



### SUGGESTED USAGE

Start with one (1) Teaspoon daily.  
Increase as needed.

Add to six-to-eight (6-8) oz. of fresh juice; apple, veggie, lemonade or apple cider vinegar with fresh local honey added, or use any juice mixed with water. May be blended into a smoothie or shaken in tightly capped jar or shaker cup.

Can be taken in the morning as a meal replacement, in the afternoon as a pick me up or any other time.

Can also be taken in the evenings to help reduce nighttime food cravings, and help promote restful sleep.

The best way to store for ultimate freshness and potency is to refrigerate or freeze in your favorite glass container.

You may encapsulate the green drink for convenience.

Can also be used as a healthy meal replacement for weight loss, or as a nourishing cleansing fast.

**1/2 lb = 45 (1 Teaspoon) Servings**

**1 lb = 90 (1 Teaspoon) Servings**

**Empowered Herbals LLC**

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## Rachael Jean Harper Formulator

**T**hroughout her childhood, Rachael Jean watched as her French Canadian mother used effective folk cures from the old country. This early introduction developed in her a deep love for nature and a reverence for the healing potentials of traditional herbal medicines and whole foods as they are created in nature.

She is a Sage Mountain Herbal Center graduate of the Science and Art of Herbalism, an intensive course created and taught by renowned herbalist, Rosemary Gladstar. She has also completed her apprenticeship, advanced apprenticeship, teacher training, and internship at the center. She studied clinical herbalism with Terriona Low Dog MD, and received her certification in Foundations in Herbal Medicines.

As a practicing clinical herbalist, nutritional counselor, mentor and teacher, Rachael Jean empowers others with the knowledge to gather and prepare traditional medicines and delicious whole foods for the health and longevity of our present and future generations. She lives with her husband Ken, on their farm and educational retreat located on the beautiful Olympic Peninsula's Dabob Bay in Western Washington State.

"I have been a long-time fan of spirulina green drinks, and have tried most of those on the market. Without a doubt, Rachael Jean's Ultimate Green Drink is the best. She has blended all the right ingredients in it to make it not only the most nutrient-rich green drink, but also the most pleasant tasting. I've been drinking it almost daily for twenty-five years now and credit these morning green drinks with helping me to keep up with my super-active lifestyle!"

*Rosemary Gladstar*

Herbalist, Author of several books; Director of Sage Mountain Herbal Center and Founder of United Plant Savers (UpS).



## Rachael Jean's Ultimate Green Drink

A Winner of the  
International Herbal Symposium  
Products Contest

- *Ultimate greens is a premium survival food*
- *Ultimate greens is RAW/ Grain Free*
- *Greater concentration of superfoods per serving than other green drinks*
- *Formulated with love and appreciation for the plants, planet and those who drink this product*
- *Each batch is packaged in conservative containers. This earth friendly method means savings are passed on to the consumer, and containers are not passed on to the landfills*



*Ken Harper*

## FEATURES

Chlorophyll  
 Provides vitamins, minerals,  
 trace minerals, amino acids,  
 and enzymes  
 High quality fiber, including  
 Apple Fiber and  
 Jerusalem Artichoke  
 Gamma-linolenic acid, a  
 rare essential fatty acid,  
 and silica  
 Concentrated source of RNA  
 and DNA: nucleic acid  
 essential for immune cell  
 functions  
 Highly assimilated plant iron

## Nutrition Facts

90 servings per container

Serving size 1 tsp(5g)

Amount per serving

**Calories** 15

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 10%

Potassium 31mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## BENEFITS

Energizes  
 Purifies Blood  
 Boosts Immune System  
 Balances, Repairs and Rebuilds System  
 Heals on a Cellular Level  
 Promotes General Feeling of Well-Being  
 Improves Vitality  
 Promotes Tranquility and Rest  
 Alkalines the System  
 Contains Phytonutrients Currently  
 Under Study for Prevention of Chronic  
 Degenerative Diseases

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## SUGGESTED USAGE FOR FOUR-LEGGEDS AND WINGEDS (PETS)

(Sprinkle on or mix in food)

A pinch for cats

1/4 teaspoon for small dogs

1/2 teaspoon for medium dogs

3/4 teaspoon for large dogs

Sprinkle on bird seeds

Measure Accordingly for Larger Animals

## RACHAEL JEAN'S ULTIMATE GREENS

a premium survival food

### Organic Spirulina

Complete protein; helps to stabilize blood sugar, supports the immune system and protects the thymus from atrophy.

### Organic Nettles

Superior tonic herb, highly nourishing, strengthens the system, is detoxifying, and anti-allergen.

### Chlorella GWC

60-70% digestible protein, blood and energy builder, detoxifier, strengthens liver, restores immunity.

### Organic Beet Root

Aids lymphatic, gall bladder and liver functions.

### Organic Barley Grass and Barley Grass Juice

High in calcium, iron, amino acids, flavonoids, B12, vitamin C, minerals, enzymes, and is a powerful anti-inflammatory.

### Organic Wheat Grass and Wheat Grass Juice

Cleanses the blood, organs, and gastrointestinal tract; supports thyroid gland function, helpful with obesity.

### Organic Alfalfa

Vitamin and mineral rich, infection fighter, body deodorizer, reduces arthritis, improves stamina.

### Apple Fiber GWC

Lowers cholesterol, is a rich source of insoluble fiber and helps to promote intestinal health.

### Jerusalem Artichoke (Inulin)

Prebiotic food source for beneficial bacteria that helps to promote their growth in the intestine.

### Probiotics (1 Billion Beneficial Bacteria per Serving)

Helps maintain a healthy balance of intestinal flora, aids digestion, has anti-fungal properties, and combats candida. Helps support immune function.

GWC = Grown Without Chemicals

TM

Ken Taylor