



FEEL GOOD SUPERFOODTM



COMPLETE NUTRITIONAL SUPPORT IN ONE DAILY SERVE

GLUTEN FREE - DAIRY FREE - GMO FREE

“With its flagship product GOOD GREEN STUFF, NuZest has produced an effective and easy foundation for great nutrition. Taking Good Green Stuff on a regular basis is an excellent way to cover nutritional gaps that can occur with our fast paced lives.”

Kira Sutherland - Naturopath, sports nutritionist, triathlete and mother

BE THE BEST VERSION OF YOU

Naturally and easily

Today's lifestyle and environment mean we need to treat our bodies with a little extra TLC. This tasty blend is a power combo of nutrient-rich greens, fruits, veggies and berries designed to help you keep the spring in your step and perform at your best.

The added vitamins, minerals, probiotics, digestive enzymes and antioxidants make Good Green Stuff the ultimate lifestyle supplement. And, if you're healthy on the inside, you glow on the outside.



Happy



Sharp



Active



Healthy



Vibrant

THE ULTIMATE LIFESTYLE SUPPLEMENT

More than just greens or a multi-vitamin; 100's of vital nutrients

A convenient, easy "all-in-one" solution

With over 70 ingredients, Good Green Stuff is a superblend of all your essential nutrients in one place; an easy mix of two teaspoons of powder into water or juice just once per day for comprehensive nutritional support. It takes away the guesswork.

Real food - packed with goodness

The real power of Good Green Stuff is in its high concentration of fruits, berries, vegetables, green algae, and herbs; a potent blend of nutrient-rich and high anti-oxidant superfoods. This is REAL FOOD, as nature intended; NUTRITION that your body recognises and can use; not a synthetic multi-vitamin.

Easy to digest and absorb

As a powder dissolved in liquid, it is regarded as being easier to digest and absorb than tablets and capsules. It's also the most practical way to ensure a useful serving. It would take a great many tablets to deliver the equivalent goodness.

Supports digestive health, the liver & stress

Contains Prebiotics, Probiotics and Enzymes to aid digestion, and ingredients to support your detox organs. Plus Adaptogenic herbs to help recharge the adrenal glands (they help deal with stress).

Supports the acid alkaline balance

Even tiny improvements in the acid-alkaline balance are important to well-being. A concentration of raw green superfoods gives Good Green Stuff an alkaline pH. And it is fortified with minerals such as calcium and potassium which your body uses to combat acidity.

GLUTEN FREE - DAIRY FREE - GMO FREE - VEGAN

Sharpens the mind

Contains herbs and ingredients traditionally used to support the nervous system and help keep the mind in good shape.

Safe and reliable

Good Green Stuff is blended in a GMP-certified facility that is registered and audited by the New Zealand Ministry of Health. Every ingredient is certified, and after blending, every batch is tested for safe microbial activity by an independent laboratory, before the batch is released.

It's your nutritional insurance!

Good Green Stuff does not replace a healthy diet but it does help meet the challenges of environmental toxins, nutrient depleted soils, processed foods, fast foods, excess alcohol, fast-paced lifestyle and missed meals.

Great for everyone ()*

Athletes, mums, fussy teenagers, busy professionals and Baby Boomers - everyone (*) can benefit from their daily serve of Good Green Stuff. Vegan and vegetarian friendly.

No bad stuff

- NO GENETICALLY MODIFIED ORGANISMS (GMO)
- NO EGG, WHEAT, GLUTEN, DAIRY, CORN, ADDED SALT
- NO ADDED SUGARS
- NO YEAST, PEANUTS OR ANIMAL PRODUCTS
- NO ARTIFICIAL COLOURS OR SWEETENERS
- NO PRESERVATIVES
- NO HERBICIDES OR PESTICIDES

* Not suitable for children under the age of 5 years



WHAT'S IN GOOD GREEN STUFF

NUTRIENT-RICH GREENS, FRUITS, VEGGIES AND BERRIES PER 10g SERVE

| | |
|------------------------------------|---------|
| Organic Spirulina..... | 1000 mg |
| Organic Apple..... | 1000 mg |
| Chlorella..... | 335 mg |
| Organic Alfalfa..... | 335 mg |
| Organic Wheatgrass..... | 335 mg |
| Bilberry extract (100:1)..... | 200 mg* |
| Organic Barley leaf..... | 290 mg |
| Acerola extract..... | 270 mg* |
| Pineapple Juice extract (9:1)..... | 245 mg* |
| Pawpaw..... | 250 mg |
| Broccoli..... | 250 mg |
| Beetroot..... | 170 mg |
| Rosehip extract (4:1)..... | 170 mg* |
| Carrot root..... | 85 mg |
| Spinach leaf..... | 70 mg |
| Licorice root..... | 70 mg |
| Goji Berry extract (4:1)..... | 35 mg* |
| Hawthorn extract (10:1)..... | 30 mg* |
| Kelp Whole Plant..... | 10 mg |

INGREDIENTS TRADITIONALLY USED TO SUPPORT THE NERVOUS SYSTEM (INCLUDING COGNITIVE FUNCTION)

| | |
|---|---------|
| Lecithin (95% Phosphatides)..... | 1000 mg |
| Organic Flaxseed..... | 335 mg |
| Ashwagandha root extract (5:1)..... | 70 mg* |
| Gotu Kola extract (10:1)..... | 70 mg* |
| Siberian Ginseng root & rhizome extract (10:1)..... | 70 mg* |

