



NATURE'S SUNSHINE

Ultimate Greenzone

GOOD FOR

Digestive System

Colon (Large Intestine)

Small Intestine

SIZE **369 grams**

ITEM # **1103**

SERVING **1 scoop**

SUPPLY **30 days**

DIRECTIONS FOR USE Mix 1 heaping scoop (12.3 g) in 8 oz of water or juice once daily.

— How the Key Ingredients Work

Ultimate Greenzone brings together a carefully chosen lineup of greens, seeds, and botanicals that work together to feed your body's natural defenses, support healthy digestion, and keep your energy and vitality on track. Every ingredient earns its place by nourishing the systems that matter most.

Spirulina — This blue-green algae is one of nature's most complete foods. Rich in iron, B vitamins, and a unique blue pigment called phycocyanin, spirulina helps support healthy red blood cell levels, feeds your body's antioxidant defenses, and has been shown in clinical studies to help curb appetite in overweight adults.

Chlorella — A tiny but mighty green microalga, chlorella is packed with iron, folate, and vitamin B12 to help keep red blood cells healthy. Studies in pregnant women show it can help reduce anemia risk. It also supports your body's natural antioxidant activity and has shown promising results for exercise endurance in clinical trials.

Spinach — One of nature's most celebrated leafy greens, spinach delivers iron and folate for healthy blood, plus lutein, beta-carotene, and vitamin C to help your body fight oxidative stress. Its natural nitrate content supports healthy blood flow, and research shows spinach compounds may help promote feelings of fullness and reduce cravings.

Broccoli — Broccoli brings a powerful plant compound called sulforaphane that helps switch on your body's own built-in antioxidant system. Clinical trials show broccoli sprout extract can support healthy blood sugar levels in people with type 2 diabetes, and a meta-analysis of 10 trials found it significantly reduced both systolic and diastolic blood pressure.

Kale — Kale is loaded with vitamins C and E, carotenoids like lutein and zeaxanthin, and quercetin — a flavonoid that supports healthy blood pressure. It's also one of the best food sources of vitamin K1, which plays an essential role in keeping your body's normal clotting process running smoothly. A daily kale powder study showed measurable blood pressure benefits after 8 weeks.

Beet — Beetroot is naturally rich in dietary nitrates, which your body converts into nitric oxide — a molecule that helps relax and widen blood vessels. Clinical studies confirm that beetroot juice can lower systolic blood pressure by up to 10 mmHg and improve endurance exercise performance, making it a favorite among athletes and heart-health enthusiasts alike.

Amaranth — This ancient pseudocereal is a standout source of iron and copper, with research showing regular consumption can raise hemoglobin levels and reduce anemia in children. Amaranth also contains a broad range of antioxidant plant compounds and has been studied for its ability to support healthy blood pressure and balanced blood sugar levels.

Quinoa — Quinoa is a complete protein source that also delivers iron, folate, magnesium, and potassium — a combination that supports healthy blood, balanced blood pressure, and steady energy. A year-long clinical trial found quinoa significantly reduced both systolic and diastolic blood pressure, and its protein-fiber combination helps promote lasting feelings of fullness.

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