

Dr. Fuhrman

# PRODUCT FACTS

## COMPLETE GREENS

Complete Greens supplies vitamins, minerals, green tea, turmeric, and organic mushrooms and greens.

## VITAMINS + MINERALS + SUPERFOODS

*An all-in-one combination of essential nutrients, organic mushrooms and greens, plant protein, green tea, and turmeric*

Dr. Fuhrman created Complete Greens so you don't need to purchase several separate products, and take multiple capsules every day, to get the complete package of daily supplemental ingredients he recommends.

Complete Greens provides essential nutritional factors not ingested in ideal amounts from plant foods, plus green tea and turmeric extracts, organic mushrooms, an organic plant protein blend, and an organic superfood fruit and green vegetable blend, for a powerful and comprehensive daily supplement.

Complete Greens is a superfood powder supplement that is ideal for anyone who wants a complete nutritional powder to add to their daily smoothie. It is especially beneficial for athletes, for seniors who need that extra immune support boost with their multivitamin, or for anyone who can't comfortably swallow capsules and tablets.

Shake up your plant-based milk with a scoop of Complete Greens, or add a scoop to your morning drink, smoothie, or whole grain porridge.

### Essential vitamins and minerals

A diet high in plant foods, and low in processed foods and animal products, is health-promoting, but minimizing animal foods reduces our exposure to some beneficial nutrients.



- Vitamin B12 is made by microorganisms and not found in plant foods. Plus, absorption is inefficient and decreases with age, making insufficiency common, especially in older adults.<sup>1-3</sup>
- Iodine is likely to be low in a vegan or near-vegan diet, especially one that minimizes added salt.<sup>4,5</sup>
- Vitamin K2 is produced by bacteria and is low in plant foods.
- The primary source of vitamin D is sun exposure, but getting enough sun exposure to produce adequate vitamin D isn't possible for everyone, especially with the risk of skin damage and skin cancer from too much sun.
- Zinc is essential for immune function and is abundant in plant foods, but these foods also contain substances that inhibit zinc absorption, making zinc requirements higher for people on plant-rich diets.<sup>6,7</sup>

Learn more: [Why Take a Multivitamin?](#)

## COMPLETE GREENS

### Product Features

- Vitamins and minerals difficult to obtain in ideal amounts from plant foods: B12, D3, K2, zinc, and iodine
- Turmeric and green tea extracts for immune support and longevity
- 5 g protein from organic plant protein blend including pea, pumpkin, and chia protein
- Organic fruit and vegetable blend including kale, broccoli sprout, cranberry, acai, goji berry and more
- Organic nine-mushroom blend for anti-aging and immune system health
- Prebiotic fibers to support gut health
- Vegan
- Does not contain gluten, dairy, soy or GMOs



Green tea and turmeric extracts provide an antioxidant boost.

## Green Tea

Observational studies have reported drinking green tea regularly is associated with better cardiovascular health and a lower risk of several cancers.<sup>8-12</sup> Green tea is rich in catechins such as epigallocatechin 3-gallate (EGCG), flavonoid antioxidants that are very rare in other foods. In Complete Greens, green tea extract is complexed with sunflower lecithin to enhance bioavailability.

### Scientific studies on green tea + lecithin in human subjects:

Lazzeroni M, Guerrieri-Gonzaga A, Gandini S, et al. [A Presurgical Study of Lecithin Formulation of Green Tea Extract in Women with Early Breast Cancer](#). *Cancer Prev Res (Phila)* 2017, 10:363-370.

Belcaro G, Ledda A, Hu S, et al. [Greenselect phytosome for borderline metabolic syndrome](#). *Evid Based Complement Alternat Med* 2013, 2013:869061

Di Pierro F, Menghi AB, Barreca A, et al. [Greenselect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial](#). *Altern Med Rev* 2009, 14:154-160.

