



PERFORMANCE, PEACE OF MIND & RESULTS IN 5 DAYS, GUARANTEED.

We only use Organic® and ToxicFree® ingredients, nothing else is permitted.

Earth Greens

INGREDIENTS

Ingredients: Barley Grass*, Alfalfa Leaf*, Wheatgrass*, Spinach*, Aloe Vera 200:1*, Kamut Grass*, Parsley Leaf*, Lemongrass*, Kale*, Spearmint Leaf*, Broccoli*, Cabbage*, Peppermint Leaf*, Celery*, and Dandelion Root*

*Organic

EARTH GREENS BENEFITS



BARLEY GRASS*

Benefits:

- Anti-Cancer and Cellular Support: barley grass, the first ingredient in Earth Greens, is famous. A 2017 Biomedical Journal study shows barley grass supports cellular cleansing, growth and replication. While these results are promising, its cancer stopping properties have yet to be fully explored. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5449973/>
- Barley grass has an impressive list of vitamins and minerals, including vitamin E and beta carotene.
- A rich source of electrolytes potassium, magnesium, and phosphorous.
- An abundant source of powerful antioxidants, enzymes and essential amino acids.
- Contains minerals essential for health such as zinc, iron and calcium in a natural bioavailable form.
- Relieves ulcerative colitis by assisting a healthy gut biome and inhibiting inflammation.
- Helps eliminate toxins and irritating chemicals from the bowel.
- Barley Grass is effective in eliminating heavy metals and other toxins from the body.
- Supports liver health through metabolic processes that strengthen and detoxify.
- Provides nutrients required for the body's generation of immune cells strengthening immunity to disease.
- Has shown promise in combatting a variety of cancer cells.

BARLEY GRASS (cont'd)*

- Barley grass, with its inherent chlorophyll content, which is fundamental to photosynthesis in plants, amazingly has protective properties with solar exposure to the skin as well as other radiation damage. In addition it exhibits support for the generation of new cells.
- Natural anti-aging properties are attributed to Barley Grass's support for cell production throughout the body and particularly in the skin.



ALFALFA LEAF*

Benefits:

- Alfalfa leaf contains high levels of vitamin K and C.
- High in copper, manganese, folate with other vital minerals
- High in the bioactive plant compounds: saponins, coumarins, phytosterols, phytoestrogens, flavonoids and alkaloids
- Alfalfa leaf has been shown to support healthy cholesterol with its content of saponins which are known to lower bad cholesterol levels.
- Animal studies (human studies have yet to be completed) show support for healthy blood sugar.
- Phytoestrogens could be beneficial in support of post menopausal symptoms.
- Alfalfa has powerful antioxidant properties.



WHEATGRASS*

Benefits:

- Wheatgrass is an excellent source of many vitamins and minerals. Uniquely high in vitamins A, C and vitamin E.
- High in iron calcium and magnesium
- 17 amino acids 8 of which are considered essential.
- High in chlorophyll which is associated with many health benefits.
- Wheat grass presents beneficial effects in modulating cholesterol.
- May have beneficial influence toward the body's cancer elimination.
- Animal studies have shown beneficial affects on blood sugar.
- Chlorophyll has been shown to have powerful anti-inflammatory properties.
- Thylakoids found in Alfalfa Grass could help promote weight loss showing positive affects in releasing hormones that decrease hunger.
- Contributes to body alkalinity



SPINACH*

Benefits:

- Spinach is an excellent source of many vitamins and minerals, including manganese, folate magnesium, iron, copper, calcium, potassium, B vitamins, vitamin E, and vitamin C
- Bone health is aided by Calcium which is richly supplied by spinach.
- Folic Acid is a strong anti-cancer element.
- Lutein is especially high in Spinach and is known to support eye health.
- Spinach is high in anti-oxidant activity which protects cells and encourages cell generation.
- Vitamin A is beneficial to collagen production to support skin health and moisture retention. Thylakoids found in Alfalfa Grass could help promote weight loss showing positive effects in releasing hormones that decrease hunger.
- Contributes to body alkalinity



ALOE VERA*

Benefits:

- Aloe Vera is high in vitamins and minerals.
- Aloe Vera has powerful antioxidant polyphenols which protect cells and inhibit the growth of bacteria.
- Aloe Vera's healing power for burns is due to its cell protective, and cell growth stimulation properties which are also beneficial internally.
- Aloe Vera has shown strong benefits for digestive support.
- Helps with blood sugar management
- Cleansing action flushes toxins from body
- Supports healthy liver function
- Supportive of immunity



KAMUTGRASS*

Benefits:

