

nuzestTM
nutrition for life

STANDOUT NEW FORMULA



SAME GREAT TASTING PRODUCT, NOW PACKED WITH EVEN MORE GOODNESS

- ✓ **MORE Ingredients**
Now with over 75 quality ingredients
- ✓ **MORE Potent**
New ingredients for greater efficacy
- ✓ **MORE Vitamins & Minerals**
Significant increase in nutrients
- ✓ **MORE Customer Choice**
Available in a new 600g jar

FOR ALL NUZEST NEW ZEALAND ORDERS

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GOOD GREEN STUFF

ALL-IN-ONE NUTRITIONAL SUPPORT

Known as the Feel Good Superfood, Good Green Stuff is the ultimate lifestyle supplement for people looking for a high quality, effective solution to help fill nutritional gaps. With over 75 ingredients, it's a super-blend of all your essential nutrients in one daily serve.

More Than Just Another Greens Product

Good Green Stuff is packed with nutrient-rich greens, fruits, vegetables and berries; and is fortified with a full range of vitamins, minerals, digestive enzymes, herbs, prebiotics, probiotics and antioxidants—a synergistic cocktail providing complete nutritional support in one daily serve.

Easy to Digest and Absorb

Being a powder that mixes in liquid, Good Green Stuff is easier to digest than tablets or capsules; and being made from real food, the nutrients are recognised by the body and readily absorbed.

Supports Digestive Health

Good Green Stuff contains high levels of prebiotics, probiotics and enzymes, as well as herbs which support the detox organs and elimination pathways.

Sharpens the Mind and Helps with Stress

Good Green Stuff contains herbs and ingredients traditionally used to support the nervous system and cognitive function; and adaptogens to help recharge the adrenal glands in stress relief.

Manufactured with Care and Expertise

The production process of Good Green Stuff is intricate and methodical. Small groups of ingredients are blended together, and then the blends are blended. This is done slowly to avoid heat, thereby preserving the active nutrients and the “goodness” of each ingredient.

This is not an easy process. It takes years of experience to master the ability to achieve an even particle size and even dissemination of ingredients. This is critical to ensure that every scoop contains the same nutritional profile especially after transport and time in storage.

Manufactured in a World Class Facility

Good Green Stuff is manufactured in Nelson, a pristine region of the South Island of New Zealand, by Alaron Products. Alaron is an experienced, government registered, GMP certified and TGA approved facility. They have recently installed new state-of-the-art facilities now being used in the production of Good Green Stuff.

A Label You Can Trust

Our manufacturer, Alaron Products, verifies that what is on the label is in the jar. There is no opportunity to cheat: their licence depends upon it.

Each batch is also tested independently to ensure it is safe and gluten free.

No Bad Stuff

NO GENETICALLY MODIFIED ORGANISMS (GMOs)
NO EGG, WHEAT, GLUTEN, DAIRY, CORN OR SOY
NO ADDED SUGARS OR ADDED SALT
NO YEAST, PEANUTS OR ANIMAL PRODUCTS
NO ARTIFICIAL COLOURS OR SWEETENERS
NO PRESERVATIVES

It Tastes Great

That's what our customers tell us.

Sizes Available:

- 30g Tub - 30 serves
- 60g Tub - 60 serves
- 1kg Tub - 100 serves
- 10g Single-Serve Sachet
- Box of 10x Single-Serve Sachets





GOOD GREEN STUFF

SUPERBLEND OF ALL YOUR ESSENTIAL NUTRIENTS

GREENS, FRUITS, VEGGIES & BERRIES

Organic Spirulina	1000 mg
Red Marine Algae (Lithothamnium)	485 mg
Organic Chlorella	340 mg
Organic Wheatgrass	340 mg
Organic Barley Leaf	340 mg
Acerola extract	270 mg*
Pineapple Juice extract	250 mg*
Papaya	250 mg
Broccoli Sprout	250 mg
Bilberry extract	200 mg*
Blackcurrant extract	200 mg*
Rosehip extract	175 mg*
Beetroot	170 mg
Carrot	90 mg
Spinach	70 mg
Licorice Root	70 mg
Kelp	60 mg
Goji Berry extract	40 mg*
Hawthorn extract	35 mg*

NERVOUS SYSTEM SUPPORT

Sunflower Lecithin	750 mg
Organic Flaxseed	400 mg
Panax Ginseng extract	100 mg*
Ashwagandha Root extract	75 mg*
Gotu Kola extract	75 mg*

ANTIOXIDANTS & IMMUNE SUPPORT

Bioflavonoids	500 mg
Citric Acid	200 mg
Grape Seed extract	100 mg*
Alpha Lipoic Acid	75 mg
Rosemary Leaf extract	75 mg*
Astragalus Root extract	75 mg*
Green Tea Leaf extract	75 mg*
Cacao Bean Polyphenol extract	70 mg
Turmeric extract	70 mg*
Rhodiola Rosea	50 mg*
Shiitake Mushroom	30 mg
Beta Glucans	18mg
Co-Enzyme Q10 (Ubiquinol & Ubiquinone)	16 mg
Resveratrol	15 mg