*Note: I recommend limiting EGCG from green tea supplements to 300 mg/day because of reports of side effects at high doses.*

## Turmeric

Complete Greens contains curcumin, the major group of bioactive phytochemicals (curcuminoids) from the turmeric root, plus turmeric root powder.<sup>13</sup> Curcumin is known for its anti-inflammatory effects: in vitro, curcumin has been shown to inhibit NF-κB, a transcription factor and regulator of the inflammatory response.<sup>14-16</sup> Turmeric root powder is included because curcumin is not the only beneficial phytochemical in turmeric; there are many others, and curcumin-free turmeric has been found to have anti-inflammatory and antioxidant effects in studies on human cells.<sup>13</sup>

### Scientific studies on turmeric extract in human subjects:

Mankowski RT, Sibille KT, Leeuwenburgh C, et al. [Effects of Curcumin C3 Complex\(R\) on Physical Function in Moderately Functioning Older Adults with Low-Grade Inflammation - A Pilot Trial](#). *J Frailty Aging* 2023, 12:143-149

de Sousa Guardiano Reis PC, Alves AGP, Guillo LA, et al. [Curcumin supplementation reduces blood glucose and serum lipids of Brazilian women with high waist circumference: a randomized clinical trial](#). *Arch Endocrinol Metab* 2022, 66:800-807.

Saberi-Karimian M, Keshvari M, Ghayour-Mobarhan M, et al. [Effects of curcuminoids on inflammatory status in patients with non-alcoholic fatty liver disease: A randomized controlled trial](#). *Complementary Therapies in Medicine* 2020, 49:102322.

Panahi Y, Kianpour P, Mohtashami R, et al. [Efficacy of phospholipidated curcumin in nonalcoholic fatty liver disease: a clinical study](#). *J Asian Nat Prod Res* 2019, 21:798-805

Cheng D, Li W, Wang L, et al. [Pharmacokinetics, Pharmacodynamics, and PKPD Modeling of Curcumin in Regulating Antioxidant and Epigenetic Gene Expression in Healthy Human Volunteers](#). *Mol Pharm* 2019, 16:1881-1889.

Howells LM, Iwujii COO, Irving GRB, et al. [Curcumin Combined with FOLFOX Chemotherapy Is Safe and Tolerable in Patients with Metastatic Colorectal Cancer in a Randomized Phase IIa Trial](#). *The Journal of Nutrition* 2019, 149:1133-1139.

Mirzabeigi P, Mohammadpour AH, Salarifar M, et al. [The Effect of Curcumin on some of Traditional and Non-traditional Cardiovascular Risk Factors: A Pilot Randomized, Double-blind, Placebo-controlled Trial](#). *Iran J Pharm Res* 2015, 14:479-486.

Panahi Y, Alishiri GH, Parvin S, Sahebkar A. [Mitigation of Systemic Oxidative Stress by Curcuminoids in Osteoarthritis: Results of a Randomized Controlled Trial](#). *J Diet Suppl* 2016, 13:209-220.

Rahimnia AR, Panahi Y, Alishiri G, et al. [Impact of Supplementation with Curcuminoids on Systemic Inflammation in Patients with Knee Osteoarthritis: Findings from a Randomized Double-Blind Placebo-Controlled Trial](#). *Drug Res (Stuttg)* 2015, 65:521-525

Panahi Y, Hosseini MS, Khalili N, et al. [Antioxidant and anti-inflammatory effects of curcuminoid-piperine combination in subjects with metabolic syndrome: A randomized controlled trial and an updated meta-analysis](#). *Clin Nutr* 2015, 34:1101-1108.

Panahi Y, Rahimnia AR, Sharafi M, et al. [Curcuminoid Treatment for Knee Osteoarthritis: A Randomized Double-Blind Placebo-Controlled Trial](#). *Phytother Res* 2014.

Delecroix B, Abaidia AE, Leduc C, et al. [Curcumin and Piperine Supplementation and Recovery Following Exercise Induced Muscle Damage: A Randomized Controlled Trial](#). *J Sports Sci Med* 2017, 16:147-153.

## Black turmeric (*Kaempferia parviflora*)

Phytochemicals from black turmeric (*Kaempferia parviflora*) activate the SIRT1 enzyme in laboratory studies; activation of SIRT1 is involved in the health benefits of caloric restriction and is linked to healthy aging.<sup>17, 18</sup>



### Scientific studies on *Kaempferia parviflora* in human subjects:

Kuniyoshi T, Kobayashi Y, Shimada N, et al. [Effects of Continuous Ingestion of Kaempferia parviflora Extract \(SIRTMAX\(R\)\)-containing Diet on Glycemic Control and Safety Evaluation of Excessive Intake - A Randomized, Double-Blind, Placebo-controlled Parallel-group Comparison Study.](#) Jpn Pharmacol Ther 2019, 47:1841-1850.

