



HEALTHFORCE SUPERFOODS®

PRODUCT EDUCATION SHEET

NUTRITION THE WAY NATURE INTENDED™

GREEN PROTEIN ALCHEMY™ AND ELITE GREEN PROTEIN™

Protein 101

The DNA and RNA inside our body's 10 trillion cells build an amazing diversity of protein molecules according to genetic guidelines. Next to water, protein is the most abundant substance in the human body.¹ Protein is an essential structural component for every type of body cell,² including muscles, skin, bones, organs, tendons, cartilage, and ligaments. There are also a variety of biologically active protein compounds in the body: enzymes,³ antibodies,⁴ hormones,⁵ neurotransmitters, lymph cells, cell-membrane receptors, and many more.

Proteins are long chain molecules containing carbon, hydrogen, oxygen, nitrogen and sometimes sulfur and phosphorus. To form protein molecules, these elements combine into amino acids which are joined by peptide bonds.⁶ When we eat protein, our digestive system breaks it down into the constituent amino acids, which are then used by the body to build protein molecules. Our bodies are constantly undergoing renewal and repair of dead and damaged cells. Amino acids are the most important nutrients needed for these rebuild and repair functions.⁷

Protein-Induced Acidosis

In the process of metabolizing dietary protein, the body produces phosphoric and sulfuric acids that must be buffered with alkalinizing minerals before they can be excreted in the urine.⁸ In addition, proteins contain substances known as purines (nucleic acid compounds) that are converted into uric acid in the body. Animal proteins are generally higher in the purines and sulfur-containing amino acids than vegetarian proteins. As a result, they generate significantly more acids in the body than vegetable-based proteins.^{9,10} At the same time, these high purine proteins can be low in utilizable alkalinizing minerals (e.g., calcium, magnesium, sodium, potassium, iron) that the body uses to buffer this acidity and consequently contribute to a state of metabolic acidosis, which can lead to such disease conditions as osteoporosis, kidney disease, cancer, heart disease, and many others.¹¹ Many alternative health care practitioners believe, in fact, that excess body acidity is the root cause of all degenerative disease.

In addition, metabolic acidosis is highly detrimental to optimum athletic performance.¹² Acidic muscle fibers fatigue very quickly and recover very slowly due to inability to neutralize and eliminate lactic acid buildup. Acidic tissue is also typically deficient in calcium,¹³ a mineral which is critical to muscle contraction and growth. Finally, acidic tissue is always associated with low oxygen levels¹⁴ and therefore poor energy production in cells.

Green Protein Alchemy vs. Protein Isolates

Protein isolates such as whey protein isolate and pea protein isolate are extremely popular due to their high protein content (over 90% protein).¹⁵ Since protein isolates are almost all protein, however, they generate high levels of acidity in the body with very little in the way of alkalinizing minerals to compensate/buffer. Protein isolates also lack the micronutrients that are required to properly metabolize protein in the body.

In contrast, the protein in Green Protein Alchemy and Elite Green Protein is from two superfoods, the blue green algae spirulina and the green algae chlorella, specifically grown and processed to ensure purity (Certificate of Analysis available upon request). These whole superfoods contain alkalinizing minerals and vitamins; thus, even with the small amounts of acidity produced due to their high protein content, spirulina and chlorella are highly alkalinizing foods. Green Protein Alchemy and Elite Green Protein also contain highly alkalinizing supportive leafy greens (alfalfa leaf, barley grass leaf juice, oat grass leaf juice, and dandelion leaf) making it a well-rounded alkalinizing protein formula.

There are generally two classes of protein supplements available to users. Either the protein powder contains just the protein(s) itself (from grains, legumes, seeds, or whey; no greens) or the protein powder comes with the addition of green foods in order to make it more convenient for the customer to get their greens and protein all in one serving. Green Protein Alchemy and Elite

Green Protein are unique in their fusion of ‘protein’ and ‘green food’ into one! With spirulina and chlorella as the protein sources, these products provide a more complex nutrient profile and wider array of benefits than just protein.