ALKALINE VEGETABLE PROTEIN

| | |
|--|---------|
| European Golden Pea Protein Isolate..... | 1045 mg |
|--|---------|

ANTIOXIDANTS & IMMUNE SUPPORT

| | |
|------------------------------------|--------|
| Citrus Bioflavonoid extract..... | 500 mg |
| Citric acid..... | 150 mg |
| Alpha Lipoic acid..... | 75 mg |
| Grape seed extract (120:1)..... | 72 mg |
| Cocoa Bean polyphenol extract..... | 70 mg |
| Rosemary leaf extract (4:1)..... | 70 mg* |
| Astragalus root extract (4:1)..... | 70 mg* |
| Green Tea leaf extract (10:1)..... | 70 mg* |
| Reishi Mushroom..... | 21 mg |
| Shiitake Mushroom..... | 21 mg |
| Co-Enzyme Q10..... | 17 mg |
| Beta Glucans..... | 8.3 mg |
| Policosanol..... | 5.0 mg |

ADDED ESSENTIAL VITAMINS AND MINERALS PER 10g SERVE

| | |
|---|---------|
| Vitamin C (ascorbic acid)..... | 350 mg |
| Calcium citrate (equiv Ca 21%)..... | 250 mg |
| Potassium phosphate (equiv K 45%)..... | 233 mg |
| Magnesium citrate (equiv Mg 20%)..... | 167 mg |
| Calcium carbonate (equiv Ca 40%)..... | 83 mg |
| Vitamin E (d-alpha tocopheryl)..... | 69 mg |
| Calcium phosphate (equiv Ca 40%, P 19%)..... | 33 mg |
| Silica (equiv 47%)..... | 29 mg |
| Zinc amino acid (equiv Zn 20%)..... | 17 mg |
| Vitamin B3 (as Nicotinic Acid)..... | 15 mg |
| L-Selenomethionine (equiv Se 5%)..... | 4.0 mg |
| Manganese amino acid (equiv Mn 17%)..... | 3.4 mg |
| Vitamin B5 (as calcium pantothenate)..... | 2.9 mg |
| Vitamin B6 (as pyridoxine hydrochloride)..... | 2.7 mg |
| Vitamin B1 (as thiamine hydrochloride)..... | 2.3 mg |
| Vitamin B3 (as nicotinamide)..... | 1.7 mg |
| Vitamin B2 (as riboflavine)..... | 1.7 mg |
| Pro-vitamin A (as beta-carotene)..... | 2.0 mg |
| Copper gluconate (equiv Cu 16%)..... | 1.3 mg |
| Folic acid..... | 333 mcg |
| Biotin..... | 275 mcg |
| Chromium picolinate (equiv Cr 12.5%)..... | 100 mcg |
| Vitamin K2 (as menaquinone-7)..... | 70 mcg |
| Vitamin B12 (as methylcobalamin)..... | 23 mcg |

DELICIOUS BLEND OF NATURAL FLAVOURS

Vanilla, Pineapple, Stevia

INGREDIENTS TRADITIONALLY USED TO SUPPORT THE DIGESTIVE SYSTEM AND DETOX ORGANS (LIVER)

| | |
|--|-----------|
| Globe Artichoke extract (15:1)..... | 500 mg* |
| Inulin..... | 417 mg |
| Milk Thistle seed extract (70:1)..... | 70 mg* |
| Ginger rhizome..... | 67 mg |
| Bromelain..... | 65 mg |
| Dandelion whole plant extract (4:1)..... | 33 mg* |
| Burdock root extract (4:1)..... | 21 mg* |
| Slippery Elm inner bark..... | 21 mg |
| Bifidobacterium bifidum non-dairy probiotic..... | 3 billion |
| Lactobacillus acidophilus non-dairy probiotic..... | 3billion |

NOTES

All weights are average

* Extracts and concentrates are listed as equivalent values

Supplemented Food

nuzest[™]
nutrition for life

The Perfect Companion to Good Green Stuff



CLEAN LEAN PROTEIN™

The world's best source of vegetable protein

ALL NATURAL, it contains no preservatives and no artificial sweeteners or colours. It contains no GMOs and no soy, egg, nuts, sesame or mustards. And, it's Gluten Free and Dairy Free.

We all know that protein helps build strength and that it is essential to the repair of tissue and muscles, but it also supports energy levels and weight control, and even plays a part in our mood. Of course it's very important for kids growth and development, just as it is to adults who want to look and feel their best.

Clean Lean Protein comes from Belgium and is extracted from premium Golden Peas. As well as having the highest protein content of all vegetable proteins (up to 90%), it also has the advantage of being very easy to digest, and very low in fat and carbohydrates.

One special thing about European pea protein isolate is its pH reading of 7.8 which makes it the only alkaline protein available – handy to help keep those acidity levels in check.

LOW FAT – LOW CARB – 100% VEGETABLE – ALKALINE – GLUTEN FREE



BLENDED IN NEW ZEALAND FOR;

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