fruit. Such is the case with squash, pumpkins, and zucchini. The seeds and peels of these foods are full of lectins.

Nightshades – Nightshades are vegetables that include eggplant, any kind of pepper, potatoes, and tomatoes. The peels and the seeds of these plants contain loads of lectins, too. Make sure to peel and deseed them or pressure cook or ferment them. All these techniques reduce the amount of lectins.

Milk

Fruit – Limit the quantity of fruits you eat. It should be eaten like candy. Some is ok, but not too much.

3. YOUR LECTIN FREE DIET

Cooked tubers – Sweet potatoes, yucca, and taro root (are a great source of vitamins and minerals. That's because their roots have strong absorption abilities and draw water and minerals from the soil for nourishment. Also, they're also high in fiber that feeds your good gut bugs.)

Leafy Greens – Romaine, red & green leaf lettuce, kohlrabi, spinach, endive, butter lettuce, parsley, fennel, and seaweed/sea vegetables (are all great to add to a lectin-free diet. They are high in nutrients and incredible for your health. To boot, they are very filling, especially if you drizzle olive or avocado oil on them!)

Cruciferous & other great vegetables – Load up on broccoli, cauliflower, and Brussels sprouts. (And include these lectin-free veggies in your diet as often as you like: asparagus, garlic, celery, mushrooms, and onion. They are full of fiber and polyphenols.)
Avocado (– Now, avocado is a fruit, but it's actually okay to eat when ripe because it's essentially sugar-free! Not to mention, it's full of good fat and soluble fiber – key when trying to lose weight and absorb antioxidants.)

Olives and Extra Virgin Olive Oil (– Olive oil is filled with essential vitamins and minerals. For instance, it contains vitamin K, vitamin E, calcium, iron, sodium, and potassium. Furthermore, olive oil contains polyphenols and fatty acids.)

Meats: Pasture raised meats.

Support your body to keep your blood alkaline

Our body is a fantastic divine healing machine which is constantly buffering any "toxic" acidic generating foods, drinks, thoughts and emotions. But our body always pays a price for any "not healthy" behavior since our body takes minerals out of bones, skin, scalp and teeth to chemically neutralize toxins/acids. On the other hand we can increase wellness with healthy actions like love, great food and exercise.

German alkaline guru Dr Jentschura created a easy 3-step program:

1. Enjoy a green, organic and healthy diet with lots of veggies, salads and smoothies.

A supplement like "My Green Supreme" with over 30.000 vital substances increases your body's ability to chemically neutralize and excrete toxins and acids. Check out our website for other great organic and alkaline generating foods by Dr. Jentschura.

2. Enjoy alkaline foot/full baths to detox your body via a high pH-level. Dr Jentschura AlkaBath with 8 precious stones will pull out toxins/acids via the principle of Osmosis. Feel a great regeneration.

3. Enjoy Dr. Jentschura AlkaHerb tea with 49 organic herbs which softly cleanses your body.

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