

# EssentiaGreens™

*A tasty way to get a daily dose of fruits and veggies*

EssentiaGreens™ is a delicious greens food product packed with an abundance of organic fruits and vegetables, along with cleansing alkalizing grass juices.

The typical American diet tend to be high in processed meats, high-fat foods, sugary snacks and desserts while very low in fruits and vegetables, resulting in a very acidic diet. These poor dietary habits can lead to many health complications. Diets high in fruits and vegetables, on the other hand, can have a positive effect on the acidity of body fluids (blood and urine), helping to shift acidic diets to a more balanced, and health-promoting alkalizing diet.

The comprehensive line-up of antioxidant-rich nutrients in EssentiaGreens™ helps to nourish every system in your body, and may contribute to sustained energy, mental clarity and overall well-being. This product offers a natural solution to wellness and is a simple and ideal way to get kids and adults alike to “eat their veggies.”

## Highlights

- *High antioxidant vegetables and fruits*
- *Made with non-genetically modified (Non-GMO) ingredients*
- *Delicious orange-cranberry flavor*
- *Gluten-free*
- *No fructose, sucrose or artificial sweeteners*
- *Sweetened with the prebiotic fiber inulin and the natural herb stevia*

## What is Inulin?

EssentiaGreens™ is sweetened with inulin -a natural, soluble, prebiotic dietary fiber. Prebiotic fibers are beneficial for stimulating the growth and activity of good bacteria in a healthy digestive system.

Soluble dietary fibers such as inulin have the ability to help maintain normal blood lipids and support healthy glucose metabolism. Because inulin is a soluble fiber it dissolves easily in water, making EssentiaGreens™ simple to mix into your favorite beverage.

While inulin adds a subtly sweet flavor to EssentiaGreens™, it does not influence blood sugar levels the way so many other sweeteners do.

## EssentiaGreens™ Benefits

- *Nutrient-dense for overall health and well-being*
- *Supports a healthy digestive system*
- *Helps maintain a health-supportive alkaline diet*
- *Supports healthy lipid and blood sugar levels*

## Recommended Use

As a dietary supplement, mix 9.5 grams (approx. one tablespoon) in water per day, or as directed by your health care practitioner.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (800) 847-8302, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**

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