



# HEALTHFORCE EDUCATIONAL FLYER SERIES

“HYPER IS NOTHING. SUBSTANCE IS EVERYTHING!”

## VITAMINERAL GREEN™

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### The Ultimate Therapeutic Green Food

#### Soil Depletion

Because of modern farming methods, our soils are dramatically depleted in minerals and other important components necessary for producing nutrient-rich food. This results in food that is deficient in the crucial micronutrients – minerals, vitamins, antioxidants, enzymes, and phytonutrients – which we require in large quantities to thrive, especially given the stress of modern lifestyles. As a result, effective micronutrient supplementation is absolutely crucial for health.

#### Superfoods vs. Traditional Multivitamin Supplements

The traditional multivitamin pills or liquids produced in response to this issue are not the best solution. The isolated, synthetic vitamins (e.g., ascorbic acid, thiamine, and folic acid) found in these supplements are actually NOT the real vitamins. Vitamin activity in the body cannot be labeled as one specific compound; it involves a timed sequence of interactions between many different cofactors (e.g., vitamins, enzymes, coenzymes, antioxidants, and trace mineral activators). When we consume an isolated vitamin like ascorbic acid, for example, it will rob the cofactors it needs from our tissues in an attempt to produce nutritionally complete vitamin activity, potentially producing nutritional imbalances and deficiencies with long-term consumption. Even worse, our bodies successfully convert only a small percentage of the isolated vitamins we consume to actual vitamin activity. The rest becomes a burden that our body must remove.

In addition, most multivitamin supplements contain minerals in the form of inorganic mineral salts (e.g., calcium carbonate, calcium citrate, and zinc picolinate). These substances are little more than crushed rocks or compounds (“chelated minerals”) made by processing crushed rocks with one or more acids. Even the small amounts of minerals from these substances that make it into the bloodstream are lacking in cofactors that facilitate effective absorption into our cells, and can therefore contribute to toxic buildup and calcification in tissues with long-term consumption.

Effective supplementation is more like a symphony produced by the many different components and energies, both known and unknown, found in foods. We do not yet know how to produce this symphony in a laboratory. Fortunately, nature creates a potent symphony every day and offers it to us in the form of whole superfood nutrition. This is the wisdom behind Vitamineral Green™ – a symphony made by nature and assembled and directed by Dr. Jameth Sheridan (D.H.M.).

#### Vitamineral Green™

Vitamineral Green™ is nature’s multivitamin, a collection of 30 of the most micronutrient-rich superfoods on the planet, all carefully processed and dried at low temperatures to retain maximum nutrient integrity. The superfoods in Vitamineral Green™ contain an abundance of the micronutrients our body requires for health, and are also richly endowed with all the essential amino acids, antioxidants, chlorophyll, soluble and insoluble fibers, thousands of phytonutrients, and a plethora of other synergistically bound, organic nutrients which scientists have not even discovered yet. Vitamineral Green™ is Actual Food™ with a number of important benefits:

- Six different kinds of sea vegetables provide abundant iodine for thyroid health, radiation and heavy metal chelation, important trace minerals from the ocean, and the essential sugars fucose and mannose for immune health.\*
- Six separate strains of probiotics, providing 10 billion-plus total per serving. Unlike virtually all other probiotics, these organisms are hardy, acid stable, shelf stable, and do not require refrigeration. They are NOT dairy based and therefore do NOT require dairy to thrive.
- Potent levels of many different antioxidants serve to slow the aging process, support heart health, and reduce inflammation in the body.\*
- Tens of thousands of phytonutrients increase our body’s ability to resist degenerative health conditions.\*
- Rich in bioavailable alkalizing minerals that address the root cause of degenerative illness.\*
- Loaded with greens that are exceptionally rich in chlorophyll (e.g., chlorella). Chlorophyll serves to oxygenate the blood, thereby increasing energy production and detoxification in all our cells. Oxygenation also cleanses the blood with potent antibacterial, antifungal, and antiviral properties, effectively boosting our immune system.\*
- Contains significant amounts of fiber that helps to feed friendly bacteria and promote health in the GI tract.\*
- Contains amla berry, one of the most important rejuvenative herbs in Ayurvedic medicine, for bioavailable vitamin C, as well as strong medicinal benefits, increasing overall body vitality, strengthening the immune system, fortifying the liver, supporting heart health, strengthening the lungs, helping to detoxify tissues, and improving mental clarity.\*
- Contains holy basil, a powerful adaptogen known to help improve immune and cardiovascular health, reduce anxiety and depression, protect against damaging effects of radiation, and enhance brain circulation.\*
- Shilajit, the number one herb in Ayurvedic medicine, added to improve digestibility, detoxification support, and overall healing ability of Vitamineral Green™.\*