Green Protein Alchemy and Elite Green Protein are the *first ever* algae-based protein supplements on the market. Spirulina Manna™ and Chlorella Manna™ were their predecessors and inspirations, and these stand-alone products are excellent to have on hand, especially for salads, snack additions, or smoothies. While eating these algae in smaller amounts (for example, one teaspoon of spirulina powder sprinkled on a salad) does provide excellent *quality* protein, in order to get *quantity* that matches that of a protein supplement, a larger serving size is required than most recipes call for (1.5–2 tablespoons). This amount of spirulina and chlorella, in any combination, can be difficult for people to consume, largely due to the strong flavor. We found that with the addition of carefully selected herbs and plant synergists, it was possible to add larger amounts to a single serving drink and still have a pleasant taste. In higher serving sizes, spirulina and chlorella may also be a bit difficult for some to digest (this is one of the reasons these stand-alone products have smaller serving sizes) so many of the synergists were chosen specifically to mitigate this, assisting with better assimilation and reducing potential for digestive distress. Green Protein Alchemy contains low glycemic, naturally sweet carob pod and a touch of peppermint leaf, just enough to give the formula a clean, subtle minty finish without overpowering the formula. In parallel, Elite Green Protein contains low glycemic, naturally sweet mesquite pod and the perfect amount of ginger root, which together takes enjoying spirulina, chlorella, and moringa leaf (collectively, the protein base) and green leafy vegetables to a whole new dimension!

Below is an easy-to-read table summarizing the differences between the two proteins:

Difference Between Green Protein Alchemy and Elite Green Protein

Green Protein Alchemy	Elite Green Protein
Protein Base: Spirulina, Chlorella	Protein Base: Spirulina, Chlorella, Moringa Leaf
Carob Pod (sweet earthy, malty flavor)	Mesquite Pod (sweet molasses-like flavor with rich nutty and caramel hints)
Peppermint Leaf (Cooling)	Ginger Root (Warming)
Provides 14 g of Protein Per Serving	Provides 13 g of Protein Per Serving
---	Has additional Elite Performance Activators (Eleuthero, Ashwagandha, Milk Thistle Seed, Cordyceps, Schisandra)
Suitable for everyday use	Suitable for everyday use although some might like to cycle it due to the adaptogens

Furthermore, carob pod and peppermint leaf have been traditionally used by indigenous cultures for more than just flavor as both herbs are known to aid digestion and support the intestine’s ability to properly absorb nutrients from foods. Peppermint leaf, which is cooling, also serves to harmonize the other herbs in the formula. Peppermint contains essential oils with biologically active components (i.e., menthol, menthone) as well as phenolic constituents (rosmarinic acid¹⁶ and the flavonoids eriocitrin, luteolin and hesperidin) that serve as powerful antioxidants that help soothe and relax gastrointestinal tissue as well as the central and peripheral nervous system.¹⁷ Carob pod, a source of dietary fiber, largely insoluble (cellulose and hemicellulose),¹⁸ naturally contains polyphenols (e.g., gallic acid, tannins, flavonol-glycosides, and traces of isoflavonoids)¹⁹ which provides direct antioxidant effects.²⁰ These polyphenols are capable of reaching the colon where they can act on the gastrointestinal tract and maintain intestinal health.²¹

In parallel, mesquite pod (the delicious fruit of the mesquite tree, not the wood used for barbecuing ☺), and ginger root have been traditionally used by indigenous cultures²² for more than just flavor as both herbs are known to aid digestion and support the intestine’s ability to properly absorb nutrients from foods as well.²³⁻²⁵ Ginger root, a warming spice with many ethnomedicinal uses, serves to harmonize the other herbs in the formula. Ginger’s main functional compound, gingerols, and its associated gingerol analogs, shogaols, have been shown to exhibit antioxidant and gastroprotective effects.^{26,27} The flavonoid glycosides (apigenin 6,8-C-di-glycosides) present in mesquite pod have been studied for their contribution in modulating the digestion of carbohydrates in humans.²⁸

