



GreensFirst.com

Nutrient Deficiency – Special Report™

Here's The Special Report You Requested That Reveals...

“How A Simple And Easy Great Tasting Breakfast Shake & Afternoon Energy Drink Supply The Body's Starving Need For Vital Greens & Fruits To Improve Alkalinity, Help Reduce Body Fat And Prevent Nutrient Deficiency!”*



Keep reading this special report to find out if you and your family are suffering from nutrient deficiency and what you can do about it!

Inside this Special Report you'll discover...

- How Missing Breakfast Causes A Fourfold Increase In The Risk Of Obesity!**
- How To Easily Fill Your Afternoon Nutrition Gap And Help You Lose Weight!**
- How Skipping Breakfast Can Lead To Low Energy, And Sugar Cravings!**
- How A Healthy Breakfast Has Been Shown To Improve Short-Term Memory!**

The Role Nutrients Have On Health!

With today's busy lifestyles of eating on the run, skipping meals and fast foods, many of us do not get the balanced nutrition we need. Often, imbalanced eating leads to gaps in our nutrition that result in low energy, sugar and carbohydrate cravings, mood swings, weight gain and a host of other illnesses.

Why Is Breakfast So Important?

It is not a myth. Eating breakfast is an important part of attaining and maintaining a healthy lifestyle. The morning meal enables your body to refuel itself after enduring a nightlong fast or 10 hours or more.

It assists in re-energizing your body's metabolism and providing sufficient amounts of energy and nutrients for you to survive the earliest part of the day. Remember, breakfast is the first opportunity for you to replenish your body's exhausted energy reserves. Whatever you do, don't waste this opportunity!

While breaking the nocturnal fast is important, eating appropriately is just as essential. Eating a good breakfast, low in fat, and rich in dietary nutrients will mentally and physically set you up for anything the day may throw at you.

A Balanced Breakfast is A Must!

By choosing not to eat a well-balanced breakfast you may be putting your health in danger. Studies have shown that people who regularly skip breakfast are more likely to be overweight and have less energy than those who always eat breakfast. Research suggests that breakfast eaters are leaner, with one study reporting that missing breakfast was associated with a fourfold increase in the risk of obesity.

The consumption of a healthy breakfast has been shown to help improve short-term memory. People who regularly eat breakfast have less fatigue and lower cholesterol level than those who skip breakfast. Research has demonstrated that children who eat correctly at breakfast perform better in class and produce higher marks than those who do not.

If you want to have an improved, healthy body then it is vital to eat a nourishing breakfast. Research has shown that skipping breakfast causes a lowered metabolic rate, which means fewer calories burned throughout the day. Over time this has the potential to lead to an unhealthy Body Mass Index.

Why Are We Nutritionally Deficient?

Despite the abundance of food today, people are simply not meeting their nutritional needs. Extensive research clearly links a variety of chronic conditions to poor nutrition and, in fact, shows us that these factors are key elements in disease development. Poor nutrition is further complicated by such related issues as constant exposure to toxins, chemicals and our high-speed, high-stress lifestyles.

What Can We Do About It?

The *Greens First Healthy Living Shake* and the *Red Alert Energy Drink* products help to fill nutritional gaps by providing a great tasting, healthy fast food alternative that's low in calories but very high in nutritional value. These products are an easy, affordable and delicious way to improve energy, restore vitality and maximize your health!

Taste and feel the difference. The *Greens First Healthy Living Shake* and *Red Alert Energy Drink* are nutrient dense supplement drinks that may help to

- Increase Energy & Endurance
- Boost Immune Function
- Improve Digestion & Elimination
- Stabilizes Blood Sugar Levels

- Maintain Healthy Weight Management
- Improve Digestion & Elimination

A Healthy Fast Food Meal or Snack!

Greens First Healthy Living Shake and Red Alert Energy Drink are whole food supplements that were created to provide building blocks and fuel for every cell and organ in the body. Most people find they can thrive on a serving of either product for several hours.

Reach Your Body's Highest Health Potential!



Greens First Healthy Living Shake

The **Greens First Healthy Living Shake** is a safe and effective nutritional system of products that combines all three food groups, low-fat protein, complex carbohydrates and healthy fats. The products help to create a low-glycemic response that helps balance blood sugar levels. The system provides a nutrient dense, calorie and carbohydrate restricted drink, that helps achieve optimal vitality.

Each Greens First Healthy Living Kit contains a can of Dream Protein, GreensFirst and a bottle of Complete Essentials Ultra Pure Omega 3-6-9. Simply mix a scoop of Dream Protein and GreensFirst in 8 to 12 ounces of water or your favorite beverage and take 1 Complete Essentials Ultra Pure Omega 3-6-9 softgel.

A Greens First Healthy Living Shake can be used as a...

- Daily nutritional supplement to maximize energy and optimize health.
- Wholesome and complete “fast food” meal replacement or snack.
- Pre workout endurance enhancing drink to stabilize blood sugar levels, re-invigorate your entire body and prepare you for exercise.

- Post exercise energy boosting “recovery” drink that provides the perfect blend of antioxidants and amino acids to build and maintain lean body mass.
- Beneficial part of a weight management, detoxification-cleansing program when directed by your healthcare provider.



Red Alert Energy Drink

Each **Red Alert Energy Drink** has more fruits than vegetables and is the perfect AFTERNOON Energy Drink to keep you going strong without stimulants or artificial ingredients that can harm your health.

The Perfect Solution For The Entire Family

The **Greens First Healthy Living Shake** and the **Red Alert Energy Drink** products are for every body! If you’re a busy professional or “on-the-go” parent, these products provide an easy and healthy alternative to high carbohydrate, high calorie “junk” fast food.

These products are perfect for athletes that want to enhance their performance and recovery time before and after workouts and are wonderful for children as a nutritious snack or energy providing meal.

No matter who you are, the Greens First Healthy Living Shake and Red Alert Energy Drink products offer benefits to boost your immune system and provide foundational whole food nutrition that will help you reach your health goals!

**Kit # 2 – Greens First Healthy Living Kit
& Red Alert**



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*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.