

# Supergreens +D

*Immunity and digestion boost  
for a healthy and active life!*

As much as 80% of your immune system is located in your gut. Yet processed foods, antibiotics, lack of activity and environmental pollutants can all disrupt the delicate balance of your digestive system and slow you down.

Organic green leafy vegetables are just what the doctor ordered. Nutrient-dense greens are packed with hundreds of health-promoting compounds that alkalize the body, strengthen your immune system, and help bring balance to your digestive system.\*

Discover newfound energy, health and vitality, in three easy-to-swallow capsules. Mom would be proud.\*



## Immune Support:



**Vitamin D:** Concentrated vegan, organic vitamin D (2,000 IU) supports immune and bone health.\*



**Vitamins & Minerals:** Immune boosting beta-glucans from organic mushrooms, plus abundant vitamins and minerals from green veggies, including folate.\*



**Colon Health:** Broccoli gives your colon health a boost with protective sulforaphane, while inulin encourages the growth of good bacteria.\*

## Digestion Boost:



**Good Bugs:** Multiple strains of probiotics support digestive health, and each serving delivers 5 billion good bacteria for a happy tummy.



**Enhanced Absorption:** Plant-based enzymes enhance nutrient absorption throughout all stages of digestion.\*



**Digestive Detox:** Chlorophyll-rich organic plants like parsley, barley grass, spinach and broccoli help bind to and remove toxins from the digestive system.\*

## The Good Inside



- 30 day supply (3 capsules a day)
- Vitamin D from Organic Mushrooms (2,000 IU per serving)
- Immune Boost SuperGreen Blend: (1,299 mg per serving)  
Organic Barley Grass Concentrate, Organic Parsley, Organic Spinach, Organic Broccoli, Organic Jerusalem Artichoke Inulin, Probiotic Blend (Bacillus coagulans, Lactobacillus gasseri, Bifidobacterium bifidum, Bifidobacterium longum), Enzyme Blend (Amylase, Protease, Cellulase, Lactase and Lipase)
- Other Ingredients: Plantcaps™ Capsules



## Superfood Made Simple:

Popeye was right. Greens are good for you. Still, it's hard to fit in multiple servings of broccoli, barley grass, and spinach every day.

Certified organic ingredients are cold-processed to maintain all their goodness. Backed by a 30-day "good inside" money back guarantee.\*

## Doctor Recommended

"You cannot find a better product that balances your body's pH, helps your immune system, helps the intestinal digestive tract and contains the condensed greens that most of us don't get in our regular diet."

—Alex Lee, M.D. Board Certified Internal Medicine, Gastroenterology



**touchstone essentials**

TheGoodInside.com