



Formula FGD

The Ultimate Foundational Whole Food Formulation



A Brief Synopsis of FGD (Foundational Green Drink)

FGD is a great tasting synergistically balanced blend of 25 of the world's most nutritious whole foods and natural flavorings that provide the ideal foundation for any health, weight reduction, maintenance or recovery program. Each ingredient has been carefully selected from the highest quality sources on the earth to provide the most complete, nutrient rich, great tasting formula. It is a high protein, low carbohydrate and virtually zero fat formulation which contains ingredients that work as digestive aids and pH balancers, making it the perfect, most effective foundational whole food source available. It is antioxidant rich, which is vital for elimination and protection from free radicals (responsible for aging). FGD supports an increased metabolism, making it ideal for weight loss programs and suppress cravings for junk foods. FGD also provides more absorbable plant protein than is required from one average meal making it a great meal replacement if you wish to fast for detoxification or spiritual purposes. The ingredients in FGD are synergistic and work in unison to build and detoxify the body in a way that supplies total support and detox for every system of the body allowing each system to fully heal and regenerate on all levels. The following ingredients are certified fresh, organic and have not been exposed to more than 100 degrees.

- **Hawaiian Spirulina (Blue Green Algae)** is believed by many nutritionists to be the most concentrated nutritious food in the world. The Hawaiian source is organic, pesticide free and nutrient rich having been nourished by the brilliant tropical sun and rich surrounding waters. It is the highest known natural source for complete protein at 75%. It also contains the highest concentration of Beta Carotene, Alpha Carotene and Lycopene (reported to suppress various forms of cancer) in the world.
- **Chlorella** (broken cell) is believed to be the second only to Spirulina in food nutrient quality. It provides an excellent balance and compliment to Spirulina. The cell walls are cracked (broken cell) so that it is more easily and rapidly digested and assimilated. Its nutrients begin entering the blood stream within 15 minutes or less after ingestion.
- **Maca** is a root that grows in the high mountains of Peru. Rich in nutritional content (potassium, and higher levels of calcium than in milk), it is a natural hormonal balancer which provides great health benefits for both, men and women. Maca is historically known to support many health benefits, which include, but are not limited to helping to increase energy, stamina and endurance, helping to overcome depression and anxiety, found to produce a "general sense of well-being", assist hormone balancing, decrease stress, and enhance sexual desire and performance.
- **Chia seeds** are considered to be one of Nature's true superfoods. It was believed by the ancient Aztec's that it gave them supernatural energy and power. It is perhaps the most heart healthy food in that it has 8 times more omega 3 than fresh salmon, 6 times more calcium than whole milk, 15 times more magnesium than broccoli and extremely high in antioxidants, protein and fiber.
- **Goji berries** is rich in antioxidants, particularly carotenoids such as beta-carotene and zeaxanthin. One of zeaxanthin's key roles is to protect the retina of the eye by absorbing blue light and acting as an antioxidant. In fact, increased intake of foods containing zeaxanthin may decrease the risk of developing age-related macular degeneration (AMD), the leading cause of vision loss and blindness in people over the age of 65. Goji berries have been used for 6,000 years by herbalists in China, Tibet and India to: protect the liver, help eyesight, improve sexual function and fertility, strengthen the legs, boost immune function, improve circulation and promote longevity.
- **Alfalfa Grass, Barley Grass and Wheat Grass** are nature's healing and detoxifying foods that provide an abundance of phytonutrients, minerals, fiber, trace elements, vitamins, minerals and chlorophyll. Together, these assist the body in healing, cleansing and optimum metabolic function.
- **Malunggay** is an herb that has been historically consumed in India and the Philippines for centuries. Pregnant women take the leaves right from the tree and put it in soup for the nutritional benefits derive from it. It is very high in minerals. Currently the government in the Philippines is conducting studies on it and some claim.
- **Non-Active Saccharomyces Cerevisiae Nutritional Yeast** is second only to spirulina in being nature's highest source of complete protein (50%) as well as the richest source of B vitamins, which are necessary for energy and healthy nerve tissue and function. Our non-active yeast is one of the richest sources of RNA, which is vital for healthy replication of cells. Because the yeast is non-active, it is completely safe for anyone who is prone to candida or is trying to avoid yeast in the diet.
- **Beet Root, Fig, Gentian, Papaya, Pineapple and Spinach** are nature's assimilator aids. They assist in the digestion and assimilation of vital organic and inorganic elements required by all of the body's metabolic processes. They are also excellent blood cleansers as well as enhance and assist the "grassess" in detoxification. Beet root, fig and spinach are all mineral rich and excellent organic sources of calcium, iron and vitamin K.
- **Lemon Peel, Orange Peel, and Rose Hips** contain a balanced compliment of all the essential support substances required by Vitamin C. Together, they provide a complete Vitamin C complex of bioflavonoids, calcium, trace elements and phytonutrients all of which are necessary for Vitamin C assimilation and utilization. Additionally, lemon peel and orange peel are some of nature's perfect sources for pectin, which has been proven to remove heavy metals such as mercury and lead as well as radiation from the body.
- **DLPA** is an amino acid that helps to protect endorphins levels, which then has a positive effect on mood and feeling of well being. It is not involved in the production of endorphins, but rather in helping to maintain the levels that are produced.
- **Acidophilus (normal flora)** is vital for a healthy colon environment, which is the last stage of assimilation for nutrients in the body. It also assists in strengthening immune system function as well as producing various vitamins such as B5 and B12, necessary for adequate energy levels (adrenal function). Adequate normal flora is required to keep pathogens such as harmful bacteria, virus and fungus from invading the body and disrupting health. Normal flora also assists in cleansing and keeping the colon clean, which ultimately reflects in a healthy complexion.