Shimada N, Nakata A, Yang J, et al. [Evaluation of the Safety and Efficacy of Kaempferia parviflora Extract \(SIRTMAX\(R\)\) in Human - A Randomized Double-blind, Placebo-controlled Crossover Clinical Study.](#) Jpn Pharmacol Ther 2015, 43:997-1005.

### Mushroom blend

Complete Greens supplies Dr. Fuhrman's carefully selected combination of nine organic, dried mushrooms: Maitake, Reishi, Himematsutake, Turkey Tail, Shiitake, Lion's Mane, Meshimakobu, Chaga and Zhu Ling. This blend provides extra mushroom phytochemicals from species not readily available to most of us.

The cell walls of mushrooms contain polysaccharides called beta-glucans. Laboratory studies suggest beta-glucans modulate immune cell activity and cytokine production, including monocytes, dendritic cells, and natural killer cells. These effects of beta-glucans, and other mushroom compounds aid the body's natural defenses.<sup>19-27</sup>

Studies in humans have shown immune-supporting effects of dietary mushrooms. For example, healthy young adults who consumed 5-10 g dried shiitake mushrooms daily for four weeks showed an increase in salivary immunoglobulin A. immunoglobulins are antibodies secreted by mucosal surfaces (like the digestive system and respiratory tract) to protect against infection.<sup>28</sup> Supplemental mushrooms have been shown to have beneficial effects on preventing cancer and even demonstrate benefits in those with a diagnosis of cancer.

### Scientific studies on mushroom extracts in human subjects:

Wesa KM, Cunningham-Rundles S, Klimek VM, et al. [Maitake mushroom extract in myelodysplastic syndromes \(MDS\): a phase II study.](#) Cancer Immunol Immunother 2015, 64:237-247.

Kodama N, Komuta K, Nanba H. [Effect of Maitake \(Grifola frondosa\) D-Fraction on the activation of NK cells in cancer patients.](#) J Med Food 2003, 6:371-377.

Deng G, Lin H, Seidman A, et al. [A phase I/II trial of a polysaccharide extract from Grifola frondosa \(Maitake mushroom\) in breast cancer patients: immunological effects.](#) J Cancer Res Clin Oncol 2009, 135:1215-1221.

Chiu HF, Fu HY, Lu YY, et al. [Triterpenoids and polysaccharide peptides-enriched Ganoderma lucidum: a randomized, double-blind placebo-controlled crossover study of its antioxidation and hepatoprotective efficacy in healthy volunteers.](#) Pharm Biol 2017, 55:1041-1046.

Jin X, Ruiz Beguerie J, Sze DM, Chan GC. [Ganoderma lucidum \(Reishi mushroom\) for cancer treatment.](#) Cochrane Database Syst Rev 2016, 4:CD007731.

Ahn WS, Kim DJ, Chae GT, et al. [Natural killer cell activity and quality of life were improved by consumption of a mushroom extract, Agaricus blazei Murill Kyowa, in gynecological cancer patients undergoing chemotherapy.](#) Int J Gynecol Cancer 2004, 14:589-594.

Tangen JM, Tierens A, Caers J, et al. [Immunomodulatory effects of the Agaricus blazei Murrill-based mushroom extract AndoSan in patients with multiple myeloma undergoing high dose chemotherapy and autologous stem cell transplantation: a randomized, double blinded clinical study.](#) Biomed Res Int 2015, 2015:718539.

Forland DT, Johnson E, Saetre L, et al. [Effect of an extract based on the medicinal mushroom Agaricus blazei Murill on expression of cytokines and calprotectin in patients with ulcerative colitis and Crohn's disease.](#) Scand J Immunol 2011, 73:66-75.

Ohwada S, Ogawa T, Makita F, et al. [Beneficial effects of protein-bound polysaccharide K plus tegafur/uracil in patients with stage II or III colorectal cancer: analysis of immunological parameters.](#) Oncol Rep 2006, 15:861-868.

