

MÖDERE™



GREEN QI

with plant extracts and phytonutrients

THE WELLNESS PROBLEM

For all manner of reasons – particularly poor diet and lifestyle choices – we may not receive all of the nutritional requirements our body requires to operate at optimum efficiency and underpin our overall wellbeing.

We all know that we should eat a diet high in fresh fruit and vegetables with plenty of leafy greens – and most of us know that certain 'blah' feeling when we're just not getting the right amount. Lack of energy is an obvious sign, but long term missing out on the essential nutrients contained in these foods can have serious effects on our wellness and longevity.

Add in busy lifestyles which often mean meals on the run and little time available to shop for and prepare truly nutritious meals; and we have the potential for a society where increasing numbers of people are well fed but chronically undernourished.

THE MODERE SOLUTION

Quite simply, if you wanted to have the daily dose of plant based nutrients (phytonutrients) and beneficial compounds available to you in Green Qi, your home would have to look like a market garden! There are no less than 27 individual sources of phytonutrients in every scoop.

It really does qualify for the label of 'superfood'.

Green Qi is a real 'superfood' inspired by Chinese traditional philosophy, it is designed to benefit your overall vitality and wellbeing. The plant and herbal ingredients in Green Qi provide a rich source of nutrients to enhance the daily diet and support alkalising diets. It is also part of the Modere 12 Week Detoxification Program.

Perfect for people on the go who don't have the time or desire to prepare a nutritious meal!

Green Qi has a natural green colour from the high plant content, and is suitable for vegetarians and vegans.



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WELLBEING BENEFITS OF GREEN QI

Dietary supplementation

- Good source of phytonutrients
- May assist in achieving a healthy and well balanced diet
- Supplements daily fruit and vegetable serving intake
- Good for alkalisating diets

General wellbeing

- Supports body stamina
- Supports body function

LIFESTYLE TIPS

- Follow a diet that regulates sugar levels through maintaining a balance of carbohydrates/proteins/fats. For optimal results follow Modere Detoxification Food List.
- Eat a minimally processed diet rich in antioxidants, phytochemicals and bioflavonoids.
- Normal digestive processes, gut flora balance and proper elimination are fundamental for health.
- Exercise – aerobic and anaerobic (weight lifting) stimulates detoxification and assists in managing inflammation within the body.
See Modere Weight Management Program for more ideas.
- Drink at least 2 litres of purified water daily.
- Remove as many toxic household products as possible to minimise your chemical exposure.
- Use a loofah mitt in the shower or dry skin brush daily to assist in stimulating the lymphatic system.

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Para Cleanse, Colostrum, Probiotic, Liver Health, Adult Multivitamin Plus Botanicals.

FACTS

ACTIVE INGREDIENTS

Spirulina powder, alfalfa grass leaf & stem juice powder, chlorella powder, kale leaf powder, green tea leaf powdered extract, wheat grass leaf & stem juice powder, sunflower seed lecithin powder, parsley leaf powder, oat fibre, spinach leaf powder, fructooligosaccharides, bulking agent (dextrose, maltodextrin), barley grass leaf powder extract, apple fibre powder, rosemary leaf powder, acerola fruit powder, apple pectin powder, lactobacillus acidophilus, Siberian ginseng root powder extract, shiitake mushroom powder, anti-caking agent (silicon dioxide), licorice root powder, grape seed powdered extract, bilberry fruit powdered extract, aloe vera gel powder, dandelion leaf extract, papaya fruit powdered extract, Korean ginseng powdered extract.

DIRECTIONS FOR USE

Mix one heaped scoop (4g) in 250mL water or juice. Take one to three times daily.

PRECAUTIONS

Sensitive individuals are advised that Green Qi may contain traces of gluten.

FREE FROM

Milk, preservatives, artificial colours and flavours, soy and yeast. Suitable for vegetarians and vegans.

NUTRITIONAL INFORMATION

Servings per container: 34		
Serving size: 4g		
Average quantity	per serving	per 100g
Energy	64kJ	1600kJ
Protein	1.30g	32.5g
Fat, total	0.25g	6.25g
- Saturated	0.08g	2.0g
- Trans fat	0g	0g
Carbohydrate	1.92g	48.0g
- sugars	0.21g	5.25g
Sodium	32.3mg	808mg