

## The Delicious Way to Enjoy 49 Different Super Foods!



**FEEL, LOOK and ACT Years Younger!** Thanks to the breakthrough NEW **Greens First** formula, you get 15 servings of 49 superfood nutrients so you will ...

- ✓ Have **plenty of energy** for your favorite activities!
- ✓ Feel more **alive and healthier!**
- ✓ Look **years younger!**
- ✓ Feel **energized and happier!**

**GREENS FIRST** fully nourishes your body to help:

- Increase Energy Levels without Stimulants
- Boost the Immune System
- Improve Digestion
- Assist in Weight Management
- Balance Healthy Blood Sugar Levels
- Promote Mental & Cognitive Sharpness
- Alkalize and Balance Body pH
- Promote Healthy Heart & Liver Function
- Reduce Inflammation, Relieve Stiff & Achy Joints
- Detoxify and Promote Overall Health



FOR FASTEST SERVICE ORDER ONLINE  
**pauloberdorf.net**

OR CALL 888-959-0041

OR MAIL THIS FORM TO: Paul Oberdorf  
297 Kinderkamack Rd. #140  
Oradell, NJ 07649

## Fill The Gap Between What You Eat ... And What You Should Eat!

According to the National Cancer Institute, 8 to 10 servings of vegetables per day can cut our risk of some cancers in half!

But with today's busy lifestyles, you can't always get the recommended servings of fruits and vegetables every day.

**GREENS FIRST** changes all that! It fortifies your body with 49 different super foods, extracts and concentrates including:

- supergreens
- organic fruits & vegetables
- probiotics
- soluble and insoluble fibers
- herbs
- spices
- natural flavonoids and enzymes

That makes **GREENS FIRST** the best tasting, most complete, Non-GMO phytonutrient and antioxidant supplement money can buy... **GUARANTEED!**

**See What All The Excitement Is About For Yourself!**  
**Try GREENS FIRST Risk-FREE!**

**GREENS FIRST**  
**100% Super Health**  
**MONEY-BACK GUARANTEE**

Try GREENS FIRST in the privacy of your home. See how much more ENERGY you have ... Feel HEALTHIER than you have in ages ... REDUCE YOUR RISK of many health problems. If you are not 100% pleased in EVERY WAY, simply return all unopened containers for a full refund and up to one opened container. We will issue a full refund promptly. No questions asked.

*Paul Oberdorf*

## URGENT HEALTH ALERT

Reports From The US Center for Disease Control and National Cancer Institute Reveal:

If you are among the 72% of Americans who do not eat the recommended servings of fruits and vegetables every day, you may be putting yourself at increased risk of ...

- |                          |                           |                              |
|--------------------------|---------------------------|------------------------------|
| > Stroke                 | > Alzheimer's disease     | > Bone loss                  |
| > Coronary heart disease | > Several types of cancer | > Obesity                    |
| > Type 2 diabetes        | > Cataracts               | > COPD                       |
| > High blood pressure    | > Macular degeneration    | > Many Other Health Problems |

### Slash Your Risk of Serious Health Problems

### Plus Feel Healthy and Energized ...

### Even If You Don't Have The Time or Appetite For All The Fruits and Veggies You Need!

According to numerous studies, you really can REDUCE your risk of getting -- and even help PREVENT -- certain cancers, diabetes, heart disease and many other illnesses.

How? By making sure you eat at least 7 servings of whole fruit every day. Easier said than done ... until now!

New **Greens First** fortifies and protects your body with the powerful nutrition from 15 servings of 49 different super foods as easily as drinking a delicious, refreshing beverage. You get ...

- ✓ **Maximum antioxidant support** to boost your immune system, prevent and resist certain diseases and promote lifelong good health!
- ✓ **Powerful nutrition that supports your whole body!**
- ✓ **Renewed health and energy! Only GREENS FIRST** provides 15 servings of concentrated superfood nutrients to provide maximum energy all day long!



*"Men and women whose diets are high in fruits and vegetables were shown to have lower rates of angina, arthritis, asthma, bronchitis, cirrhosis, gallstones, heart attack, kidney stones and peptic ulcers." Epidemiology, March 1998, Vol. 9, No 2, p 208.*

*Continued inside ...*

**Try It Risk-FREE!**



## More than just fruits and vegetables ...

# GREENS FIRST provides all the extra health benefits of whole fruit superfoods in a delicious, refreshing beverage!

All fruits and vegetables are NOT created equal. So we didn't just opt for any old fruits and vegetables to be included in **Greens First**.

We carefully selected only fruit and vegetable "superfoods" -- those known to have the highest phytonutrient content. These natural whole superfoods enable **Greens First** to provide the broadest range of nutritional benefits and protection money can buy.

## YOU'LL FEEL THE HEALTH BENEFITS OF 49 DIFFERENT FRUITS, VEGETABLES & HERBS IN EVERY TASTY GLASS, INCLUDING ...

### GREENS BLEND

Barley Grass, Chlorella (Cracked Cell Wall), Spirulina

*"It is clear that the leaves of the cereal grasses provide the nearest thing this planet offers to the perfect food,"* -- Dr. Hagiwara, Professor of Toxicology at UC Davis.