Complete list of FGD Ingredients:

Hawaiian Spirulina (Blue Green Algae), Chlorella, Maca, Chia seeds, Goji berries, Alfalfa Grass, Barley Grass, Wheat Grass, Beet Root, Fig, Gentian, Papaya, Pineapple, Spinach, Lemon Peel, Orange Peel, Rose Hips, Acidophilus, Non-Active Saccharomyces Cerevisiae Nutritional Yeast, Malunggay, DLPA, green tea extract, Honey, Molasses, Tapioca, Xanthan and natural flavorings (raspberry, passion fruit and Lo Han).

Nutrients that are provided in a 4-6 oz serving of FGD, one scoop [28g] in your favorite juice:

**Vitamins/Minerals/antioxidants include:
(but are not limited to)**

Alpha Linoleic
B1(Thiamine)
B12
B2 (Riboflavin)
B3 (Niacin)
B6 (Pyroxidine)
Beta Carotene (vitamin A)
Biotin
Boron
Calcium
Choline
Chromium
Cobalt
Copper
DHA
DLPA
Essential Linoleic acid
Folic Acid
Gamma Linoleic Acid
Germanium
Iodine
Iron
Lutein
Lycopene
Magnesium
Manganese
Omega fatty acids (3 and 6)
Pantothenic Acid (B5)
Phosphorus
Selenium
Silicon
Sodium
Sulfer
Vanadium
Vitamin A
Vitamin B 12
Vitamin C (Complete natural complex including related Bioflavonoids)
Vitamin D
Vitamin K
Zeaxanthin
Zinc

**Miscellaneous nutrients include:
(but are not limited to)**

Protein (all essential and nonessential amino acids in natural ratios and highly absorbable form)
Carbohydrates (complex, all natural)
Fat
Fiber
Phytosterols
Antioxidants (more than 46 that have been identified)

Acidophilus
Alpha Carotene
Betaine
Beta-cryptoxanthin
Bromelain
Catalase
Chlorophyll
CoQ10
Cytochrome
Digestive enzymes
DNA
Glutathione Peroxidase
Lecithin
Lycophene
Octaconosal
Papain
Quercetin
RNA
SOD

Beta Test for MEDR Wellness FGD

The following blood chemistry results were from a test subject wherein a fasting sample was tested, then one serving of MEDR Wellness' FGD drink was consumed and then another battery of tests were taken and run one hour after consumption. The FGD was mixed with 8 oz of Peach Mango juice and 2 oz crushed ice.

Date: June 12, 2011 Subject ID: AG061211

Test	Fasting result	one hour after consumption result
Glucose	93	97 no significant increase / no negative impact on blood sugar
CHOL	199	180 improvement decrease of 19 (9.5%)
TGL	126	107 improvement decrease of 19 (15%)
AHDL	23	24 improvement
Bun	15	13 improvement
Creatinine	1.0	1.1
BN/CR	15.0	11.8 improvement
Na	141	136
K	4.2	4.1
Cl	104	102
ECO2	25.6	27.0 improvement
CA	8.9	8.9
MG	2.1	1.9
TP	7.9	7.8
ALB	3.9	4.1 improvement
ALP	96	92 improvement

The above results show improvements in 50% (8 out of 16 tests), no significant increase in blood sugar level, no negative impact on blood sugar metabolism, a positive impact on Cholesterol and Triglycerides (9.5% and 15% decreases respectfully), and no significant or negative impact on any of the tests.

For More Information Contact:

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