How to Fill the Gaps in Your Plant-Based Diet—Without the Junk Transcript

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Why Greens and Mushroom Variety Matter

Most people think they're eating enough greens and enough mushroom variety, but they're not. And missing out on these phytonutrients can diminish your health.

And there are other critical nutrients that us plant based eaters need to get from supplements like B12, iodine, and extra zinc.

Key Supplements for Plant-Based Nutrition

Combining these important nutrients with extracts from turmeric and green tea and cruciferous sprouts begets powerful disease protective benefits that reduce inflammation, slow aging.

And you get all these together and much more. In my Complete Greens powder to give you potent and comprehensive protection in this all in one product.

Complete Greens Benefits and Ingredients

Plus, most multivitamins contain synthetic folic acid and vitamin A and other ingredients that should be avoided, as they've been shown in scientific studies to increase risk of cancer.

Smart nutrition means consuming more beneficial ingredients and avoiding those that can be harmful when consumed in supplemental or synthetic forms. That's why created complete greens, a heavily research doctor design.

That's me.

Why This Formula Avoids Harmful Additives

Organic powder made from the highest quality and most scrutinized and tested ingredients that are difficult to obtain in your diet. One scoop in water to fill that gap effortlessly.

And it tastes good with no fillers, no sweeteners, just pure plant based power. Because science backed nutrition is the key to a healthier, longer life.

How to Use Complete Greens and Where to Buy

Get your complete greens today at DrFuhrman.com/completeGreens.