

Daily Greens Blend with 20+ Powerhouse Ingredients

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WHAT IS PRO GREENS + REDS?

Pro Greens + Reds is a great-tasting powder formulated with a proprietary blend of whole and juice extracts of greens, vegetables, fruits, enzymes, and bioactive phytonutrients designed to support nutrient status and whole-body health in physically active individuals.* Built for athletes and trusted by practitioners, this formula delivers concentrated, nutrient-dense superfoods – without inexpensive fillers, GMO ingredients, or bulking agents that may dilute potency or interfere with phytonutrient bioavailability.*

Pro Greens + Reds features an oxygen radical absorbance capacity (ORAC) proprietary blend to support antioxidant status, along with digestive enzymes and prebiotic fibers to promote digestion and nutrient absorption.* The nutrient-dense superfoods are cultivated and harvested at peak potency, then cold-processed and air-dried to help preserve enzymatic activity, phytonutrient integrity, and overall nutritional value.* Each serving provides a broad array of superfoods that support antioxidant status, sustained energy, digestive health, mental clarity, healthy immune responses, and overall well-being.*



FORMULA HIGHLIGHTS

- NSF Certified for Sport®; tested for 280+ banned substances.
- Delicious strawberry kiwi flavor (with other natural flavors).
- Built for athletes, trusted by practitioners: Science-first™, high-quality ingredients. 20+ powerhouse ingredients including prebiotics, digestive enzymes, greens, and organic fruits and vegetables – designed to support whole-body health, energy, recovery, and performance.*
- Convenient daily serving that mixes easily into beverages to help fill in potential nutrient gaps.*
- Low-oxalate formula† featuring fruits and vegetables, without grains, legumes, alfalfa, gluten, fillers, bulking agents, added sugar, or artificial sweeteners.
- OxyPhyte® grape blend – Contains a unique grape seed and skin extract with a high ORAC score to help support

antioxidant status, healthy cellular metabolism, aging, and recovery.* ORAC (oxygen radical absorbance capacity) is a measure of antioxidant activity, or a food's ability to neutralize the normal production of reactive oxygen species in the body.

- Plant-based, dairy-free, soy-free, gluten-free; non-GMO

THE NEED FOR PHYTONUTRIENTS

Green and red fruits and vegetables are rich sources of vitamins, minerals, and phytonutrients that work synergistically to support foundational health. While phytonutrients are not classified as essential nutrients, they play uniquely beneficial roles across multiple physiological systems.¹ According to the CDC, only about one in 10 American adults consumes adequate amounts of phytonutrient-rich fruits and vegetables daily.² An estimated 12% are getting the recommended two to four servings of fruits, and only 9% are meeting the recommended three to five servings of vegetables.²

Pro Greens + Reds features organic fruits and vegetables that provide a broad spectrum of phytonutrients, including carotenoids, chlorophyll, sulforaphane, ferulic acid, quercetin, resveratrol, flavonoids, anthocyanins, glucosinolates, and proanthocyanidins. Clinical research suggests that consuming a diverse array of phytonutrients in plant-based foods helps support healthy immune and inflammatory responses,³⁻⁷ as well as skin health,^{8,9} liver function and detoxification,¹⁰⁻¹³ cognitive function,^{14,15} healthy weight maintenance,^{4,16-20} and cardiometabolic health.^{21,22}

Additionally, nutrient-dense superfoods such as spirulina, chlorella, barley grass, nettle leaf, and wheatgrass provide vitamins and minerals that support cellular energy production and may contribute to sustained energy – without reliance on stimulants like caffeine.^{4-7,23,24} For athletes, maintaining efficient energy production is critical for endurance, performance, and recovery.²⁵

THE BENEFITS OF PHYTONUTRIENTS FOR ATHLETES

Research examining the role of phytonutrients in athletic performance continues to expand. Emerging evidence suggests that fruit-derived polyphenols may support vascular function, mitochondrial efficiency, and muscle health, particularly during endurance exercises and repeated high-intensity movements.¹² In athletes, polyphenols participate in exercise-associated physiological processes that support energy production, oxygen delivery through healthy blood flow, and, notably, redox balance during periods of elevated metabolic demand.²⁶

During and after exercise, reactive oxygen species (ROS) act as essential signaling molecules involved in muscle repair, adaptation, and training responsiveness. However, prolonged, strenuous, or unaccustomed exercise may overwhelm endogenous antioxidant defenses, contributing to excessive ROS production, oxidative stress, and inflammatory responses

within skeletal muscle. This redox imbalance may be associated with impaired muscle contractility, reduced vasodilatory capacity, increased fatigue, prolonged recovery, and transient performance declines.^{12,26} Polyphenols support the body's intrinsic antioxidant and cytoprotective systems by modulating redox-sensitive signaling pathways rather than completely suppressing ROS activity. This distinction is particularly relevant for athletes, as controlled oxidative signaling is necessary for training adaptations, while excessive oxidative stress may impair recovery and performance.^{12,26}

Although clinical data remain limited, some studies suggest that acute supplementation of polyphenols (approximately 300 mg one to two hours before exercise) may support endurance or repeated-sprint performance, potentially through effects on vascular function and antioxidant signaling. A larger body of evidence suggests that higher supplemental intake (>1,000 mg/day consumed for three or more days before and after intensive exercise) may support recovery following muscle-damaging activities, particularly in contexts involving intensive training sessions or repeated bouts of strenuous exercise.²⁷