Green Protein Alchemy and Elite Green Protein both contain nopal cactus leaf (prickly pear cactus) which has been used for centuries by Mexicans as a valuable food resource as well as in their traditional folk medicine for nopal's nutritional beneficial properties mainly result from its high content in antioxidants (flavonoids, ascorbate), pigments (carotenoids, betalains), and phenolic acids.²⁹ Betalains are water-soluble antioxidant molecules which contain the red-violet betacyanins and the yellow-orange betaxanthins, excellent radical scavengers with an antioxidant activity 3–4 times higher than ascorbic acid, rutin, and catechin.³⁰ Nopal has been studied for its use as a functional food and prebiotic as it has been shown to be able to modify the gut microbiota, increase a known beneficial commensal bacterium which is a normal part of the gut's ecosystem, *Bacteroides fragilis*, and for its supportive role in liver health.³¹

Nopal has slow digesting fibers (mucilages, pectins)³² which create a sort of timed-release effect on the digesting of the protein and other nutrients in the formulas. The human body can only handle so much protein in one sitting so the timed-release-action increases the body's potential to absorb more of the protein and associated nutrients. Proper protein intake is never about ingesting high volumes of protein that can end up equating to low absorption and high excretion rates (which just stress the liver and kidneys). Rather, protein and all nutritional and water intake is about proper absorption. Ingestion and absorption are two distinct, fundamentally different concepts. You are not so much what you eat per se but what you absorb, assimilate, and release.

Green Protein Alchemy and Elite Green Protein are over 50% protein (14 g and 13 g per serving, respectively), with the rest of the formula being comprised of vitamins, minerals, antioxidants, power-packed phytonutrients, chlorophyll, supportive alkalizing greens, and seven digestive enzymes providing the cleanest fuel for every cell in your body which help to support health and optimum athletic performance.³³⁻³⁷ More importantly, the protein in the two algae are not only considered a complete protein, meaning they have all nine essential amino acids, but the algae protein comes in a naturally occurring predigested form making the amino acids super bioavailable³⁸⁻⁴⁰ taking this formula to a level way beyond anything else on the market. Effectively, Green Protein Alchemy and Elite Green Protein are an all-in-one food-based protein source **and** a green vegetable simultaneously making it the perfect protein supplement. This is a HealthForce SuperFoods® personal workout favorite. Simply put, Green Protein Alchemy and Elite Green Protein are the most hard-core, health promoting, performance-enhancing protein supplements ever produced!

Elite Performance Activators

The addition of plant adaptogens have been added to Elite Green Protein in order to enhance the formula's potency and functional use. Herbs have been used throughout history to enhance physical performance, and adaptogens are no exception. Briefly described, here is a list of the elite performance activators (adaptogenic tonics) that are included in Elite Green Protein:

Eleuthero Root Extract (*Eleutherococcus senticosus*)

Eleuthero root is a plant adaptogen (stress modifier) native to the Far Eastern part the Russian taiga in Siberia, and it is also found growing in habits in northern China, Korea, and Japan. Hands down, eleuthero root is the most studied adaptogen by far with Russia having conducted hundreds of clinical trials demonstrating improvement in mental alertness, energy, work output, and mental and physical performance.⁴¹ Studies show that Russian Olympic athletes had better stamina, increased oxygen uptake, improved performance and faster recovery.⁴² Eleuthero is well tolerated (men, women, teenagers, elderly) showing no side effects even when taken for long periods of time.⁴² Specific glycosides, eleutherosides, are the major compounds that are responsible for eleuthero's primary therapeutic activity.⁴²

Ashwagandha Root (*Withania somnifera*)

Ashwagandha is a highly revered plant adaptogen in India. In the Indian traditional Ayurvedic system of medicine, ashwagandha root is classified as a "rasayana" (tonic), meaning that it possesses longevity and revitalizing properties.⁴³ In experimental models, it has been shown to increase stamina during swimming endurance tests.⁴⁴ As an adaptogen, it has a normalizing effect on physiological functions addressing imbalances in the neuroendocrine and immune systems in already healthy people.⁴⁵ Ashwagandha plays a role in reducing reactive oxygen species and thus oxidative stress produced by physical and chemical stimuli.⁴⁶ In preclinical studies, this root has shown antioxidant and cardioprotective properties.⁴⁷

Milk Thistle Seed Extract (*Silybum marianum*)

