Organic Greens and Reds
Delicious Phytonutrient Powder

DESCRIPTION
Organic Greens and Reds, distributed by Douglas Laboratories, is a concentrated, all-natural blend of organic grasses, fruits and vegetable powders that can mix in water or other liquids to make a delicious, healthful drink.

FUNCTIONS
Organic Greens and Reds powder is a healthful supplement for those who wish to supplement their diet with this concentrated phytonutrient blend of grasses, vegetables and botanicals. Cruciferous vegetables such as broccoli and cauliflower, offer protective sulforaphane compounds known for their ability to induce phase 2 detoxifying enzymes. This product contains a wide assortment of organic fruits including raspberry, strawberry and blueberry to provide potent antioxidant protection. It also supplies 400% of the Daily Value for Vitamin C. In addition, fiber from flax seed and digestive enzymes are included to support overall gastrointestinal health.

Measuring Antioxidant Activity – The Oxygen Radical Absorbance Capacity
The oxygen radical absorbance capacity (ORAC) assay is a method for quantifying the antioxidant strength of substance (i.e. its ability to fight free radicals). The method was developed in part at the USDA Human Nutrition Research Center on Aging at Tufts University. The measurement is standardized against a water-soluble vitamin E derivative (called Trolox) which has a known ORAC value, and is reported in terms of Trolox equivalents (μmole TE). This method serves as an excellent way to quantify the ability of various compounds to quench free radicals. ORAC values have been measured for many fruits and vegetables as well as numerous plant extracts. For example, a single serving (1/2 cup) of fruits and vegetables yields an ORAC value between 600 – 800 μmoleTE. Based on the recommendation that we should be consuming nine to thirteen servings of fruits and vegetables a day, one can tell that the ORAC value of a healthful diet would be quite high. ORAC value for Organic Greens and Reds is approximately 3,000 μmoleTE per serving which is the ORAC equivalent of 3-4 servings of fruits and vegetables. While dietary supplements do not take the place of a healthy, well-balanced diet, Organic Greens and Reds can serve as an excellent way to help meet the daily fruit and vegetable serving recommendations.

INDICATIONS
Organic Greens and Reds may be a useful dietary supplement for individuals wishing to supplement with a healthful combination of phytonutrients.

FORMULA (#57402)
8 grams (1 scoop) contains approximately
Calories..........................................................23
Carbohydrates..................................................5.8 g
Vitamin C (ascorbic acid).................................240 mg
Organic Proprietary Blend.................................8 g
Providing:
Green Foods
Organic Greens and Reds
Delicious Phytonutrient Powder
With Organic Flavors (Vanilla and Strawberry), Organic Stevia Extract and Citric Acid, organic maltodextrin
and/or manioc starch, silicon dioxide, organic rice, and sunflower lecithin.

*This product contains no gluten, dairy, soy, or artificial ingredients.

SUGGESTED USE
As a dietary supplement, adults take 1 serving per day, mixed in 8-10 ounces of water or other liquid.
Blend well.

SIDE EFFECTS
No adverse side effects have been reported.

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES
Yong LC, Petersen MR, Sigurdson AJ, Sampson LA, Ward EM. High dietary antioxidant intakes are
Nov;90(5):1402-10.
Lin LZ, Harnly JM. Identification of the phenolic components of collard greens, kale, and Chinese broccoli. J
Fujii H, Noda T, Sairenchi T, Muto T. Daily intake of green and yellow vegetables is effective for maintaining
Crinnion WJ. Organic foods contain higher levels of certain nutrients, lower levels of pesticides, and may
Ou B, Hampsch-Woodill M, Prior RL. Development and validation of oxygen radical absorbance activity using

For more information on Organic Greens and Reds visit douglaslabs.com

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.