\*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.

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HealthForce: Over 20 Years of Hard-Core, Raw, Vegan, Whole Food Nutrition.

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because we care about Mother Earth.

## The HealthForce Edge

- Full-spectrum, plant-based digestive enzyme blend added for enhanced digestion.
- Proprietary low temperature grinding process used with whole leaf grasses produces nearly 100% cell wall breakage and bioavailability of nutrients.
- Many of the superfoods in Vitamineral Green™ are juiced and then carefully dried at low temperatures to concentrate the micronutrients.
- 100% TruGanically™ Grown. TruGanic™ is HealthForce's own purist, hard-core, quality standard for sourcing and production. Ingredients must pass actual tests (that no other standard requires) to verify non-GMO status and ensure they are 100% free of pesticides and irradiation.
- EcoFresh Nutrient Lock™. Our dark glass with unique metal lid and oxygen absorber protects 100% of nutrients (creates a vacuum). Glass is recycled/recyclable, does not outgas, and is non-toxic to melt down. Plastic bottles and metal/foil pouches (worst and not recyclable) allow dramatic degradation of nutrient levels. Plastic outgasses and is highly toxic to melt down.  
Note: All plastic containers (more so in soft plastic) release gases during the aging and degradation of a material. The volatile organic compounds (VOCs) released from plastic negatively affect our health.
- Only the most micronutrient-rich ingredients in therapeutic quantities have been included. Vitamineral Green™ is 100% pure, potent superfood nutrition. No binders, cheap filler ingredients, or added sweeteners.
- Energenesis™ Energetic Enhancements: • Magnetic • Vibrational+
- All ingredients are optimally dried for maximum life force.

**VITAMINERAL GREEN™ IS THE ULTIMATE, FOUNDATIONAL, FULL-SPECTRUM, HARD-CORE, RAW, ALKALINE, THERAPEUTIC, WHOLE FOOD, BIO-NUTRITIVE SUPERFOOD COMPLEX FOR THE ENTIRE BODY.**

**Suggested Use (powder):** Start with 1 teaspoon per day and increase gradually over two weeks to suggested usage of 1 serving per day. Do not take so much that you find it unpalatable, as you will end up taking and benefiting less! Mix into purified water. Drink consciously and with positive intent. Can also mix with fresh vegetable juices, fresh fruit juices (alone or blended with whole fruits and/or a banana into a smoothie). Add 1-2 tablespoons of freshly ground flax and/or chia seeds for extra nutrition. Can also be sprinkled on or mixed with foods. Vitamineral Green™ contains an extremely potent and comprehensive array of nature's most nutritive and cleansing superfoods, specifically grown and processed to maximize their benefits. If you experience temporary beneficial cleansing reactions that you find undesirable (such as loose bowels), reduce amount used to 1 teaspoon or less, and then increase over several days to one serving per day. Refrigeration is not required. Add Vitamineral Earth™ for even greater benefits.

**Suggested Use (VeganCaps™):** Start with 1 capsule per day and increase gradually over two weeks to suggested usage of 1 serving (8 capsules) per day. Do not take so much that you find it unpalatable, as you will end up taking and benefiting less! Eat consciously and with positive intent. Vitamineral Green™ contains an extremely potent and comprehensive array of nature's most nutritive and cleansing superfoods, specifically grown and processed to maximize their benefits. If you experience temporary beneficial cleansing reactions that you find undesirable (such as loose bowels), reduce amount used to 2 capsules or less, and then increase over several days to one serving per day. Refrigeration is not required. Add Vitamineral Earth™ for even greater benefits.

