



Greens 1

High in B vitamins, great vegetarian source of Iron & high in calcium.

Product Information

Greens 1 is nature's multi-vitamin! A light, crisp and edgy blend of greens that is both refreshing and functional. Spinach, cucumber and lettuce provide a hydrating lightness, while kale and parsley give this juice an exciting bitter overtone.

The Greens 1 is a complex but smooth resolution of flavour that will have you feeling uplifted, hydrated and fresh.

Benefits of Greens 1

Did someone say B vitamins? Our Greens 1 gives you a natural hit of B vitamins that are crucial for energy production, nervous system support and brain health.

The Greens 1 also provides a big hit of antioxidants which helps to neutralise oxidative stress and keep our body running smoothly on a cellular level.

Key Ingredients

Spinach: Spinach is a great source of iron, magnesium and calcium. These minerals are crucial for healthy circulation, muscle function, nervous system support and energy production. Including spinach in your diet daily will assure your metabolism is firing and your energy is high!

Parsley: A highly therapeutic herb, parsley is known for its amazing ability to chelate heavy metals and toxins. This allows us to remove toxins from our system that may accumulate over time and assure that our gut, liver and brain are free to operate without the burden of toxicity.

Nutritionist Tip

Greens 1 is excellent as a breakfast combination with our Lime & Lychee Chia Pudding.

This combination of antioxidants, protein, omega 3 fatty acids and fibre will have you fuller for longer, your gut singing and your liver cheering.

Ingredients:
Spinach, Cucumber, Lettuce, Celery, Kale, Parsley.

Nutrition Information		
Servings per package:	1.00	
Serving size:	470.0ml	
	Average Quantity per Serving	Average Quantity per 100ml
Energy	336kj	71kj
Protein	6.7g	1.4g
Fat total	0.9g	0.2g
-saturated	0.2g	0.1g
Carbohydrate	7.0g	1.5g
-sugars	7.0g	1.5g
Sodium	146mg	31mg

*Serving sizes subject to variation +/- 15ml

This bottle of Pressed Juices is bursting with nutrients and enzymes in the convenience of a single bottle. It provides all the goodness that fresh fruits, vegetables & spices have to offer.

Our juices are 100% raw and unpasteurised. This means that they may be unsuitable for some people including pregnant women, young children, the elderly and those with weakened immune systems.

**All our stores have a qualified Nutritionist available to chat more about Pressed Juices complete range.*