EssentiaGreens



A tasty way to obtain a daily dose of fruits and veggies

By David M. Brady, ND, DC, CCN, DACBN & Suzanne Copp, MS

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EssentiaGreens™ is a nutritious greens foods product densely packed with:

- ► High ORAC value vegetables
- Cleansing alkalizing grass juices
- A proprietary blend of fruits and berries

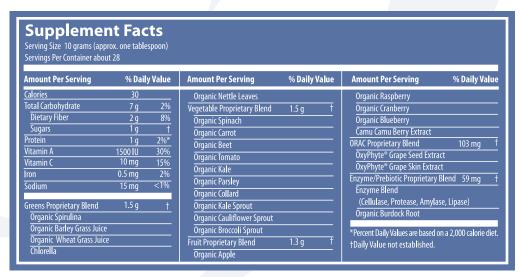
Besides being phytonutrient-rich, the cranberry-orange flavor of EssentiaGreens™ tastes great, thanks to the inclusion of inulin, the natural polysaccharide, prebiotic fiber, along with a splash of stevia.

With inulin, you get the best of both worlds.

While it adds a subtly sweet flavor to EssentiaGreens™, inulin does not impact blood sugar levels the way so many other sweeteners do. More and more studies are discovering health-promoting advantages of inulin, from helping to protect against metabolic syndrome by controlling blood lipids and blood glucose, to supporting GI health through its ability to modulate gut microbiota.

Because inulin is a soluble fiber it dissolves easily in water, making EssentiaGreens™ simple to mix into your favorite beverage. What an ideal way to get kids to "eat their veggies!"

The comprehensive line-up of nutrients in EssentiaGreens™ will help to nourish every system in the body, resulting in sustained energy, enhanced recovery, mental clarity and overall well-being.



Other Ingredients: Inulin, tapioca maltodextrin, natural flavor, certified organic stevia leaf extract powder. OxyPhyte® is a registered trademark of RFI Ingredients.



References

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- The bifidogenic effect of inulin and oligofructose and its consequences for gut health. Meyer D, Stasse-Wolthuis M, Eur J Clin Nutr 2009 Nov;63(11):1277-89. Epub 2009 Aug 19.
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