

## GIVING GREENS™ FAQs



### HOW MUCH GIVING GREENS SHOULD I TAKE?

Add two scoops to 8 oz. water, blend and enjoy!

You may also consider taking an additional serving to get the benefits of high fibre.

Remember, you're taking the equivalent of 5 servings of veggies with a full serving of Giving Greens. Depending on your current intake of veggies and fruits, and if you are new to taking greens drinks, you may want to consider starting with 1 scoop and building up to 2 scoops over a few days.

### WHAT IS THE BEST TIME OF DAY TO TAKE GIVING GREENS?

Giving Greens is an ideal choice for breakfast on-the-go, a boost of energy during the afternoon slump, or a refreshing post-workout shake. Take it any time of day for optimal nutrition!

Giving Greens can be enjoyed cold or hot — as long as the temperature is no hotter than hot tap water, not to exceed 115°F (45°C).

### HOW OFTEN SHOULD I TAKE GIVING GREENS?

We recommend taking Giving Greens once per day.

### WHAT DOES GIVING GREENS TASTE LIKE?

Sweetened by nature with super fruits combined with coconut juice, notes of cinnamon and a hint of stevia and xylitol, Giving Greens has a naturally sweet and delicious flavour loved by kids and adults alike!

### WHAT ARE THE KEY INGREDIENTS IN GIVING GREENS?

A rich base of spinach, alfalfa and chlorella vulgaris from whole-plant cracked cell provides vital phytonutrients, vitamins and minerals for optimum nutrition. Fresh sprouts from broccoli, amaranth and millet are harvested at their peak to ensure maximum benefits, providing all nine essential amino acids. Super fruits goji berry, blueberry and acerola combine with cinnamon to provide a naturally sweet flavour while giving you a happy antioxidant boost. And five highly active digestive enzymes help your body unlock all of the nutritive value within.

### WHAT ARE THE VEGETABLES IN GIVING GREENS, AND WHY WERE THESE THE CHOSEN VEGGIES?

The veggies in Giving Greens are broccoli, carrot, tomato, beet, spinach, cucumber, Brussels sprouts, cabbage, celery, kale, asparagus, green bell pepper, cauliflower and parsley. These veggies were chosen based on a variety of root veggies, leafy greens and cruciferous veggies with high nutrient value, fibre, vitamins, minerals and phytonutrients.

## WHAT ARE THE FRUITS IN GIVING GREENS?

Immune-boosting acerola cherry, antioxidant-rich blueberry and goji berry — also known as the “happy berry” — make up our super fruit blend. These cherries and berries are determined to help you have the best day ever!

## WHAT IS SPROUTED SEED NUTRITION?

Sprouted seeds are brimming with nutrition, and when harvested at the peak of the sprouting process, nutrition levels are maximized, and healthy compounds are unlocked. Giving Greens contains the following forms of sprouted nutrition:

### Broccoli Sprouts

- o Broccoli sprouts are a nutritional powerhouse, packing 10 to 100 times more sulforaphane, a compound shown to promote detoxification and strengthen antioxidant power.

### Amaranth Sprouts

- o Amaranth is high in fibre and the essential amino acid lysine and contains as much as 12 to 17 percent protein.

### Millet Sprouts

- o Millet’s stellar nutritional profile, which includes manganese, phosphorus, magnesium and niacin (vitamin B3), ensures its place among the leading heart-healthy ingredients.

## WHAT IS CHLORELLA VULGARIS?

Chlorella Vulgaris is whole-plant cracked cell that offers detoxifying, immune and digestive support.

## WHAT ARE DIGESTIVE ENZYMES?

Digestive enzymes help your body properly and efficiently break down food, so that you receive all of the nutrients from it. Our premium enzyme blend includes highly active digestive enzymes that help your body unlock Giving Greens’ nutritive goodness.

## CAN I TAKE GIVING GREENS WITH MY PRESCRIPTION MEDICATION?

Offering a diverse group of nutrient-dense veggies, Giving Greens is a nutrition powerhouse. If you are taking prescription medication, we recommend speaking with your healthcare provider before taking Giving Greens or starting any new nutritional regime.

## CAN I TAKE GIVING GREENS WITH OTHER VITAMINS OR NUTRITIONAL SUPPLEMENTS?

Yes, you can take Giving Greens along with your daily vitamins and nutritional supplements for optimal health.

## CAN GIVING GREENS HELP ME LOSE WEIGHT?

Giving Greens is a healthy and satisfying shake that can help you get the nutrition your body needs without added fats and sugars. With just 15 calories per serving, simply mix with water or blend in a smoothie and you’ve got the perfect companion to your weight management plan!

## CAN I TAKE GIVING GREENS WHILE PREGNANT OR BREASTFEEDING?

With 2 lbs. of vegetables in every serving, Giving Greens offers incredible nutritional support! However, if you are pregnant or breastfeeding, we recommend speaking with your healthcare provider before taking Giving Greens or starting any new nutritional regime.

## IS GIVING GREENS SAFE FOR KIDS?

We’re not sure who loves it more — us, or them! Giving Greens is a safe, delicious and nutritious way to give kids the veggies their growing bodies need, without the fight!

## **HOW CAN I PURCHASE GIVING GREENS?**

To purchase Giving Greens, visit [slenderiiz.com](http://slenderiiz.com) or contact your ARIIX Representative today!

## **WHAT DOES GIVING GREENS GIVE ME THAT REGULAR FOODS DO NOT?**

It's difficult to get the nutrition we need with our fast-paced, on-the-go lifestyle. Giving Greens provides 2 lbs. of veggies in every serving, plus fresh sprouted seed nutrition and enzymes to help improve digestive health — so you can give your body what it needs anytime, anywhere.

## **IS GIVING GREENS SENSITIVE TO HEAT?**

Giving Greens can be enjoyed cold or hot — as long as the temperature is no hotter than hot tap water, not to exceed 115°F (45°C).

## **HOW SHOULD I STORE GIVING GREENS?**

Store in its sealed pouch in a cool, dry location.

## **WHAT CAN I MIX GIVING GREENS WITH?**

Mix Giving Greens with water or your favourite nut milk. For a creamier shake and an added boost of protein, mix with PureNourish™.

## **IS GIVING GREENS GLUTEN FREE?**

Yes, Giving Greens is gluten free.

## **IS GIVING GREENS DAIRY FREE?**

Yes, Giving Greens is dairy free.

## **IS GIVING GREENS SOY FREE?**

Yes, Giving Greens is soy free.

## **IS GIVING GREENS NON-GMO?**

Yes, Giving Greens is non-GMO.

## **DOES GIVING GREENS CONTAIN SUGAR?**

Giving Greens is low glycaemic and contains less than 1 gram of sweetener per serving, in the form of xylitol and stevia leaf extract.

## **IS THERE CAFFEINE IN GIVING GREENS?**

No, there is no caffeine in Giving Greens.

\*Not currently available for resale outside the Australia (NFR).