

ALL NEW!
PLANT-BASED ESSENTIALS

KETO
APPROVED

**NORTH
COAST
NATURALS™/MC**

ULTIMATE DAILY GREENS™/MC

- ▲ A supreme mix of 48 superfoods
- ▲ Concentrated superfruits, land & sea greens
- ▲ Includes Saskatoon berry and phytoplankton
- ▲ Pre & probiotic support
- ▲ Highly alkalizing
- ▲ No gluten, soy or pollen containing ingredients
- ▲ Tastes refreshingly great



A single fruit or vegetable alone cannot provide all that we need. Humans need a diverse, phytonutrient-rich diet that provides the full rainbow of colours found in vegetables and fruits. Phytonutrients are plant-based compounds that are known to play an important role in human health and offer powerful antioxidant protection. Each antioxidant-rich serving of Ultimate Daily Greens™ can help neutralize the damaging effects of free radicals while also providing a highly alkalizing blend that helps the body restore its optimal acid/alkaline balance. The addition of red marine algae not only contributes to the already alkalizing blend but is also very mineral rich. Studies demonstrate that isolated plant compounds can never replace the synergy that exists in whole plants. Our superfood blend provides the goodness of whole foods, not just individual plant chemicals isolated in a lab. You can't beat Mother Nature. We carefully craft our formula in small batches to ensure that each ingredient maintains its purity and potency.



NON-GMO



NATURAL



VEGAN

Direct from our 2 (BC & Ontario) warehouses  72 hours coast to coast

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ALL NEW!

NATURAL FOOD BASED NUTRITION

**NORTH
COAST
NATURALS**™/MC

We're Not Meeting the Suggested Daily Intake of Fruits and Veggies

Most of us only consume 1/3 of the recommended daily intake of vegetables and fruits suggested by health professionals. All too often we don't consume enough of the health-promoting nutrients found in fruits and vegetables but instead reach for highly processed and nutrient-poor fast foods. When we don't consume enough veggies and fruits we predispose ourselves to a greater risk of disease. No other food group is as protective against disease and as health sustaining as vegetables and fruits. So what should you do? Consume more vegetables and fruits daily (7-10 servings a day is recommended), make sure they provide a rainbow of colours and fortify your diet with UDG when you know you're not meeting your desired intake.

Features

Ultimate Daily Greens does so much more than provide us with additional greens. It provides 48 powerhouse ingredients: concentrated superfruits, land and sea vegetables, phytoplankton, pre and probiotics, antioxidants, and spices like cinnamon/turmeric/cayenne. Collectively, these powerful ingredients provide a rich supply of antioxidants and phytonutrients, including chlorophyll (the green pigment in green foods). We don't use wheat, soy or pollen-based ingredients. Being Canadian, we simply couldn't resist, so we added Saskatoon berries, Canadian blueberries and Canadian flax seed.

Each Serving of UDG Provides:

- ▲ 19 antioxidant-rich superfruits
- ▲ 19 alkalizing vegetables/plant foods (12 land vegetables + 7 sea vegetables)
- ▲ 7 Health promoting green foods & spices (4 green foods + 4 spices)
- ▲ + Gut supporting prebiotics and a dairy-free probiotic

PODs (Point of Difference) or Differentiators

- ▲ Many products in this category have just fruits or just veggies in their formulas. As a result, to get the benefits of both, you need to use two separate products. Not only is this inconvenient, it reduces consumer compliance (i.e. they may have one but not the other on any given day). UDG has an abundance of BOTH superfruits and super potent veggies, alongside a host of other potent and nutrient-rich superfoods all in one formula.
- ▲ Unlike some of the greens products on the market, UDG doesn't use herbal extracts, many of which shouldn't be used on an ongoing basis or that are contraindicated when on medications. Given the whole food nature of the formula and the absence of herbal extracts, Dr's are less likely to object when patients are using UDG.
- ▲ One of the very few greens formulas to contain both pre and probiotics.
- ▲ Use locally sourced ingredients like Saskatoon berry, Canadian blueberries, Canadian flax.
- ▲ Unlike most greens in the market, UDG contains no lecithin. Although lecithin does offer some known health benefits, some people are sensitive to it or chose to avoid it, especially if they're sourced from soy, which is quite common.

UDG = Ultimate Daily Greens

ULTIMATE DAILY GREENS RECIPE

Our Ultimate Daily Greens taste so amazing and mix-up so easily all you need is some water, ice and a spoon. A perfect balance of flavour with a slight hint of sweetness. Enjoy!

Nutrition Facts Valeur nutritive

Per scoop (9 g)
pour mesure (9 g)

Calories 25	% Daily Value*
Fat / Lipides 0.5 g	% valeur quotidienne*
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 50 mg	2 %
Potassium 380 mg	8 %
Calcium 100 mg	8 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Ingredients per 9 g:

Fruits - Premium ORAC Blend 2,924 mg
Organic multi-fruit blend 2,304 mg
(40,000 umoleTE/100g)
(Acai, cranberry, apple, maqui berry, black currant, pomegranate, mango, blueberry, strawberry, acerola berry, raspberry, grape, goji berry, camu camu berry. In a base of organic evaporated cane cane juice)
Lemon juice powder (50,000 umoleTE/100g) 190 mg
Grape seed powder (1,600,000 umoleTE/100g) 150 mg
Organic amla berry powder (437,900 umoleTE/100g) 95 mg
Acerola berry powder (90,600 umoleTE/100g) 90 mg
Saskatoon berry & Canada blueberry powder (30,000 umoleTE/100g) 90 mg
Vegetable+Grass Greens 2,501 mg
Parsley, organic sprouted brown rice, Canadian flax seed powder, organic alfalfa leaf, quinoa, broccoli, cabbage, carrot, spinach, kale, red beet powder, pumpkin
Sea Vegetables + Phytoplankton 1,858 mg
Spirulina 1155 mg
Chlorella (broken cell wall) 380 mg
Red marine algae powder 225 mg
Green microalgae (supplying beta carotene, lutein, xanthophyll) 30 mg
Dulse 30 mg
Marine phytoplankton 23 mg
Kelp 15 mg
Pre and Probiotic 592 mg
Inulin (prebiotic fibre), bacterial culture (non-dairy probiotic from Lactobacillus fermentum) (2 billion cfu/serving)
Green Food & Spices of Life Blend 389 mg
Maca root powder 190 mg
Matcha green tea 95 mg
Artichoke powder 95 mg
Spice Blend 9 mg
(cinnamon, cayenne, turmeric, ginger)
Other: natural fruit flavours, citric acid, raspberry ketones, magnesium oxide, purified stevia leaf extract (decaffeinated)

*ORAC (oxygen radical absorbance capacity) is one measurement used to compare the antioxidant value of ingredients; 1 serving provides the equivalent antioxidant ORAC level as 7-9 servings of fruits and vegetables. All values are typical and subject to natural variation.

Suggested use: mix 1 serving in 250 ml (~8 fl oz) of water or juice. Or add to your favorite protein shake or smoothie.