ADDED ESSENTIAL VITAMINS & MINERALS

Vitamin C (Ascorbic Acid)	360 mg
Potassium (Potassium Phosphate)	300 mg
Calcium (naturally from Marine Algae)	165 mg
Magnesium (Citrate & Glycinate)	100 mg
Phosphorus (Potassium Phosphate)	50 mg
Vitamin B3 (Inositol Hexanicotinate)	17mg
Vitamin E (d-Alpha Tocopherol 13.6mg & Natural Mixed Tocopherols 111mg)	15 mg α-TE
Silica (Orthosilicic Acid & Marine Algae)	14.5 mg
Zinc (Zinc Gluconate)	12 mg
Vitamin B5 (Pantothenic Acid)	10 mg
Vitamin B6 (Pyridoxine HCl)	5 mg
Vitamin B1 (Thiamin)	4 mg
Vitamin B2 (Riboflavin)	4 mg
Manganese (Manganese Gluconate)	1.5 mg
Vitamin A (Retinyl Palmitate & Natural Mixed Carotenoids)	600 mcg RE
Vitamin B7 (Biotin)	330 mcg
Vitamin B9 (Folate in natural form L-5MTHF)	320 mcg
Copper (Copper Gluconate)	250 mcg
Iodine (Kelp & Marine Algae)	154 mcg
Vitamin B12 (Methylcobalamin)	100 mcg
Vitamin K2 (Menaquinone-7)	70 mcg
Chromium (Chromium Picolinate)	35 mcg
Selenium (L-Selenomethionine)	35 mcg
Vitamin D3 (Lichen)	400 IU

DIGESTIVE SYSTEM & DETOX ORGANS SUPPORT

Apple Pectin Prebiotic	550 mg
Globe Artichoke extract	500 mg*
Milk Thistle Seed extract	80 mg*
Ginger Rhizome	75 mg
Bromelain	65 mg
Dandelion Whole Plant extract	40 mg*
Burdock Root extract	25 mg*
Slippery Elm Inner Bark	25 mg
Non Dairy Probiotics (Bifidobacterium Bifidum & Lactobacillus Acidophilus)	6 billion CFU

VEGETABLE PROTEIN

European Golden Pea Protein Isolate	905 mg
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DELICIOUS BLEND OF NATURAL FLAVOURS

Vanilla, Pineapple, Stevia	
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Note: Good Green Stuff is not suitable for children under the age of 4. If pregnant or breastfeeding, please consult your healthcare professional.

Note: All weights are average
*Extracts and concentrates are listed as equivalent values.



GOOD GREEN STUFF

WHAT GIVES GOOD GREEN STUFF THE COMPETITIVE EDGE?

It looks better, it tastes better, it is better

Good Green Stuff is more than just a greens product. It's a complete nutritional supplement containing over 75 ingredients, and is fully fortified with added essential vitamins and minerals. Our formula is always evolving and uses the most up-to-date scientific research to make it the most efficacious formula on the market.

So what is the difference between our greens and competitors? The answer is simple—it's all about the quality of ingredients and the efficacy of the formula.

*Quality ingredients
and formula efficacy
are our key focus.*

The ingredients used in Good Green Stuff are of the highest quality, no matter what. Some ingredients used in our formula are up to 400% higher in price than those used by our competitors.

Listed in this document are just a few of the stand out ingredients found in Good Green Stuff; and on the next page is a chart comparing Good Green Stuff to competitive products on the market.

These lists by no means cover all of the differences that make Good Green Stuff the standout product in its category—they simply highlight the key ingredients.

Significantly higher levels of vitamins, minerals and other functional ingredients than any of its competitors

For example...

- 261% more Vitamin A
- 257% more Vitamin B12
- 188% more Potassium
- 163% more Vitamin D
- 138% more Magnesium
- 100% more CoQ10
- 50% more Resveratrol
- 17% more Selenium

The best quality ingredients, chosen for maximum bio-absorbability and efficacy, not price

For example we use...

Kelp as a natural source of Iodine

Good Green Stuff provides 100% of the RDI of Iodine, naturally sourced from Kelp. Iodine is essential for the production of thyroid hormones, and required for cognitive, nerve and skin function. While many of our competitors include Kelp in their formula, none contain enough to provide meaningful levels of Iodine.

Natural Folate, not synthetic Folic Acid

Folic Acid is a synthetic compound found in many supplements. Up to 30% of some populations cannot convert this properly due to a genetic variation. Good Green Stuff uses Folate 5MTHF, which is a more natural and bioavailable solution; Natural Folate is used directly by the body, without the need for conversion.

Naturally sourced Calcium

Rather than the cheap Calcium compounds found in some products, Good Green Stuff uses Red Marine Algae (Lithothamnium Calcareum) to achieve a claim of 165mg of Calcium per serve. It also provides the additional benefits of a large range of trace and ultra-trace minerals.

Broad-spectrum Vitamins A and E

There are easy ways to achieve a Vitamin A claim (Beta-Carotene), or a Vitamin E claim (Alpha-Tocopherol). However, to provide maximum health benefits the complete spectrum of these vitamins is required. Good Green Stuff includes Mixed Natural Tocopherols and Carotenoids in order to achieve this.