Torkelson CJ, Sweet E, Martzen MR, et al. [Phase I Clinical Trial of Trametes versicolor in Women with Breast Cancer.](#) ISRN Oncol 2012, 2012:251632.

Dai X, Stanilka JM, Rowe CA, et al. [Consuming Lentinula edodes \(Shiitake\) Mushrooms Daily Improves Human Immunity: A Randomized Dietary Intervention in Healthy Young Adults.](#) J Am Coll Nutr 2015, 34:478-487.

Vigna L, Morelli F, Agnelli GM, et al. [Hericium erinaceus Improves Mood and Sleep Disorders in Patients Affected by Overweight or Obesity: Could Circulating Pro-BDNF and BDNF Be Potential Biomarkers? Evid Based Complement Alternat Med 2019, 2019:7861297.](#)

Docherty S, Doughty FL, Smith EF. [The Acute and Chronic Effects of Lion's Mane Mushroom Supplementation on Cognitive Function, Stress and Mood in Young Adults: A Double-Blind, Parallel Groups, Pilot Study.](#) Nutrients 2023, 15.

Ku YH, Kang JH, Lee H. [Effects of Phellinus linteus extract on immunity improvement: A CONSORT-randomized, double-blinded, placebo-controlled trial.](#) Medicine (Baltimore) 2022, 101:e30226.



Organic protein blend includes pea, pumpkin, and chia seed protein, plus flaxseed.

### Plant protein

Complete Greens supplies 5 grams of plant protein per 15 g serving, in a blend of organic pea protein, organic chia seed protein, and organic pumpkin protein.

### What other supplements can Complete Greens replace?

This everyday superfood powder takes the place of multiple supplements. It's your multivitamin, combining

essential vitamins and minerals to complement your healthful, plant-based diet. It's your immune-supporting supplement, providing an organic mushroom blend, plus green tea and turmeric for antioxidant power, and an organic fruit and vegetable blend for a phytochemical boost. It's a protein-boosting supplement, supplying an organic plant protein blend. And finally, it's a digestive health supplement, supplying prebiotic fiber.

Complete Greens supplies vitamin B12, K2, D3, iodine, and zinc, plus plant protein, organic greens and berries, 100 mg of the mushroom blend from Dr. Fuhrman's Immune Biotect, and 400 mg of the green tea, turmeric, and black turmeric extracts from Dr. Fuhrman's Ultra Cell Biotect.

- Allen LH. How common is vitamin B-12 deficiency? *Am J Clin Nutr* 2009, 89:693S-696S.
- O'Leary F, Samman S. Vitamin B12 in health and disease. *Nutrients* 2010, 2:299-316.
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- Eveleigh ER, Coneyworth LJ, Avery A, Welham SJM. Vegans, Vegetarians, and Omnivores: How Does Dietary Choice Influence Iodine Intake? A Systematic Review. *Nutrients* 2020, 12.
- Foster M, Chu A, Petocz P, Samman S. Effect of vegetarian diets on zinc status: a systematic review and meta-analysis of studies in humans. *J Sci Food Agric* 2013, 93:2362-2371.
- Office of Dietary Supplements, National Institutes of Health. Dietary Supplement Fact Sheet: Zinc [http://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/]
- Pang J, Zhang Z, Zheng TZ, et al. Green tea consumption and risk of cardiovascular and ischemic related diseases: A meta-analysis. *Int J Cardiol* 2016, 202:967-974.
- Tran HH, Mansoor M, Butt SRR, et al. Impact of Green Tea Consumption on the Prevalence of Cardiovascular Outcomes: A Systematic Review. *Cureus* 2023, 15:e49775.
- Tang N, Wu Y, Zhou B, et al. Green tea, black tea consumption and risk of lung cancer: a meta-analysis. *Lung Cancer* 2009, 65:274-283.
- Ogunleye AA, Xue F, Michels KB. Green tea consumption and breast cancer risk or recurrence: a meta-analysis. *Breast Cancer Res Treat* 2010, 119:477-484.
- Zheng J, Yang B, Huang T, et al. Green Tea and Black Tea Consumption and Prostate Cancer Risk: An Exploratory Meta-Analysis of Observational Studies. *Nutrition and Cancer* 2011:1-10.
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- Singh S, Aggarwal BB. Activation of transcription factor NF-kappa B is suppressed by curcumin (diferuloylmethane) [corrected]. *J Biol Chem* 1995, 270:24995-25000.
- Sandur SK, Pandey MK, Sung B, et al. Curcumin, demethoxycurcumin, bisdemethoxycurcumin, tetrahydrocurcumin and turmerones differentially regulate anti-inflammatory and anti-proliferative responses through a ROS-independent mechanism. *Carcinogenesis* 2007, 28:1765-1773.
- Aggarwal BB. Nuclear factor-kappaB: the enemy within. *Cancer Cell* 2004, 6:203-208.
- Horigome S, Yoshida I, Ito S, et al. Inhibitory effects of Kaempferia parviflora extract on monocyte adhesion and cellular reactive oxygen species production in human umbilical vein endothelial cells. *Eur J Nutr* 2015.
- Nakata A, Koike Y, Matsui H, et al. Potent SIRT1 enzyme-stimulating and anti-glycation activities of polymethoxyflavonoids from Kaempferia parviflora. *Nat Prod Commun* 2014, 9:1291-1294.
- Medicinal Mushrooms (PDQ(R)): Health Professional Version. In PDQ Cancer Information Summaries. Bethesda (MD) 2024
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- Borchers AT, Krishnamurthy A, Keen CL, et al. The Immunobiology of Mushrooms. *Exp Biol Med* 2008, 233:259-276.
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## COMPLETE GREENS