For over 2,000 years, Europeans have used milk thistle seeds as an herbal treatment to support liver health. The active ingredient in milk thistle, silymarin, is a very strong antioxidant. Silymarin supports liver health through several different mechanisms: by acting as a direct antioxidant,⁴⁸⁻⁵⁰ by increasing the activity of metabolic antioxidant enzymes glutathione and super oxide dismutase (SOD),^{48,50,51} by improving the efficiency of both Phase I and Phase II detoxification,^{52,53} by binding with cellular membranes in our liver to protect them from chemicals and toxins,⁵⁴ and by increasing the rate of liver tissue formation through stimulation of protein synthesis.^{*48} Silymarin also shows promise in supporting the health of our skin when exposed to ultraviolet radiation.^{*55-57}

Cordyceps Fruiting Body Mushroom Extract (*Cordyceps militaris*)

Cordyceps militaris, known as Dong-Chong-Xia-Cao, is one of the most important medicinal mushrooms in Asia, having a long history of use in China. Experimental studies have shown that this mushroom has the ability to prolong exhaustive swimming times, decrease concentrations of serum lactic acid, urea nitrogen; and increase liver and muscle glycogen contents and the concentrations of serum superoxide dismutase, glutathione peroxidase, and catalase, suggesting that *C. militaris* could be used as an ally to support energy levels in already healthy people.^{*58} Cordycepin is thought to be *C. militaris*' main functional component exhibiting various bio-activities. Besides the well-researched 1,3-1,6 beta-glucans, the characteristic bioactive constituent cordycepin (3'-deoxyadenosine) has also been studied for its role it plays in immune regulation.⁵⁹ In a randomized control trial, *C. militaris* was found to be effective for enhancing cell-mediated immunity in already healthy male adults.^{*60}

Schisandra Berry Extract (*Schisandra chinensis*)

Schisandra berries and their respective seeds have a long history of folkloric use as an adaptogen in Russia, China, and other Asian countries. In traditional Chinese medicine, the fruit is considered a kidney-lung tonic, and in the Russian pharmacopoeia the seed extract is classified as an adaptogen. Schisandra's traditional Chinese use as a tonic include improving vitality, strength, endurance, and energy.⁶¹ An overview of the Russian research reveals that experimental "pharmacological studies have shown that schisandra increases physical working capacity and affords a stress-protective effect against a broad spectrum of harmful factors including heat shock, cooling [cold exposure], and swimming under load in an atmosphere with decreased air pressure".⁶²

Amino Acid Profile

Green Protein Alchemy v1.5

Amino Acid Profile	
Per 24 g Serving:	
Alanine	926 mg
Arginine	958 mg
Aspartic acid	1,286 mg
Cystine	131 mg
Glutamic acid	1,906 mg
Glycine	624 mg
Histidine♦	207 mg
Isoleucine♦Δ	672 mg
Leucine♦Δ	1,128 mg
Lysine♦	586 mg
Methionine♦	269 mg
Phenylalanine♦	562 mg
Proline	480 mg
Serine	590 mg
Threonine♦	610 mg
Tryptophan♦	201 mg
Tyrosine	557 mg
Valine♦Δ	706 mg

♦ Essential Amino Acid
Δ Branched-Chain Amino Acid

Elite Green Protein v2

Amino Acid Profile	
Per 24 g Serving:	
Alanine	874 mg
Arginine	840 mg
Aspartic acid	1,123 mg
Cystine	119 mg
Glutamic acid	1,584 mg
Glycine	590 mg
Histidine♦	172 mg
Isoleucine♦Δ	641 mg
Leucine♦Δ	1,013 mg
Lysine♦	523 mg
Methionine♦	240 mg
Phenylalanine♦	533 mg
Proline	485 mg
Serine	533 mg
Threonine♦	571 mg
Tryptophan♦	191 mg
Tyrosine	533 mg
Valine♦Δ	698 mg

♦ Essential Amino Acid
Δ Branched-Chain Amino Acid

Attributes Making Green Protein Alchemy and Elite Green Protein Next Level Protein Supplements

