



## LurraGreens™ Drink

LurraGreens™ is a science-based cardio-health green drink mix that tastes great and is packed with nutrition. It's made from the highest quality raw greens available anywhere in the world – certified organic and sustainably grown. It is designed to help fuel the body's natural healing processes to restore and strengthen cardiovascular health. In addition, it holistically supports the body in healing and reversing insulin resistance and can aid in blood sugar and appetite control.



- **Helps restore and strengthen cardio health**
- **Supports body in healing insulin resistance**
- **Aids in appetite and blood sugar control**
- **Provides the body with vital nutrients**
- **Assists in neutralizing free radicals**

These unique, vitamin- and mineral-rich greens are derived from one of only two inland sea beds on Earth and are grown in pristine ancient volcanic soil. From time of harvest – which only takes place twice each year – the fresh plants are juiced within minutes and immediately converted into our powerful green nutrient blend through a proprietary process. One scoop provides 5,000 mg of L- Arginine and 1,000 mg of L-Citrulline, which Nobel Prize winning research has found can help age-proof the cardiovascular system by naturally boosting the production of the powerful neurotransmitter Nitric Oxide.

Plus, every serving provides the body with therapeutic amounts of vitamins, minerals, antioxidants, enzymes, and phytonutrients. These vital organic compounds are essential for good health but are often depleted from our modern-day diets. Nutritious and delicious, LurraGreens is packed with nutrient-dense, antioxidant-rich, bioavailable nutrients that fuel the body and help bring it into a healthy state.

**CAUTION:** Always consult with your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, at risk for or have any illness or health condition, pregnant or nursing, or under age 18. These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.

# CERTIFIED ORGANIC INGREDIENTS



## LURRA ACTIVE GREENS BLEND

Our very unique juice powder is sustainably grown on certified organic farms in the mineral-rich, ancient sea beds of the Uintah Basin. The grasses are carefully harvested when they have the highest nutritional content and then processed so gently that when you put them back in water, they are virtually identical to the freshly squeezed juice.

LurraGreens Active Greens Blend of high-quality alfalfa, barley, oats, kamut, and wheat grass is densely packed with bioavailable whole food nutrition and provides the body with therapeutic amounts of vitamins, minerals, antioxidants, enzymes, and phytonutrients.

One of the things that's so remarkable about our active greens is how rich they are in chlorophyll. This potent phytonutrient helps replenish red blood cells, neutralize free radicals, improve digestion, and balance the body's pH level. Chlorophyll is also a powerful detoxifier and has the ability to bind and flush out toxins from the body.

## LURRA NITRIC OXIDE BLEND

Nitric Oxide is critical in our bodies. This essential molecule signals our blood vessels to relax and expand, creating greater efficiency, greater nutrient delivery, and greater oxygenation to every system, organ, and tissue in the body.

"Nitric Oxide is produced by the body specifically to help keep arteries and veins free of the plaque that causes stroke and to maintain normal blood pressure by relaxing the arteries, thereby regulating the rate of blood flow and preventing coronaries. Nitric Oxide is the body's natural cardiovascular wonder drug," reports Dr. Louis Ignarro, Nobel Prize recipient.

LurraGreens contains the best Nitric Oxide boosters to help heal and strengthen the cardiovascular system. Each serving supplies you with an effective dose of L-Arginine, L-Citrulline, Beet Root Extract, Agmatine Sulfate, Resveratrol, and N-Acetyl-L-Cysteine...in the correct ratios to boost and sustain healthy Nitric Oxide levels throughout the body.

## LURRA INSULIN SENSITIVITY BLEND

Banaba has been used for thousands of years in traditional medicine to naturally heal diabetes. Banaba leaves contain a compound called corosolic acid, which has been found helpful in lowering blood sugar and treating insulin sensitivity. For example, in one study a group of people with type 2 diabetes given banaba extract for 8 weeks improved blood sugar levels and lost an average of 2 to 4 pounds per month.

Shilajit is considered the king of all ancient medicines. The Shilajit used in LurraGreens is sourced from the pristine, untouched Himalayas and contains 50%-63% fulvic and humic acids. These super antioxidants are powerful free-radical scavengers and highly effective in the repair and regeneration of the pancreas.

OmniMin AC® is a unique, nutrient-rich trace mineral complex harvested from the Great Salt Lake. It provides a rich natural source of magnesium, also necessary in preventing and reversing insulin resistance.

# FREQUENTLY ASKED QUESTIONS



## How does LurraGreens help age-proof my heart?

LurraGreens™ from LurraLife supplies the body with two vital amino acids, L-Arginine and L-Citrulline, which Nobel Prize winning research shows can prevent and even reverse cardiovascular impairment as well as age-proof the cardiovascular system by naturally boosting the production of the powerful neurotransmitter Nitric Oxide in the body. One scoop of LurraGreens provides 5,000 mg of L-Arginine and 1,000 mg of L-Citrulline.

## Is my regular diet making me age prematurely?

Eating unhealthy foods that flood your body with sugar and spike insulin levels can dramatically speed up the degeneration of the organs in your body. If your body needs to constantly produce large doses of insulin to keep your blood sugar in the normal range, it's likely just a matter of time before you develop insulin resistance, which in turns accelerates aging and deterioration of health and quality of life.