### Supplement Facts

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Serving Size: 1 Scoop (15 g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	60	
Total Fat	1 g	1%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	1 g	4%*
Total Sugars	4 g	†
Protein	5 g	7%*
Vitamin D (as D3) (vegan cholecalciferol [VitaShine®])	50 mcg	250%
Vitamin B12 (as methylcobalamin)	75 mcg	3,125%
Calcium (as trace mineral complex from red algae)	100 mg	8%
Iron	1.7 mg	9%
Iodine (from kelp)	150 mcg	100%
Zinc (as zinc picolinate)	10 mg	91%
Sodium	35 mg	2%
<b>Organic Protein Blend:</b>	<b>8.9 g</b>	†
Organic pea protein, organic chia seed protein, organic flaxseed, organic pumpkin protein		
<b>Organic Fruit and Vegetable Blend:</b>	<b>4.9 g</b>	†
Organic date, organic apple, organic kale, organic broccoli, organic green cabbage, organic strawberry, organic spinach, organic carrot, organic parsley, organic beet, organic broccoli sprout, organic acai fruit extract (Euterpe oleracea), organic cranberry, organic lycium (goji) berry extract, organic blueberry, organic raspberry, organic tomato		
<b>Proprietary Blend:</b>	<b>400 mg</b>	†
Sunflower phosphatidylcholine complexed with an extract of green tea leaves, turmeric root, turmeric rhizome extract (95% curcuminoids), black turmeric rhizome extract		
<b>Chicory root fructo-oligosaccharides</b>	<b>200 mg</b>	†
<b>Organic Mushroom Blend:</b>	<b>100 mg</b>	†
Organic maitake ( <i>Grifola frondosa</i> ), organic reishi ( <i>Ganoderma lucidum</i> ), organic himematsutake ( <i>Agaricus blazei</i> ), organic turkey tail ( <i>Trametes versicolor</i> ), organic shiitake ( <i>Lentinula edodes</i> ), organic lion's mane ( <i>Hericium erinaceus</i> ), organic chaga ( <i>Inonotus obliquus</i> ), organic zhu ling ( <i>Polyporus umbellatus</i> ), organic meshimakobu ( <i>Phellinus linteus</i> )		
<b>Vitamin K2 (as natural menaquinone-7)</b>	<b>30 mcg</b>	†

\*Percent Daily Values are based on a 2,000 calorie diet.  
† Daily value not established.

**Suggested Use:** Shake, mix, or blend 1 scoop with 8 fl. oz. water or plant-based milk once daily.

**Caution:** If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For more detailed information about this supplement, visit  
<https://shop.drfuhrman.com/complete-greens>