- World Health Organization designated spirulina as 'Food of the Future' because of its high protein content and rapid growth.⁶³ It is approved in Russia as 'Medicine food' for treating radiation induced effects, whereas NASA considered it as a 'Best food' for space travel, as its small quantity contains a range of nutrients.⁶³
- Spirulina stands out for being one of the richest protein sources (46–63%, dry matter basis) of photosynthesizing cyanobacterial origin having similar protein levels when compared to meat and soybeans.^{63,64} Moreover, its amino acid profile is considered as a high biologic value protein source.³⁸
- The cell wall of spirulina is devoid of cellulose and mainly composed of mucopolysaccharides which makes it easily digested and assimilated.⁶³
- Spirulina is one of the most potent sources of nutrition. It contains vitamins (vitamin C, beta carotene, vitamin E), various mineral substances (iron, calcium, phosphorus, magnesium, and trace minerals), essential fatty acids (gamma-linoleic acid, palmitic acid, linoleic acid, oleic acid, etc.), polysaccharides (rhamnose and glycogen), glycolipids and sulfolipids, enzymes (super oxide dismutase) responsible for quenching free radicals, and various pigments like phycocyanin, chlorophyll, and carotenoids.⁶³
- Spirulina, a valuable source of bioavailable non-heme iron,⁶⁴ has been used to support iron levels in already healthy individuals.^{*38,65} Green Protein Alchemy and Elite Green Protein contain 60% and 70%, respectively, of the Recommended Daily Value of iron. Microalgae, such as spirulina and chlorella, are functional iron nutritive fortifiers that can supply intestinal nanosized iron.^{66,67}
- Spirulina and chlorella contain exceptional amounts of chlorophyll and other compounds that help to build blood (hematopoiesis)⁶⁸⁻⁷⁴ especially red blood cells (erythropoiesis)^{75,76} in already healthy individuals and chlorophyll also serves to oxygenate the bloodstream.^{*77}
- Oxygenation of blood improves energy production in all body cells, and effectively supports the immune system.⁷⁸ Consequently, a drop in tissue oxygen levels to the point where oxygen demand exceeds supply (termed "hypoxia") leads rapidly to metabolic crisis and represents a severe threat to ongoing physiological function and ultimately, viability.⁷⁹
- Spirulina contains phycocyanin, an important light-harvesting pigment antenna protein⁸⁰ responsible for its blue pigment. Phycocyanin is a potent antioxidant that has been shown to have scavenging properties toward oxygen reactive species and thus exerts protective and supportive effects to kidney and liver cells in already healthy individuals, along with providing other benefits.^{*81}
- Spirulina is the highest known food source of gamma-linolenic acid (GLA), an important 18 carbon omega-6 polyunsaturated fatty acid (PUFA) of medicinal interest^{82,83} as GLA possesses antioxidative properties.^{84,85} Essential Fatty Acids (EFA), are unsaturated fatty acids essential for proper functioning of the human body. The most important EFA is GLA,⁸⁶ taking into context that it needs to be in the balanced ratios with the other EFAs. A diet devoid of EFAs leads to decreased growth, skin and kidney injury, and infertility.⁸⁶ GLA is a significant part of the structural fats that comprise human muscles and brain tissue.
- Spirulina and chlorella serve as whole prebiotic foods thus having a supportive effect in intestinal ecology in already healthy subjects.^{*87-90} In those with already healthy intestinal ecology, spirulina contributes to the preservation of the resident intestinal microflora, especially lactic acid bacilli and bifidobacteria, and also contributes to a decrease in the level of *Candida albicans*.^{*91} Modulation of the gut microbiota by diet could lead to healthier aging.^{92,93} According to Roberfroid et al., "By far the most important predominant populations of [microorganisms] are in the colon where a true symbiosis with the host exists that is a key for well-being and health."⁹⁴ They go on to state, "For such a microbiota, 'normobiosis' characterizes a composition of the gut 'ecosystem' in which micro-organisms with potential health benefits predominate in number over potentially harmful ones, in contrast to 'dysbiosis', in which one or a few potentially harmful micro-organisms are dominant, thus creating a disease-prone situation."⁹⁴
- Spirulina contains a novel sulfated polysaccharide named calcium spirulan (Ca-SP).⁹⁵ This polysaccharide is composed of rhamnose, ribose, mannose, fructose, galactose, xylose, glucose, glucuronic acid, galacturonic acid, sulfate, and calcium.⁹⁵ Ca-SP supports immune function in already healthy individuals.^{*95-98}
- Chlorella contains a unique phytonutrient known as Chlorella Growth Factor (CGF).^{99,100} CGF is a protein fraction enriched with vitamins, minerals carbohydrates, lipids, antioxidants, (e.g., carotenoids such as lutein), and fatty acids-carotenoid complexes (FACC). FACC is a complex of fatty acids such as