Clinical studies involving physically active individuals have evaluated polyphenol-rich fruit-, vegetable-, and algae-derived ingredients for their effects on athletic performance, recovery, and musculoskeletal resilience, particularly under conditions of high training load.* While these studies often examine isolated ingredients at higher servings than those provided in Pro Greens + Reds, they help contextualize how diverse phytonutrients may contribute to healthy redox balance, vascular function, healthy inflammatory responses, and post-exercise recovery.*

For example, grape seed and skin extracts may enhance endurance performance, mitigate oxidative stress, support endothelial function, and attenuate post-exercise creatine kinase (a marker of muscle cell membrane damage).²⁸⁻³² Berries such as blueberries and cranberries may help promote exercise performance by supporting antioxidant capacity and moderating exercise-induced inflammatory responses (e.g., IL-6 and CRP).^{33,34} Broccoli sprouts rich in glucosinolates may help protect skeletal muscle from excess oxidative stress, mitigate lactate accumulation during submaximal exercise, and support performance adaptations when combined with training.³⁵ Tomato-based carotenoids may further help attenuate post-exercise muscle damage and lipid peroxidation.³⁶⁻³⁸

Microalgae, including chlorella and spirulina, have been shown to support aerobic and anaerobic performance, cardiorespiratory fitness, metabolic health, immune health, and post-exercise muscle recovery through antioxidant and healthy inflammatory response mechanisms.^{18-20,39-45}

DIGESTIVE AND MICROBIOME SUPPORT FOR ATHLETES*


Pro Greens + Reds includes fibers and prebiotics, such as organic burdock root, to support digestive health and a healthy gut microbiome.⁴⁶⁻⁴⁹ Following ingestion, polyphenols are metabolized by intestinal bacteria into bioactive compounds that influence mitochondrial function, antioxidant defenses, metabolic regulation, and inflammatory pathways, potentially affecting performance and recovery.⁵⁰ Lastly, the digestive enzymes featured in Pro Greens + Reds support the breakdown of macronutrients and plant fibers, enhance nutrient absorption, and help mitigate occasional digestive discomfort and tolerance.⁵¹⁻⁵³

BENEFITS

- May help promote athletic performance and recovery^{18,19,28-45}
- Promotes antioxidant status, resilience to cellular stress, and healthy detoxification^{6,11-13,26,40,50}
- Supports energy, vitality, and metabolic function^{4,5,17,19,25,39,50}
- Promotes digestive health and regularity; may help relieve occasional bloating and indigestion^{46-49,51-53}
- Supports healthy inflammatory responses^{3,5,33,34,37,43,50}
- May support radiant, healthy-looking skin^{8,9}
- May promote healthy weight maintenance in combination with other diet and lifestyle factors^{4,16,17,19,22}

HOW TO TAKE

Mix 10 grams (approx. 1 scoop) into 8-10 ounces of water.



DELICIOUS STRAWBERRY KIWI FLAVOR (WITH OTHER NATURAL FLAVORS)

LOW OXALATE† FORMULA



VEGAN, PLANT-BASED FORMULA


20+ POWERHOUSE INGREDIENTS INCLUDING PREBIOTICS, DIGESTIVE ENZYMES, GREENS, AND ORGANIC FRUITS AND VEGETABLES


Supplement Facts
Serving Size: 10 grams (approx. one scoop)
Servings Per Container: about 30


Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	35	Fruit Proprietary Blend	1.3 g
Total Carbohydrate	8 g 5%	Organic Apple	**
Dietary Fiber	2 g 7%	Organic Raspberry	**
Total Sugars	1 g **	Organic Cranberry	**
Protein	1 g **	Organic Blueberry	**
Iron	0.5 mg 3%	Camu Camu Berry Extract	**
Greens Proprietary Blend	1.5 g **	ORAC Proprietary Blend	103 mg
Organic Spirulina	**	DryPhyte® Grape Seed Extract	**
Organic Barley Grass Juice	**	DryPhyte® Grape Skin Extract	**
Organic Wheat Grass Juice (wheat)	**	Enzyme/Prebiotic Proprietary Blend	59 mg
Organic Chlorella	**	Enzyme Blend	**
Organic Nettle Leaf	**	(Cellulase, Protease, Amylase, Lipase)	**
Vegetable Proprietary Blend	1.5 g **	Organic Burdock Root	**
Organic Carrot	**		
Organic Kale	**		
Organic Tomato	**		
Organic Parsley	**		
Organic Broccoli Sprout	**		
Organic Cauliflower Sprout	**		
Organic Kale Sprout	**		


Other Ingredients: Organic inulin, organic tapioca maltodextrin, natural flavors, citric acid, xanthan gum, rebaudioside M (from fermented rice), rebaudioside A (from organic Stevia rebaudiana leaf extract).






 SOY-FREE

 GLUTEN-FREE

 DAIRY-FREE

 0 GRAMS SUGAR

 NON-GMO

 HIGHLY ABSORBABLE*

Warning: Contains wheat (as wheat grass juice.) The wheat processing in this product removes all gluten proteins, allowing it to be labeled gluten-free.

*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.

† Less than 35 mg per serving on average. Those following a low-oxalate diet should evaluate their individual needs.

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