

EssentiaGreens™



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

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

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

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.

Supplement Facts					
Serving Size 10 grams (approx. one tablespoon)					
Servings Per Container about 28					
Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	30				
Total Carbohydrate	7 g	2%			
Dietary Fiber	2 g	8%			
Sugars	1 g	†			
Protein	1 g	2%*			
Vitamin A	1500 IU	30%			
Vitamin C	10 mg	15%			
Iron	0.5 mg	2%			
Sodium	15 mg	<1%			
Greens Proprietary Blend	1.5 g	†			
Organic Spirulina					
Organic Barley Grass Juice					
Organic Wheat Grass Juice					
Chlorella					
Organic Nettle Leaves					
Vegetable Proprietary Blend	1.5 g	†			
Organic Spinach					
Organic Carrot					
Organic Beet					
Organic Tomato					
Organic Kale					
Organic Parsley					
Organic Collard					
Organic Kale Sprout					
Organic Cauliflower Sprout					
Organic Broccoli Sprout					
Fruit Proprietary Blend	1.3 g	†			
Organic Apple					
Organic Raspberry					
Organic Cranberry					
Organic Blueberry					
Camu Camu Berry Extract					
ORAC Proprietary Blend	103 mg	†			
OxyPhyte® Grape Seed Extract					
OxyPhyte® Grape Skin Extract					
Enzyme/Prebiotic Proprietary Blend	59 mg	†			
Enzyme Blend					
(Cellulase, Protease, Amylase, Lipase)					
Organic Burdock Root					

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



References

1. Metabolic effects of a diet with inulin-enriched pasta in healthy young volunteers. Francesco Russo, et al. European Journal of Nutrition, Vol 47, Number 8, 453-459
2. Inulin increases glucose transport in C2C12 myotubes and HepG2 cells via activation of AMP-activated protein kinase and phosphatidylinositol 3-kinase pathways. H. Yun, et al. J Med Food. 2009 Oct;12(5):1023-8.
3. Modulation of glucagon-like peptide 1 and energy metabolism by inulin and oligofructose: experimental data. NM Delzenne, et al. J Nutr. 2007 Nov;137(11 Suppl):2547S-2551S.
4. 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.
5. Effect of inulin on the human gut microbiota: stimulation of Bifidobacterium adolescentis and Faecalibacterium prausnitzii. Ramirez-Farias C, et al. Br J Nutr. 2009 Feb;101(4):541-50. Epub 2008 Jul 1.

To contact Designs for Health, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com.