oleic and linoleic acids, and carotenoids such as canthaxanthin, neoxanthin, cryptoxanthin, and echinenone.¹⁰¹ CGF, along with chlorella's other important nutrients may support immune function in already healthy people.*¹⁰²

- Acetolysis and infrared analysis has indicated that sporopollenin is a component of the cell wall of *Chlorella sorokiniana* UTEX 1230¹⁰³ (formerly classified as *Chlorella pyrenoidosa* UTEX 1230).¹⁰⁴ This is significantly noteworthy because not all species of *Chlorella* have sporopollenin as part of the cell wall composition.^{105,106} In fact, world renowned Dr. Dietrich Klinghardt (M.D., Ph.D.) of Sophia Health Institute has affirmed that the *Chlorella vulgaris* species does not contain sporopollenin as part of its morphological cell composition (*C. vulgaris* is still wonderful to consume though).^{107,108} It is generally accepted that *C. vulgaris* has a unilaminar cell wall (thin wall) that lacks sporopollenin¹⁰⁹ whereas *C. sorokiniana* UTEX 1230 has a trilaminar cell wall (thick wall) with a rigid outer layer which clearly possesses sporopollenin.

Sporopollenin is a carotenoid (exact chemical structure is still unknown) biopolymer of limited natural occurrence among microorganisms and plants.¹¹⁰ Sporopollenin, a physically robust and chemically resilient cell wall component, comprising the outermost layer^{105,111} and resistant to enzymatic degradation,¹⁰⁶ is the first line of defense of *C. sorokiniana*, as it protects the vulnerable algal nutrient dense components against a wide range of harsh environmental conditions and assaults.¹¹¹ Thus, sporopollenin's functionality (adsorption capacities, polarity, microporosity, and structure) define it as a natural biosorbent.¹¹²⁻¹¹⁵ Sporopollenins are enriched with a multiplex of properties such that they can act as microcapsules (or simply as micron-sized particles)¹¹⁶ capable of loading a range of materials (via multi-directional nano-diameter sized channels)¹¹⁶ with different polarities (a variety of polar and non-polar).¹¹⁶ Acid and alkaline hydrolysis of sporopollenin (resistant cell wall component) revealed that it retained the therapeutic activity of the whole cells.¹¹⁰

Mackenzie et al. stated, "Sporopollenin is one of the most resistant natural organic materials known and has been described as 'one of the most extraordinarily resistant materials known in the organic world' and in the plural sense sporopollenins are probably the most resistant organic materials of direct biological origin found in nature and in geological samples" as intact microcapsules found in ancient sedimentary rocks [some 500 million years old].^{116,117}

Green Protein Alchemy and Elite Green Protein uses *C. sorokiniana* UTEX 1230 in their respective formulas as part of the protein base.

