

SYMPTOMS

- ♦ *Fatigue*
- ♦ *Toxicity*
- ♦ *Blood Sugar*
- ♦ *High Blood Pressure*
- ♦ *PMS/Menopause*
- ♦ *Depression*
- ♦ *Indigestion*
- ♦ *Irritable Bowel Syndrome*
- ♦ *Constipation/Diarrhea*
- ♦ *Degenerative Diseases*
- ♦ *High Cholesterol*
- ♦ *Leg Cramps*
- ♦ *Halitosis*
- ♦ *Hair, Skin, Nail Problems*
- ♦ *Acidosis*
- ♦ *Acid Reflux*
- ♦ *Acne*
- ♦ *Hangover*
- ♦ *Medication Withdrawal*

FEATURES

- ♦ *Chlorophyll*
- ♦ *Provides vitamins, minerals, trace minerals, amino acids, and enzymes.*
- ♦ *High quality fiber, including apple pectin and apple fiber*
- ♦ *Gamma-linolenic acid, a rare essential fatty acid, and silica*
- ♦ *Concentrated source of RNA and DNA: nucleic acid essential for immune cell functions*
- ♦ *Highly assimilated plant iron*

BENEFITS

- ♦ *Energizes*
- ♦ *Purifies Blood*
- ♦ *Boosts Immune System*
- ♦ *Balances, Repairs and Rebuilds System*
- ♦ *Heals on a Cellular Level*
- ♦ *Promotes General Feeling of Well-Being*
- ♦ *Improves Vitality*
- ♦ *Promotes Tranquility and Rest*
- ♦ *Alkalines the System*
- ♦ *Contains Phytonutrients Currently Under Study for Prevention of Chronic Degenerative Diseases*

A Winner of the
International Herbal Symposium
Products Contest

SUGGESTED USAGE FOR FOUR-LEGGEDS AND WINGEDS (PETS)

(Sprinkle on or mix in food)

A pinch for cats

¼ teaspoon for small dogs

½ teaspoon for medium dogs

¾ teaspoon for large dogs

Sprinkle on bird seeds

Measure Accordingly for Larger Animals

RACHAEL JEAN'S ULTIMATE GREENS

made from the finest ingredients available

Organic Spirulina

Complete protein; helps to stabilize blood sugar, supports the immune system and protects the thymus from atrophy.

Organic Nettles

Superior tonic herb, highly nourishing, strengthens the system, is detoxifying, and anti-allergin.

Chlorella GWC

60-70% digestible protein, blood and energy builder, detoxifier, strengthens liver, restores immunity.

Organic Wheat Grass and Wheat Grass Juice

Cleanses the blood, organs, and gastrointestinal tract; supports thyroid gland function, helpful with obesity.

Organic Oat Grass and Oat Grass Juice

Supreme nervous system tonic. Relaxes and strengthens NS. Helps reduce stress, insomnia, depression and NS debilities.

Organic Alfalfa

Vitamin and mineral rich, infection fighter, body deodorizer, reduced arthritis, improves stamina.

Organic Barley Grass and Barley Grass Juice

High in calcium, iron, amino acids, flavonoids, B12, vitamin C, minerals, enzymes, and is a powerful anti-inflammatory.

Organic Beet Root

Aids lymphatic, gall bladder and liver functions.

Apple Pectin and Apple Fiber GWC

Lowers cholesterol, is a toxic metal chelator and a rich source of soluble and insoluble fiber.

Organic Lactobacillus acidophilus and bifidus

Helps maintain a healthy balance of intestinal flora, aids digestion, has anti-fungal properties, and combats candida. Helps support immune function.

Organic Fructooligosaccharides (FOS)

Excellent food source for beneficial bacteria that helps to promote their growth in the intestine.

*GWC (Grown Without Chemicals)





SUGGESTED USAGE

Start with one (1) Teaspoon daily.
Increase as needed.

Add to six-to-eight (6-8) oz. of fresh juice; apple, veggie, lemonade or water with stevia or fresh local honey added, or use any juice mixed with water. May be blended into a smoothie or shaken in tightly capped jar or shaker cup.

Can be taken in the morning as a meal replacement, in the afternoon as a pick me up or any other time.

Can also be taken in the evenings to help reduce nighttime food cravings, and help promote restful sleep.

The best way to store for ultimate freshness and potency is to refrigerate or freeze in your favorite glass container.

You may encapsulate the green drink for convenience.

Can also be used as a healthy meal replacement for weight loss, or as a nourishing cleansing fast.

½ lb = 45 (1 Teaspoon) Servings

1 lb = 90 (1 Teaspoon) Servings

Comprehensive nutritional consultations are available at

EMPOWERED NUTRITION & HERBALS

PO Box 998
Port Hadlock, WA 98339

360-301-3130

www.empoweredherbals.com

Rachael Jean Harper Formulator

Throughout her childhood, Rachael Jean watched as her French Canadian mother used effective folk cures from the old country. This early introduction developed in her a deep love for nature and a reverence for the healing potentials of traditional herbal medicines and whole foods as they are created in nature.

She is a Sage Mountain Herbal Center graduate of the Science and Art of Herbalism, an intensive course created and taught by renowned herbalist, Rosemary Gladstar. She has also completed her apprenticeship, advanced apprenticeship, teacher training, and internship at the center. She studied clinical herbalism with Terriona Low Dog MD, AHG, and received her certification in Foundations in Herbal Medicines.

As a practicing clinical herbalist, nutritional therapist practitioner, and teacher, Rachael Jean empowers others with the knowledge to gather and prepare traditional medicines and delicious whole foods for the health and longevity of our present and future generations. She lives with her husband Ken, their dog Jolie Fleur and cats Marcella and James on the beautiful Olympic Peninsula's Dabob Bay in Western Washington State.

“I have been a long-time fan of spirulina green drinks, and have tried most of those on the market. Without a doubt, Rachael Jean’s Ultimate Green Drink is the best. She has blended all the right ingredients in it to make it not only the most nutrient-rich green drink, but also the most pleasant tasting. I’ve been drinking it daily for fifteen years now and credit these morning green drinks with helping me to keep up with my super-active lifestyle!”

Rosemary Gladstar

Herbalist, Author of eight books; Director of Sage Mountain Herbal Center and Founder of United Plant Savers (UpS).



Rachael Jean's Ultimate Green Drink

Award Winning

- ♦ *Greater concentration of superfoods per serving than other green drinks*
- ♦ *Formulated with love and appreciation for the plants, planet and those who drink this product*
- ♦ *Each batch is handcrafted and packaged in conservative containers. This earth friendly method means savings are passed on to the consumer, and containers are not passed on to the landfills.*