

dōTERRA | Nutrition Greens

350g (29 Servings)

PRODUCT DESCRIPTION

There are many reasons you may not be getting the recommended amount of fruits and vegetables in your diet. It's expensive, preparation can be time consuming, and you may feel unsure of how much you really need to eat. dōTERRA Greens was created to supplement your fruit and vegetable intake with responsibly sourced, wholesome ingredients. dōTERRA Greens is a convenient and tasty way to provide your body with essential nutrients and dietary fibre to enhance overall wellness.

With pure, plant-sourced, and nourishing ingredients, dōTERRA Greens supports healthy immune function, digestion, weight management and energy. A mix of raw superfood ingredients are packed in dōTERRA Greens to give your mind and body a nutritious boost. One scoop of dōTERRA Greens powder provides the nutritional equivalency of approximately one to two serves of fruits and vegetables. Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, gojiberry, as well as Lemon and Ginger CPTG® essential oils.

PRIMARY BENEFITS:

- Provides the equivalent of 1-2 serves of fruits and vegetables.
- Good source of dietary fibre.
- May support normal metabolism.
- Natural, non-GMO and vegan friendly.
- Neutral, mixed berry flavour ideal for smoothies and DIY concoctions.

DIRECTIONS FOR USE

Mix 1 scoop of dōTERRA Greens with 250mL or more of water or juice or mix with your favourite smoothie. Drink immediately.

CAUTIONS

Keep out of reach of children.
Pregnant or nursing women and people with known medical conditions should consult a physician before using. Seal the bag immediately after use and store below 30°C in a cool, dry place.

NUTRITION INFORMATION		
Servings per package: 29		
Serving size: 12 g		
	Average Quantity Per Serving	Average Quantity Per 100 g
Energy	175 kJ (42 Cal)	1460 kJ (349 Cal)
Protein	1.9 g	16.2 g
- Gluten	Nil detected	Nil detected
Fat, total	0.9 g	7.3 g
- Saturated	0.1 g	0.9 g
Carbohydrate	5.5 g	45.8 g
- Sugars	2.0 g	16.6 g
Dietary Fibre	2.1 g	17.2 g
Sodium	28 mg	230 mg
Potassium	60 mg	503 mg
Vitamin C	26 mg (65% RDI*)	216 mg
Calcium	8 mg (1% RDI*)	66 mg

*Recommended Daily Intake

INGREDIENTS: Proprietary greens blend (58%) (organic kale powder, organic alfalfa powder, organic wheat grass powder, dandelion leaf powder, organic spinach leaf powder, parsley leaf powder, oat straw powder, organic barley grass powder, organic chlorella powder, oat grass juice powder, cabbage leaf powder, collard greens leaf powder, organic broccoli powder), fruit blend (pineapple juice powder, apple powder, mango powder, organic acerola powder), superfood blend (organic spirulina, noni extract, acai extract, mangosteen fruit powder, goji berry extract), sunflower lecithin, natural flavouring, thickeners (guar gum, gum acacia, xanthan gum), acidity regulator (citric acid), sweeteners (steviol glycoside, monk fruit extract), CPTG® essential oil blend (lemon peel essential oil, ginger root essential oil).

KEY STUDIES

To access the key studies go to <https://bit.ly/3wxtL2o>