- Both protein formulas contain the electrolytes calcium, iron, sodium, and potassium vital for the normal functioning of the body.¹¹⁸⁻¹²⁰ Electrolytes carry an electric charge which is critical for allowing cells to generate energy, maintain the stability of their walls, and assist the blood in maintaining normal pH.
- Spirulina and chlorella are rich in nucleic acids (RNA and DNA),^{121,122} providing the building blocks for repair of our genetic material.¹²³ This helps support the functionality of all our cells in already healthy individuals.*¹²⁴
- Nopal cactus (prickly pear cactus) has been used for centuries in traditional Mexican folk medicine for its benefit in maintaining blood sugar stability in already healthy individuals.*¹²⁵⁻¹²⁷ Nopal contains potent antioxidants which support health in our liver¹²⁸⁻¹³¹ and immune system in already healthy subjects.*¹³²
- Nopal cactus helps the body form heat shock proteins (HSPs).^{133,134} HSPs are a family of proteins (chaperones) produced in response to a variety of stressors and to protect cells from damage.¹³⁵ Using compounds found in food (e.g. plant adaptogens) to selectively turn on and upregulate HSPs are new protective strategies in stress tolerance.¹³⁶ Upregulation of heat shock proteins (HSPs) is among the best studied mechanisms of the cellular stress response.¹³³ One mechanism of action is that there is an initial release of reactive oxygen species (hydrogen peroxide and/or superoxide anion), generated by the ingestion of the HSP-upregulating food.¹³⁶ The reactive molecules generated are the triggering factors responsible for causing the turning on of the stress proteins (e.g. HSP70).¹³⁶ Thus, inducers of HSPs are potentially important modulators of the innate immune system.¹³⁶
- Additionally, seven different digestive enzymes (protease, alpha-galactosidase, amylase, cellulase, lipase, bromelain, papain) have been added as part of the formulas to aid in digestion.
- The two formulas are free of soy, dairy, seeds, and nuts which can be common allergens.

*** This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Suggested Use:

These products are **very** cleansing, so start slowly with 1 teaspoon per day. Increase slowly to 2 heaping tablespoons per day, or as directed by a qualified health care professional. Consume with conscious, positive intent. This product is pure food. It will nourish your entire body in a way that only whole superfoods can.

How to Consume Green Protein Alchemy / Elite Green Protein:

Do not take so much that you find it unpalatable, as you will end up taking less and thus benefiting less! Mix into chilled, naturally structured water, fresh vegetable juices, coconut water, and smoothies. Add 1–2 tablespoons of freshly ground flax and/or chia seeds for extra nutrition. Can also be sprinkled on or mixed with foods (e.g., salads). If you experience temporary beneficial cleansing reactions that you find undesirable (such as loose bowels), reduce amount used to 1 teaspoon or less, and then increase slowly over several days or weeks to 2 heaping tablespoons. Enjoy in good health!

Suggested Adjuncts:

A whole food, organic diet with emphasis on high-water-content fresh, raw/live foods and cultured vegetables, healthy fats; naturally structured water, Vitamineral Green™ and Vitamineral Earth™, Liver Rescue™, Integrity Foods™ Schisandra, Turmeric Alchemy™ Adaptogen Tonic, Cacao Alchemy™ Adaptogen Tonic, exercise (try rebounding) and dancing, fresh air (get lots of plants), Earthing in a safe place, plenty of safe sun exposure, adequate sleep/rest in a low-EMF environment, breathing and quieting the mind, being heart-centered, and everything else that brings joy.

Elite Green Protein

Supplement Facts	
Serving Size: 2 heaping tablespoons (24g)	
Amount Per Serving	%Daily Value*
Calories	85
Total Fat	0g 0%
Total Carbohydrate	9g 3%
Dietary Fiber	2g 8%
Total Sugars	2g
Protein	13g 16%
Vitamin C	116mg 129%
Vitamin D	1.1mcg 6%
Calcium	110mg 8%
Iron	12.6mg 70%
Sodium	130mg 7%
Potassium	330mg 7%
Green Protein Complex 17,844 mg †	
• Spirulina Algae∞ • Chlorella Algae∞ • Moringa Leaf∞	
Whole Food Synergists 3,725 mg †	
• Mesquite Pod∞ • Ginger Root∞ • Nopal Cactus Leaf∞ • Dandelion Leaf∞ • Alfalfa Leaf∞ • Barley Grass Juice∞ • Oat Grass Juice∞ • Enzyme Blend∞ (Amylase, Protease, Bromelain, Lipase, Alpha-galactosidase, Cellulase, Papain)	
Elite Performance Activators 2,431 mg †	
• Eleuthero Root Extract∞ • Ashwagandha Root∞ • Milk Thistle Seed Extract∞ • Cordyceps Mushroom Extract∞ • Schisandra Berry Extract∞	
* Percent Daily Values are based on a 2,000 calorie diet † Daily Value not established	