## How do I know if I'm becoming insulin resistant?

While genetics, aging and ethnicity play roles in developing insulin sensitivity, the driving forces include excess body weight, too much belly fat, a lack of exercise, and even skimping on sleep. And, contrary to popular misconception, you don't have to be obese or even overweight to be at risk; many at risk are "skinny fat" (i.e., they look lean but have a disproportionate amount of fat – adipose tissue – stored in their abdomen).

Insulin resistance typically doesn't trigger any noticeable symptoms for a while, but if you've been experiencing any of the following, it could be clues to bigger problems on the horizon, including developing insulin resistance, which can lead to high blood pressure and a myriad of chronic diseases, including type 2 diabetes, heart disease, stroke, cancer, dementia, Alzheimer's disease, and more.

- Feeling more tired than usual.
- Difficulty losing weight.
- Extreme thirst or hunger.
- Feeling exhausted or irritable by end of the day.
- Craving sugar and refined carbohydrates.
- Excess belly fat (even in lean people).
- Joint pain or tingling in hands and feet.
- Feeling hungry soon after meals.

The good news is that insulin resistance is nearly 100% preventable, treatable, and reversible! Taking small steps, such as eating healthier foods and moving more to lose weight, can help prevent insulin resistance or reverse the damage it has caused. LurraGreens nourishes the body with therapeutic amounts of vitamins, minerals, antioxidants, enzymes, and phytonutrients. Plus, it is designed to help fuel the body's natural healing processes in order to age-proof the cardiovascular system and beat insulin resistance.

## Will it help with weight loss?

If you struggle with your weight, there is a good chance that your body has become resistant to insulin. Insulin is one of the main hormones responsible for controlling blood sugar levels, but it does far more than that, including also controlling fat storage. So, if you are insulin resistant, it also means that your body stores fat a lot more easily because insulin promotes fat storage.

Delicious and nutritious, LurraGreens drink is densely packed with bioavailable whole food nutrition that can fuel your body and help bring it back into healthy balance. By doing so, you will be able to take better control of your health and weight. Plus, people report that by drinking LurraGreens regularly, they experience fewer food cravings as well as improved appetite control, energy, focus, and mood – all of which make it easier to lose those unwanted pounds and keep them off.

# SUPPLEMENT FACTS + USAGE



## SUPPLEMENT FACTS

Servings Per Container: 15  
Serving Size: 1 stick pack (9.2 g)

Amount Per Serving		% DV*
Sodium (OmniMinAC™)	50mg	2%
Potassium (OmniMinAC™)	35mg	1%
Total Carbohydrates	3g	1%
Lurra Active Greens Blend	1,800 mg	†
<i>Barley Grass Juice Powder, Alfalfa Grass Juice Powder, Oat Grass Juice Powder, Wheatgrass Grass Juice Powder, Kamut Grass Juice Powder</i>		
Lurra Nitric Oxide Blend	4,585 mg	†
<i>L-Arginine, L-Citrulline, Agmatine Sulfate, N-Acetyl L-Cystein, Beet Extract, Resveratrol</i>		
Lurra Insulin Sensitivity Blend	285 mg	†
<i>OmniMinAC™, Shilajit Extract, Banaba Extract</i>		
Vitamin C (Ascorbic Acid)	90 mg	100%
Vitamin D3 (Cholecalciferol)	20 mg	100%
Vitamin K2 (Menaquinone MK-7)	20 mcg	17%
Vitamin B3 (Niacinamide)	20 mg	125%
Vitamin B6 (Pyridoxine HCL)	2 mg	118%
Folic Acid	400 mcg	100%
Vitamin B12 (Methylcobalamin)	15 mcg	625%
Magnesium (OmniMinAC™)	30 mg	7%
Chromium (Chromium Picolinate)	120 mcg	343%
Chloride (OmniMinAC™)	55 mg	2%

\*Percent DV are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

*Other Ingredients:* Citric Acid, Malic acid, Natural flavor, Stevia, Xanthan Gum, Black Pepper Extract

**DIRECTIONS:** Mix 1 stick pack with 4-8 ounces of water. Stir to dissolve. If water is very cold, it may take a minute to dissolve.

One serving may be taken twice per day on an empty stomach. Store in a cool, dry place to maintain freshness.

**CAUTION:** Consult your physician before taking any health supplement, especially if you are pregnant or nursing, or have a medical condition.

## AGE-PROOF YOUR HEART AND BODY WITH LURRAGREENS™

LurraGreens™ cardio-health drink mix is designed to help fuel the body's natural healing processes to restore and strengthen cardiovascular health.

One stick provides 5,000mg of L-Arginine and 1,000mg of L-Citrulline, which research has found can help age-proof the cardiovascular system by naturally boosting the production of the powerful neurotransmitter Nitric Oxide in the body.

Plus, it is packed with nutrient-dense greens that nourish and balance the body. These vital organic compounds are essential for proper health, but are often depleted from our modern-day diets. We use only the highest quality raw greens – sustainably grown and certified organic.

