

Everything You Ever Wanted to Know About ADD-INS

Performance Food Centers (PFC) works hard to make sure that the products and ingredients we bring you are the cleanest, purest, best natural and whole-foods based items on the market. While there are many supplements on the market, PFC has chosen to offer swiig Core Supplements as the Add-Ins to our Shakes and Smoothies. These supplements are a great way to help your customers achieve their health, wellness and performance goals. You can rest assured that swiig has built their brand on the philosophy of eating and living well with **ONLY** whole food ingredients and functional nutrients. Core Supplements never contain any synthetic or artificial junk and are blended for synergistic effect. One of swiig's philosophies is "you are what your food eats" – a principal that speaks to the depth of the transparency in their products and ingredients.

Get Greens For Healthy Greens & Phytonutrients

Supplement Facts		
Serving Size: 1 scoop (5 g)		
Servings Per Container: 90		
	Amount Per Serv.	Percent Daily Value
Calories	10	
Total Carbs	2 g	1%*
Dietary Fiber	1 g	3%*
Protein	1 g	2%*
	Vitamin A	727 IU 15%
	Vitamin C	9 mg 12%
	Folate	13 mcg 3%
	Calcium	22 mg 2%
	Iron	<1 mg 4%
	Sodium	25 mg 1%
	Potassium	100 mg 3%
* Percent Daily Values are based on a 2,000 calorie diet.		
A Proprietary Blend of Certified 100% Organic Ingredients:		
Organic Wheat Grass (<i>Triticum aestivum</i>) (Leaf), Organic Oat Grass, Organic Barley Grass (Leaf), Organic Dulse (Leaves), Organic Spirulina (<i>Spirulina platensis</i>) (Herb), Organic Alfalfa (Leaves), Organic Dandelion (Leaves), Organic Parsley (Leaves), Organic Broccoli (<i>Brassica oleracea</i>) (Flowering Heads), Organic Kale (<i>Brassica</i>) (Leaves), Organic Kelp (Leaves), Organic Chlorella (<i>Chlorella pyrenoidosa</i>) (Whole), Organic Cabbage (<i>Brassica oleracea</i>) (Leaves)		

The Basics

Green leafy vegetables typically contain 20x more essential nutrients (oz. for oz.) than other foods. The nutrients in them can actually make the nutrients in other foods absorb & work better. Green foods are also highly alkalizing which creates a healthy environment in your body. If you don't eat enough quality green vegetables daily, your body doesn't cleanse, eliminate or build properly. So...you need to Get Greens!

Get Greens is a blend of infinitely good, nutrient-dense, cold-processed, organic, whole-foods from land & sea. Alfalfa, Kale, Broccoli, Cabbage & Parsley help rebuild tissues, create detoxifying enzymes and supply antioxidants. Rich sea vegetables & grasses like **Sea Kelp, Barley Grass, Chlorella, Spirulina, Wheat Grass, Oak Grass, Dulse & Dandelion Leaf** work together to create lean muscle, improve digestion, cleanse the blood stream, enhance potency & (most importantly) boost immunity!

If we fail to eat vegetables of all colors especially the deep green varieties on a daily basis, dozens of valuable cleansing, building and eliminative functions fail to work properly. This contributes to diseases and discomforts including but not limited to: cancer, diabetes, ulcers, arthritis, gastrointestinal disorders, low energy, sexual impotence, overweight, periodontal disease, hair loss, body odor, psoriasis, acne, constipation, asthma and extreme acidity.

Key Benefits

- 3-5 Servings of RDI of Green Vegetables
- High Alkalinity Balances Body pH Levels
- Easily Digestible Vegetable Protein
- Strengthens Immune Response & Instigates Healing
- Detoxifies and Cleanses your Body

Key Ingredients

Wheat Grass

Clinics all over the world have been set up to administer the miraculous juices extracted from sprouted wheat plants. People report that the intensive cleaning the chlorophyll and enzymes provide is unsurpassed in its abilities to stimulate the immune response and instigate healing.

Oak Grass Whole Leaf

Oat Grass is a good source of vitamins A, C, E and K, pantothenic acid, chlorophyll, lecithin, calcium, magnesium, potassium, iron and phosphorus. Also, up to 30 percent of oat grass by weight is amino acids, which your body uses as the building blocks of proteins.

Barley Grass

Over a dozen studies in several universities show the extract of young barley leaves to be a useful and powerful therapeutic agent. Rich in calcium, iron and trace minerals, barley has been reported to relieve arthritis, gastrointestinal disorders, chronic fatigue, constipation, poor circulation, psoriasis, and acne.

Dulse

Dulse is a seaweed that is high in vitamins and minerals, specifically Vitamins B6, B12, A, Iron, Potassium, Phosphorus, and Manganese. It promotes healthy digestion, cleanses the body of heavy metals, increases metabolism, aids in weight loss and helps to build and maintains all the glands in the body.

Spirulina

Spirulina is an amazing source of complete, highly digestible vegetarian protein that is rich in the B vitamins, particularly B-1, B-2, B-3, and B-6. More importantly, spirulina is the richest source of vitamin B-12 found in nature! Spirulina has also shown promise in the treatment of impaired immunity, protein deficiencies and eating disorders.

Alfalfa Leaf Juice

The father of all foods, alfalfa has roots that reach up to 60 feet into the soil to absorb trace minerals. Its lightweight proteins stimulate the rebuilding of tissues and strengthen hair, skin and nails.

Dandelion Leaf

The leaves, roots and tops of dandelions have been shown to cleanse the bloodstream and liver as well as be an effective diuretic.

Parsley

Parsley, a member of the Umbelliferae Family, is a rich leafy green. It is rich in nutrients, Chlorophyll, Carotenes, Vitamin C, Folic Acid, Iron and Dietary Fiber. It has been shown to stimulate the appetite, improve digestion, increase urine production, reduce spasms, and increase menstrual flow.