Broccoli Sprout, not Broccoli Powder

Unlike most dietary supplements, which contain Broccoli Powder, Good Green Stuff contains Broccoli Sprout. While Broccoli is a nutrient-dense food, it lacks the high levels of glucosinates which are found in Broccoli Sprouts. Glucosinates convert into anti-microbial, anti-inflammatory and health-promoting Sulforaphane.

Better absorbed Vitamin B12

The most common B12 is the inexpensive synthetic form, Cyanocobalamin, which needs to be converted to a useable form by the body, leaving behind a Cyanide residue. Good Green Stuff uses Methylcobalamin, which is more expensive, but better absorbed and used immediately.



GOOD GREEN STUFF

NOW PACKED WITH EVEN MORE GOODNESS

Our popular Good Green Stuff has undergone a formulation boost. Our formula has evolved, in line with the most up-to-date scientific research, to provide customers with even more goodness in every serve.

SO WHAT HAS CHANGED?...

Greens, Fruits, Veggies & Berries

- + Red Marine Algae added as a superior natural source of Calcium, Magnesium and numerous trace elements
- + New Zealand Blackcurrant added due to its well-researched high antioxidant levels

Increases in...

- ✓ 650% more Kelp
- ✓ 21% more Goji Berry extract
- ✓ 21% more Hawthorne extract
- ✓ 8.5% more Carrot Root
- ✓ 4.5% more Spinach Leaf
- ✓ 4.5% more Licorice Root
- ✓ 4% more Rosehip extract
- ✓ 2.7% more Organic Barley Leaf
- ✓ 2% more Organic Wheat Grass
- ✓ 2% more Organic Chlorella
- ✓ 2% more Beetroot

Antioxidant & Immune Support

- + Resveratrol added for its anti-aging properties
- + Turmeric Root extract added for its curcumin content
- + Rhodiola Rosea added to help reduce fatigue and enhance performance during and after stress
- + Ubiquinol added to the existing Ubiquinol for a more comprehensive CoQ10 solution

Increases in...

- ✓ 49% more Grape Seed extract
- ✓ 33% more Citric Acid
- ✓ 33% more Shiitake Mushroom
- ✓ 20% more Beta Glucans
- ✓ 12% more Green Tea Leaf extract
- ✓ 12% more Rosemary Leaf extract
- ✓ 12% more Astragalus Root extract
- ✓ 2.7% more Alpha Lipoic Acid

Vitamins & Minerals

- + A vegetarian-sourced Vitamin D3 added in the form of Lichen
- + Contains 400 different Mixed Carotenoids plus immediately available Vitamin A (Retinyl Palmitate)
- + Natural Mixed Tocopherols added to the d-Alpha Tocopherols to provide full spectrum Vitamin E
- + Magnesium Citrate and Red Marine Algae added to increase Magnesium levels and improve absorption

Increases in...

- ✓ 675% more Iodine
- ✓ 340% more Manganese
- ✓ 335% more Vitamin B12
- ✓ 253% more Zinc
- ✓ 250% more Chromium
- ✓ 245% more Vitamin B5
- ✓ 200% more Magnesium
- ✓ 186% more Potassium
- ✓ 85% more Vitamin B6
- ✓ 50% more Calcium
- ✓ 48% more Copper
- ✓ 47% more Vitamin B7
- ✓ 40% more Selenium
- ✓ 18% more Silica

Digestive System & Detox Organs Support

- ✓ 21% more Dandelion Whole Plant extract
- ✓ 19% more Slippery Elm Inner Bark
- ✓ 19% more Burdock Root extract
- ✓ 19% more Milk Thistle
- ✓ 12% more Ginger Rhizome

Nervous System Support

- ✓ 49% more Ginseng
- ✓ 27% more Organic Flaxseed
- ✓ 12% more Gotu Kola extract
- ✓ 12% more Ashwagandha Root extract



UPDATED INGREDIENTS FOR A MORE EFFECTIVE FORMULA...

INGREDIENT	NEW FORMULA	ORIGINAL FORMULA	WHY?
Pro Vitamin A	Mixed Natural Carotenoids	was Beta-Carotene	To provide full spectrum
Vitamin B3	Inositol Hexanicotinate	was Nicotinic Acid & Nicotinamide	More absorbable
Vitamin B9	Calcium L-methylfolate	was Folic Acid	Natural & immediately available to the body
Calcium	Red Marine Algae	was Calcium Carbonate, Citrate & Phosphate	A more absorbable & natural form
Zinc	Zinc Gluconate	was Zinc Amino Acid Chelate	More soluble form
Silica	Orthosilicic Acid	was Silica Colloidal Hydrated	More absorbable
Prebiotic	Apple Pectin	was Inulin	Easier on the digestive system
Lecithin	Sunflower Lecithin	was Soy Lecithin	Makes Good Green Stuff 100% soy free

Note: In evolving Good Green Stuff into a MORE efficient and potent formula, a few ingredients decreased in quantity or were removed to make way for more effective overall formulation. For more information, please refer to our full ingredients list.