*"Spirulina increased antibody responses and the activity of natural killer cells, which destroy infected and cancerous cells in the body."* -- UC Davis Health Journal

### RESVERAMAX BLEND

Polygonum Cuspidatum Extract, Acerola Cherry Powder, Concord Grape Powder

Fruit phytonutrient flavonoids play a role in preventing the development of heart disease by discouraging fatty deposits in the arteries. Flavonoids even slow wrinkling, protect the eyes from cataracts and macular degeneration, and protect the aging brain.

### FIBER BLEND

Oat Betaglucan, Apple Fiber Pectin, Brown Rice Bran

*"Soluble fiber from foods such as oat bran, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease."* — FDA, 2001.

### ENZYME BLEND

Bromelain Extract, Papain, Protease, Amylase, Lipase, Cellulase Lactase

Enzymes are the catalysts for the body's essential chemical reactions and our digestive processes, for providing cellular energy, and for antioxidant effects. Most people do not get the enzymes they need because heat destroys enzymes, and most of our foods are heated and the enzymes destroyed.

**GREEN TEA EXTRACT** -- rich in antioxidant polyphenols that are thought to aid in preventing cancer, heart disease, osteoarthritis, gum disease and even tooth decay.

**QUERCETIN** helps prevent hardening of the arteries and the heart attacks and strokes that arteriosclerosis causes and has also consistently demonstrated a potent anti-tumor effect

**MILK THISTLE SEED EXTRACT** Simulates regeneration and promotes proper function of the liver and gallbladder.

**RED BEET ROOT** supports kidney and liver functions

**CINNAMON POWDER** kills many unfriendly intestinal bacteria and fungi. Also enhances the effects insulin to help lower blood sugar.



### VEGETABLES BLEND

Juice Powders of Carrot, Cauliflower, Broccoli, Spinach, Parsley and Kale

*"Vegetables, such as broccoli, cauliflower, cabbage and brussel sprouts, substantially lower the risk of prostate cancer in men. Numerous studies also suggest a protective role in uterine, cervical and breast cancer in women as well."* --Journal of the National Cancer Institute

**ALOE LEAF POWDER** immune booster, supports tissue healing, powerful anti-inflammatory, improves digestion and gastric ulcers

**TURMERIC RHIZOME EXTRACT** antioxidant, lipid lowering and anti-inflammatory properties.

### PROBIOTICS BLEND

L. Acidophilus, B. Longum, L. Casei, L. Rhamnosus

*"Inflammatory bowel disease, urinary tract infections, diarrhea and even heart disease and colon cancer risk are favorably effected by probiotics that we host in our alimentary tract,"* — Dr. Lukaczar as reported in the Nutritional Science News.

### OXISURE BLEND

Carrot, Green Tea Extract, Blueberry, Palm, Grape Seed Extract, Cranberry, Raspberry, Tart Cherry, Pine Bark Extract, Broccoli, HiActives Tomato Powder 2000, HiActives Carrot Powder 1200, HiActives Spinach Powder 700, HiActives Kale Powder, HiActives Bursells Sprout Powder

Antioxidants prevent or repair damage done to the body's cells by free radicals. They have been shown to increase immune function and decrease the risk of infection and cancer.

**LECITHIN** Non GMO Soy

*"We recommend trying lecithin for reducing risk of coronary heart disease, fatty liver, and to improve mild memory impairment."* -- D.W. Johnson, Ph.D., D.J. Mokler, Ph.D., College of Osteopathic Medicine, University of England.



## The Numbers Tell The Story

# 15 Servings of Organic Whole Fruits and Vegetables in GREENS FIRST Helps Keep You Feeling Great ... And Could Save Your Life!



The amazing health benefits of the superfoods in **Greens First** are supported by clinical studies conducted by researchers at leading hospitals and universities around the world.

- **4% LESS RISK** of developing coronary heart disease for each additional daily portion of fruits and vegetables
- **20% LOWER RISK** of developing type-2 diabetes
- **19% LESS RISK** of developing cancer
- **36% LESS RISK** of developing age-related macular degeneration
- **24% LESS RISK** of death from chronic obstructive pulmonary disease.

Don't risk your optimal health. **GREENS FIRST** makes it so easy to get all the nutrients of 15 servings of whole, organic fruits and vegetables in each tasty and refreshing glass.

Only 40 calories and less than 6 grams of carbohydrates per serving. Mixes easily without a blender. Greens First is VEGETARIAN, VEGAN & Non-GMO!

NO • Wheat • Dairy • Soy Protein • Soy Isoflavones • Preservatives • Artificial Flavors • Artificial Sweeteners

**TRY IT FOR 90 DAYS -- RISK FREE!**

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*"Eating fruits and vegetables lowers the risk of developing many chronic diseases."*  
- The US Centers for Disease Control

**FREE SHAKER CUP!**

