

dōTERRA® Greens

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. According to the U.S. Center for Disease Control and Prevention, less than one out of every three adults eats the recommended amount of fruit per day, and over 70 percent do not meet guidelines for vegetable consumption. 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 fiber 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 superfoods are packed in dōTERRA Greens to provide a nutritious boost. One scoop of dōTERRA Greens powder provides the nutritional equivalency of approximately one to two servings of fruits and vegetables. Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, goji berry, as well as Lemon and Ginger CPTG® essential oils.

dōTERRA Greens is easy to use and can be enjoyed daily in a smoothie or simply mixed with water. The powder is a mixed berry flavor and naturally sweetened with monk fruit. Pursue optimal health with a convenient, comprehensive nutrition solution: dōTERRA Greens.

PRIMARY BENEFITS

- Provides the equivalent of 1–2 servings of fruits and vegetables
- Good source of dietary fiber
- May support normal metabolism
- Natural, non-GMO, gluten-free, and vegan friendly
- Neutral mixed berry flavor ideal for smoothies and DIY concoctions
- High in Vitamin C

DIRECTIONS FOR USE

Mix 1 scoop of dōTERRA Greens with 8 or more ounces of water or juice or mix with your favorite 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. Keep in a cool, dry place.

KEY STUDIES

To access the key studies go to <https://bit.ly/2WFDksO>



營養成份

份量:一匙(12克)
每瓶份量: 30次

Nutrition Facts

Serving Size 1 Scoop (12 g)
Servings Per Container 30

每份份量 Amount Per Serving	
Energy	40 Kcal
蛋白質 Protein	1.9g
Total Fat	0.9g
Saturated fat	0.1g
Trans fat	0g
總碳水化合物 Total Carbohydrates	6.4g
Dietary Fiber	3g
Soluble Fiber	0.2g
Sugar	0.8g
鈉 Sodium	11g
膽固醇 Cholesterol	0mg
鈣 Calcium	35mg
鐵 Iron	1mg
鉀 Potassium	57mg

INGREDIENTS: Kale (Brassica oleracea L) leaf powder, Moringa oleifera leaf powder, Sunflower (Helianthus annuus) seed lecithin powder, Alfalfa (Medicago sativa) leaf juice concentrate, Wheatgrass (Triticum aestivum L.) aerial parts powder, Pineapple (Ananas comosus L.) pulp juice powder, Dandelion (Taraxacum officinale) leaf powder, Parsley (Petroselinum crispum) leaf powder, Spinach (Spinacia oleracea) leaf powder, Oatstraw (Avena sativa) aerial parts powder, Maltodextrin (Tapioca), Gum arabic, Barley (Hordeum vulgare) grass powder, Oat grass (Avena sativa) leaf juice powder, Broccoli (Brassica oleracea L. var. botrytis) floret/stalk powder, Cabbage (Brassica oleracea) leaf powder, Collard greens (Brassica oleracea var. Acephala) leaf powder, Maltodextrin, Citric acid, Noni (Morinda citrifolia) fruit extract, Acai (Euterpe oleracea) berry extract, Mango (Mangifera indica) fruit juice powder, Guava (Psidium guajava) fruit powder, Barley grass (Hordeum vulgare) juice powder, Guar gum, Mangosteen (Garcinia mangostana) fruit powder, Corn starch, Gojiberry (Lycium chinense) fruit extract, Stevia (Stevia rebaudiana) leaf extract, Xanthan gum, Vitamin C, Lemon (Citrus limon) peel oil, Monk fruit (Siraitia grosvenorii) extract, Natural lemon flavor WONF, Natural mixed berry type flavor, Cassava starch, Acerola (Malpighia glabra) fruit powder, Ginger (Zingiber officinale) root oil, Mixed tocopherols, Sunflower lecithin, Ginger (Zingiber officinale) root extract