



Greens 3

Rich in iron for red blood cell function & great alternative source of calcium other than dairy.

Product Information

Greens 3 is one of our most popular juices from the greens range as it provides your body with a large variety of leafy green vegetables in high concentration daily.

Whilst also being incredibly enjoyable to drink with the added ingredients of apple, lemon and ginger. You will get a dose of green vegetables in their purest form that is both refreshing and palate cleansing with sweet notes that are quenching and revitalising.

Benefits of Greens 3

A large number of the nutrients found in Greens 3 include important minerals such as magnesium which people are gener-ally lacking in their diet, it is required for proper muscle and brain function. This juice is a good source of calcium, which is important for the growth and repair of bones without relying on dairy intake. You will also find iron for red blood cell formation, giving you an energy boost as well as vitamin C, which will keep your immune system in check and skin looking ageless.

Key Ingredients

Ginger: Ginger has a long history of use to assist in aiding digestion as well as nausea. It provides your body with immune enhancing nutrients which are especially great to prepare your body for the colder months of the year. It is also believed to have anti inflammatory properties which can relieve swelling and pain.

Parsley: Parsley is incredibly rich in a large number of vital vitamins, including vitamin B 12, C, K and A. Therefore parsley supports your immune system function and assists in healing the nervous system. It also helps support kidney function by flushing our excess fluid from the body.

Nutritionist Tip

Customers new to the world of green juices, Greens 3 is the perfect option for you!

When combined with one of our Pressed Bliss Ball, this combination is the perfect balanced snack with a mix of healthy fats from the bliss ball and high dose of nutrients from the greens which will keep you feeling fuller and energised between meals.

Ingredients:

Apple, Cucumber, Lettuce, Celery, Spinach, Kale, Lemon, Parsley, Ginger.

Nutrition Information		
Servings per package:	1.00	
Serving size:	470.0ml	
	Average Quantity per Serving	Average Quantity per 100ml
Energy	456kj	97kj
Protein	2.8g	0.6g
Fat total	0.5g	0.1g
-saturated	0.5g	0.1g
Carbohydrate	23g	4.9g
-sugars	14.1g	3.0g
Sodium	188mg	40mg

*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.*