



## Natural ingredients offer nature's goodness

**Wheat Grass.** Full of essential vitamins, minerals, amino acids and enzymes, wheat grass revitalizes and energizes your body while providing the highest levels of protection. Wheat grass also offers a concentrated amount of chlorophyll to enhance immunity and support healthy cell metabolism.

**Barley Grass.** Barley grass has been shown to support healthy cholesterol levels already within a normal range. Studies also support the antioxidant activity of barley grass. The ability of barley grass to scavenge free radicals is thought to be due to the presence of polyphenolic compounds.

**Lemon Grass.** Lemon grass has been used for centuries in Indonesia and Malaysia by herbalists and in Ayurvedic herbalism. Herbalists use lemon grass to support the nervous, digestive and immune systems. Lemon grass is valued for its exotic citrus fragrance and source of nutrients.

**Cruciferous Vegetables.** Kale, watercress, cabbage, and broccoli are part of a family of vegetables called cruciferous vegetables. These vegetables are natural sources of phytonutrients, including indoles, that help protect against cell damage and modulate the body's natural metabolism of hormones.

## About Synergy WorldWide

Synergy WorldWide, led by Founder and CEO Dan Higginson, is a world leader in health and anti-aging products. The highly capable team of executives has more than 70 years of combined experience in the network marketing industry and the determination it takes to achieve success in this industry.

Since Synergy was founded in 1999, it has established a proven track record of success in markets around the world. Synergy WorldWide is a division of Nature's Sunshine Products (NSP), a respected debt-free company with more than 35 years in the herbal-health industry.

Visit us at [www.synergyworldwide.com](http://www.synergyworldwide.com) to learn more about our revolutionary line of nutritional and personal care products.

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# CORE GREENS

**Build** Boost Circulate



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# Building a strong foundation is the most important step you can take for superior long-term health.

The best way to do this is to eat fresh, home-cooked food with five to nine servings of fruits and vegetables a day. But our busy lifestyle pulls us in so many directions that meeting our nutritional goals is often difficult. Instead of a healthy salad, we often end up serving the family fried chicken from a fast-food place. Tasty, sure—but not very healthy.



That's why you need Core Greens, which helps your body build healthy cells, bones, tissue and other bodily systems. The key to Core Greens' effectiveness lies in its incredible combination of natural plant foods, including wheat grass, barley grass and lemon grass. These grasses provide chlorophyll, which is truly nature's miracle molecule. Chlorophyll helps protect healthy cells, supports immunity and contributes to general good health.

Not only is Core Greens healthy, it's easy and convenient to take. Because it's so simple to prepare, you'll never again have to worry about whether you're getting the vitamins, minerals and nutrients you require. Packed with natural goodness, Core Greens will help you build the strong foundation necessary for a long, healthy life.

## Great benefits to keep you healthy

- Provides all 13 vitamins the body needs to thrive.
- Builds health with calcium, phosphorous, iron, zinc and other minerals.
- Phytonutrients deliver powerful health-protective benefits.
- Antioxidants combat free radicals and help counter cell damage.
- Chlorophyll enhances immunity and protects cells

"Green foods are an extraordinary source of many critical vitamins, minerals and other substances that help build our bones, nervous system and other important body systems. Along with vitamins, Core Greens contain minerals such as calcium, phosphorous, iodine, zinc and iron, which are also critical for optimal health."

—Dr. Jack Pfeifer, Chairman, Synergy Medical Advisory Board

