



Empowering You Organically - Season 14 - Episode 130

Title: Why OrganiGreens Is the Best Greens Powder on the Market

Hosts: Jonathan Hunsaker & TeriAnn Trevenen

Guest: None

Description: Here at Organixx we don't believe in sitting on our laurels! That's why we have reformulated one of our most popular products, OrganiGreens. We share some things to look out for when shopping for your greens powder and dive into each ingredient, so you understand what's in our USDA Organic OrganiGreens!

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FEATURED PRODUCT



- More nutrient-dense than juicing and other green drinks.
 - USDA Organic.
 - NEW and IMPROVED flavors

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Getting all the nutrients and antioxidants your body needs on a daily basis isn't easy – but it is vital to your health. Green drinks offer a quick and tasty alternative to juicing because they're packed with superfoods that promote your body's natural detoxing process, help enhance your immune system, aid in smooth digestion, and boost energy.

We wanted to answer the questions...

- **Why did you change formulation for OrganiGreens?**
- **What's the difference between this and the previous version?**

We are always looking to refine our formulas to make them better and even more nutritious. While our previous formula was excellent, we were able to reduce the number of overall ingredients substantially in this new formula while still retaining the same nutrient density. This actually makes OrganiGreens accessible to a broader range of people who may have been allergic to a particular ingredient in the old formula.

The other significant change is that we are now only offering PURE (unsweetened). This way, people may add their own sweetener of choice. A few options we like include organic stevia, monk fruit, local raw honey, and Lakanto... and, of course, no sweetener at all is always a good option.

Unlike many supplements on the market, Organixx supplements (including OrganiGreens) contain NO preservatives or fillers.

OrganiGreens is dried to below a certain moisture percentage which keeps the product intact. We do recommend keeping the package tightly closed between uses and storing in a cool, dry place.

OrganiGreens contains only plant-based products and is both vegetarian and vegan.

At Organixx we strive to source the highest-quality ingredients available, including USDA Organic whenever possible. For all of our products, each of the individual ingredients that are certified organic are specified on the label.

In the case of OrganiGreens, all of the individual ingredients except for the probiotic & enzyme blend are certified organic and the product carries the USDA Organic certification. This indicates the total product is at least 95% organic.

INGREDIEINTS

Organic Alfalfa Grass Juice

Alfalfa (aka Lucerne) is a member of the legume family that has a long history as a traditional herbal medicine. It has a high content of bioactive plant compounds including saponins, flavonoids, phytoestrogens, coumarins, alkaloids, amino acids, phytosterols, vitamins, digestive enzymes, and terpenes.

Organic Wheat Grass Juice

Wheatgrass is loaded with vitamins, minerals, and antioxidants that fight free radicals to prevent cell damage and reduce oxidative stress. It also contains valuable chlorophyll, a green pigment associated with many health benefits including increasing levels of glutathione, the "master antioxidant."

Organic Sprouted Chia

With their name translating as "strength" in the Mayan language, these tiny seeds were prized by ancient warriors for providing strength, energy, and stamina. Chia seeds are

rich in omega-3 fatty acids and high in dietary fiber, protein, and minerals, including calcium, copper, phosphorus, potassium, and zinc.

Organic Sprouted Purple Corn Maize

Brimming with fiber and vital nutrients, purple maize is a natural source of antioxidants, phytonutrients, and flavonoids. It's also high in anthocyanin, a potent antioxidant that's been studied extensively for its ability to stimulate tissue regeneration, encourage blood flow, and support healthy levels of inflammation in the body.

Organic Turkey Tail Mushroom

Turkey tail mushroom contains an abundance of antioxidants and polysaccharides along with high levels of selenium and vitamins D and B3, which are crucial for maintaining immunity. Turkey tail is also an excellent prebiotic for the microbiome, helping to replenish the gut with probiotics (beneficial gut flora).

Organic Reishi Mushroom

Nicknamed "The Mushroom of Immortality", reishi has been used for over 2000 years in Asia for relaxing and fortifying both mind and body. In addition to supporting the immune system, other observed benefits include aiding the body in eliminating toxins more efficiently, countering free radicals that contribute to aging, and increasing the liver's metabolic efficiency.

Organic Shiitake Mushroom

Shiitake has been cultivated and used in China for millennia to ward off the common cold, boost energy, and enhance wellness. Not only is shiitake one of the world's most popular culinary mushrooms, its potent anti-inflammatory, antimicrobial, and immune-supporting properties are well documented by modern science.

Organic Spinach

Popeye's favorite leafy green vegetable is a rich source of vitamins and minerals including folate, niacin, vitamin A, B6, C, and K, as well as calcium, iron, magnesium, potassium, copper, manganese, and zinc. It's also packed with eye-protective beta-carotene, lutein, and xanthene.

Organic Carrot

Originally medicine and not food, carrots have been used in folk medicine potions and remedies for the stomach, bladder, jaundice, the easing of menstrual symptoms, and even cancer. They're one of the richest natural sources of vitamin A and beta-carotene, an essential nutrient for eye health, immune function, and much more.

Organic Red Bell Pepper

Bell peppers contain a wealth of nutrients and are an excellent source of vitamin C and A (in the form of carotenoids) and B6. They're a good source of a number of other B vitamins (B2, B3, folate, and pantothenic acid) as well as vitamin E, potassium, molybdenum, and fiber.

Organic Lemon

High in vitamin C, lemon contains potent phytonutrients and antioxidants that support a healthy immune system and respiratory function. Research supports that consuming fruits and veggies high in vitamin C is associated with a reduced risk of death from all causes, including heart disease, stroke, and cancer.

Organic Kale

The ultimate green superfood, kale is a potent antioxidant that neutralizes free radicals and has several times the recommended daily amount of vitamins A, K, and C, plus a healthy dose of protein. Kale is also a powerful detoxifier that supports heart health, is anti-inflammatory, antiviral, and antibacterial.

Organic Ginger

Ginger is a potent aromatic herb and a good natural source of vitamin C, magnesium, potassium, copper, and manganese. It's long been used in Asia to treat stomachache, diarrhea, and nausea, and in Ayurvedic medicine to break down toxins, strengthen immunity, and cleanse the lymphatic system.

Organic Wild Leaf Lettuce

While extremely low in calories, leaf lettuce is a storehouse of many phytonutrients that possess health promoting and disease prevention properties. These include vitamins A, K, and C, as well as beta-carotene, B-complex vitamins, folate, and iron, calcium, magnesium, and potassium – minerals essential for body metabolism.

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