∞Organic ∞TruGanic™

Green Protein Alchemy

Supplement Facts	
Serving Size: 2 heaping tablespoons (24g)	
Amount Per Serving	%DV*
Calories	90
Total Fat	1.5 g 2%
Saturated Fat	0.5 g 3%
Polyunsaturated Fat	0.5 g
Total Carbohydrate	6 g 2%
Dietary Fiber	3 g 11%
Total Sugars	1 g
Protein	14 g 18%
Vitamin A (100% as beta-carotene)	3,110 mcg 346%
Vitamin C	24 mg 27%
Calcium	80 mg 7%
Iron	10.8 mg 60%
Sodium	130 mg 6%
Potassium	400 mg 9%
From the Waters™ 20,203 mg †	
• Spirulina∞ • Chlorella∞	
From the Land™ 3,737 mg †	
• Carob Pod∞ • Peppermint Leaf∞ • Nopal Cactus Leaf∞ • Alfalfa Leaf∞ • Barley Grass Leaf Juice∞ • Oat Grass Leaf Juice∞ • Dandelion Leaf∞	
Digestive Enzyme Catalysts 60 mg †	
• Protease∞ • Alpha-galactosidase∞ • Amylase∞ • Cellulase∞ • Lipase∞ • Bromelain∞ • Papain∞	
* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.	

∞Organic ∞TruGanic™

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Additional Resources

Effect of *Arthrospira (Spirulina) maxima* Supplementation and a Systematic Physical Exercise Program on the Body Composition and Cardiorespiratory Fitness of Overweight or Obese Subjects: A Double-Blind, Randomized, and Crossover Controlled Trial
<https://doi.org/10.3390/md16100364>

An Attempt to Induce an Immunomodulatory Effect in Rowers With *Spirulina* Extract
<https://doi.org/10.1186/s12970-018-0213-3>

Double-blind Randomised Controlled Trial of the Independent and Synergistic Effect of *Spirulina maxima* With Exercise (ISESE) on General Fitness, Lipid Profile and Redox Status in Overweight and Obese Subjects: Study Protocol
<https://doi.org/10.1136/bmjopen-2016-013744>

Ergogenic and Antioxidant Effects of *Spirulina* Supplementation in Humans
<https://doi.org/10.1249/MSS.0b013e3181ac7a45>

Preventive Effects of *Spirulina platensis* on Skeletal Muscle Damage Under Exercise-Induced Oxidative Stress
<https://doi.org/10.1007/s00421-006-0263-0>

Effect of *Spirulina maxima* on Postprandial Lipemia in Young Runners: A Preliminary Report
<https://doi.org/10.1089/jmf.2011.0309>

Systematic Physical Exercise and *Spirulina maxima* Supplementation Improve Body Composition, Cardiorespiratory Fitness, and Blood Lipid Profile: Correlations of a Randomized Double-Blind Controlled Trial

<https://doi.org/10.3390/antiox8110507>

Chlorella Intake Attenuates Reduced Salivary SIgA Secretion in Kendo Training Camp Participants

<https://doi.org/10.1186/1475-2891-11-103>

The Effect of *Chlorella pyrenoidosa* Supplementation on Immune Responses to 2 Days of Intensified Training

<https://doi.org/10.1007/s00394-017-1525-9>

Salivary Secretory Immunoglobulin A Secretion Increases After 4-weeks Ingestion of Chlorella-Derived Multicomponent Supplement in Humans: A Randomized Cross Over Study

<https://doi.org/10.1186/1475-2891-10-91>

Changes in Salivary Flow Rate Following *Chlorella*-derived Multicomponent Supplementation

<https://doi.org/10.3164/jcfn.16-3>

Chlorella-derived Multicomponent Supplementation Increases Aerobic Endurance Capacity in Young Individuals

<https://doi.org/10.3164/jcfn.14-58>

Changes in Arterial Stiffness and Nitric Oxide Production with *Chlorella*-derived Multicomponent Supplementation in Middle-Aged and Older Individuals

<https://doi.org/10.3164/jcfn.15-86>