### Basic Smoothie Recipe

1 cup fresh or frozen berries  
8 ounces water, nut/seed milk, or coconut water  
1 fresh or frozen banana  
1–2 tablespoons Vitamineral Green™

Blend and enjoy

Try adding other HealthForce products to this smoothie for even greater nutritional benefits: Earth™, Elixir Of The Lake™, Greener Grasses™ Alkalizer, MacaForce™, Truly Natural™ Vitamin C, and Warrior Force™ Warrior Food™.

*"The quality, therapeutic concentration, and affordability of a nutritional product can, and often does, mean the difference between lethargy and energy, sickness and health, and, quite literally, life and death. I don't want anyone to be tired, sick, or dead because they could not obtain or afford the best possible product. Loyalties can be divided. I want to make it clear where mine lies. My loyalty is to those who want to thrive, and those whose life situation requires them to thrive. My loyalty is to the end user. My loyalty is to you. In my life now, and one day when I look back upon my life, that will have value to me incomparable to any amount of money, investors, or fame."*

*Dr. Jameth Sheridan – Doctor of Holistic Medicine (D.H.M.), Naturopath, and Hard-Core Herbal Medicine Researcher*

Nutrition Facts		
Serving Size: 10 grams (approximately 1.5 tablespoons)		
Amount Per Serving		% Daily Value
Total Calories	34	
Total Fat	0.3 g	0.47%
Total Carbohydrates	4.07 g	1.36%
Dietary Fiber	2.5 g	10%
Sugars	0.62 g	†
Sodium	55m g	2.3%
Protein	3.63 g	7.26%
From the Land™	5,540 mg	†
• Nettle Leaf <sup>∞</sup> • Carob Pod <sup>∞</sup> • Juices: • Alfalfa Grass <sup>∞</sup> • Oat Grass <sup>∞</sup> • Barley Grass <sup>∞</sup> • Dandelion Leaf <sup>∞</sup>	• Horsetail/ Shavegrass <sup>∞</sup> • Ginger Root <sup>∞</sup> • Barley Grass <sup>∞</sup> • Parsley Leaf <sup>∞</sup> • Wheat Grass <sup>∞</sup> • American Basil <sup>∞</sup>	• Chickweed <sup>∞</sup> • Holy Basil/Tulsi <sup>∞</sup> • Moringa Leaf <sup>∞</sup> • Yacon Leaf <sup>∞</sup> • Amla Berry <sup>∞</sup> • Shilajit <sup>∞</sup>
From the Waters™	3,754 mg	†
• Spirulina <sup>∞</sup> • Chlorella <sup>∞</sup>		
From the Oceans™	606 mg	†
• Kelp <sup>∞</sup> • Dulse <sup>∞</sup> • Bladderwrack <sup>∞</sup> • Alaria <sup>∞</sup> • Laver (Wild Atlantic Nori) <sup>∞</sup>		
VMG™ Enzyme Concentrate	85 mg	†
• Protease <sup>∞</sup> • Alpha-Galactosidase <sup>∞</sup> • Bromelain <sup>∞</sup> • Papain <sup>∞</sup>		• Amylase <sup>∞</sup> • Cellulase <sup>∞</sup> • Lipase <sup>∞</sup>
Probiotics	15 mg	†
Acid stable, and incredibly magnified/fed by the VMG™ formula.		
• Lactobacillus plantarum <sup>∞</sup> • L. paracasei <sup>∞</sup> • L. salivarius <sup>∞</sup>		• L. rhamnosus <sup>∞</sup> • Streptococcus thermophilus <sup>∞</sup> • L. bulgaricus <sup>∞</sup>
% Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
∞ ORGANIC ° WILDCRAFTED ∞ TRUGANIC™		

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