- The chlorophyll from Kamut Grass supports the liver with cleansing properties
- Supports healthy cholesterol
- Improves circulation
- Amino acids assist digestion
- Supports healthy cell production and elimination of damage
- Antibacterial properties support the immune response
- Kamut Grass's high chlorophyll content supports a balanced pH level in the body
- Support for skin cell health
- Support for weight management

KAMUTGRASS CONT'D*

- High antioxidant response protects the cells of the body
- Supports healthy cholesterol and triglyceride levels
- Hormone modulation support
- Vitamin C supports eye health
- Mineral content is supportive of the nerve system



PARSLEY LEAF*

Benefits:

- Parsley Leaf is high in vitamins A, B, C, and K particularly K which supports blood function as well as bone health.
- Contains folate and potassium
- High in these antioxidants: flavonoids, carotenoids, vitamin C
- Supportive of colon health, blood sugar health, and cardio health
- Parsley Leaf's antioxidants are supportive of immune health.
- Dried powdered Parsley Leaf as found in Essanté Organics Earth Greens has up to 17 times more antioxidant content than fresh leaves.
- Flavonoids like those found in Parsley Leaf may reduce colon, prostate, and other cancers.
- Rich in lutein, beta carotene, and zeaxanthin which promote healthy vision and eye health.
- Vitamin A which is very high in Parsley Leaf is essential for eye health
- Vitamin B found in Parsley is very beneficial in supporting cardio-vascular health and prevention of disease
- Parsley has antibacterial properties that could assist the immune system in maintaining a healthy immune response



LEMONGRASS*

Benefits:

- Lemongrass contains citral which has anti-fungal and anti-microbial qualities.
- High in essential vitamins A, B, folate and vitamin C.
- High potassium, magnesium, phosphorus, manganese, zinc, and iron.
- Supports healthy cholesterol levels.
- Supports circulation and cardio-vascular health.
- Has powerful detoxifying properties.
- Lemongrass's diuretic and cleansing properties support healthy kidneys and liver.
- Citral found in Lemongrass may be helpful in supporting the body's cancer prevention functions.
- Supports digestive health.

LEMONGRASS* CONT'D*

- Vitamin C present in high concentrations in Lemongrass supports a healthy immune system especially when combined with Lemongrass's natural disease prevention activity.
- cancers.
- Rich in lutein, beta carotene, and zeaxanthin which promote healthy vision and eye health.
- Vitamin A which is very high in Parsley Leaf is essential for eye health
- Vitamin B found in Parsley is very beneficial in supporting cardio-vascular health and prevention of disease
- Parsley has antibacterial properties that could assist the immune system in maintaining a healthy immune response



KALE*

Benefits:

- Kale is the most nutrient dense of the leafy greens.
- Extraordinarily rich in Vitamins A, K, and C
- High in minerals manganese, calcium and copper, potassium and magnesium are also available in Kale.
- Antioxidants are highly bio-available including quercetin and kaempferol which have powerful heart benefits.
- Supports healthy blood pressure
- Kale is extraordinarily high in vitamin C which boosts immunity, protects and boosts collagen synthesis and protects cellular structures.
- Kale is one of the best natural sources for cholesterol reducing bile acids.
- High levels of lutein and zeaxanthin are powerful nutrients that support eye protection.
- Nutrient density supports weight loss.



SPEARMINT LEAF*

Benefits:

- Spearmint supports digestive tract comfort.
- High antioxidant content lends support for cell processes and cell structure protection
- May benefit hormone modulation in women
- Supports cognitive processes and memory
- Has been shown to support antibacterial activity
- Shows promise via animal research for supporting healthy blood sugar levels
- Supports healthy blood pressure
- Reduces stress and anxiety



BROCCOLI*

Benefits:

- Extraordinary levels of vitamins and minerals particularly vitamins A, K and potassium, selenium, and phosphorous.
- Broccoli exhibits a potent antioxidant profile with particularly high levels of sulforaphane which shows powerful support for the body's free radical elimination
- Sulforaphane is believed to play a significant role in blood sugar, and cholesterol modulation.
- Other significant antioxidant components include lutein and zeaxanthin.
- Bioactive compounds found in broccoli have exhibited powerful anti-inflammatory response.
- Cruciferous vegetables of which broccoli is a significant player have been shown to protect the body from various cancers, protecting cell health, and supporting elimination of cellular defects
- The fiber and antioxidants together play a significant role in supporting healthy blood sugar
- Considered an exceptionally heart-healthy vegetable especially in its role of cholesterol modulation
- Supports digestive system health
- Significant improvements have been demonstrated in the area of brain health, memory, and slowing the aging process
- Supports oral health
- Vitamin C content which is plentiful in broccoli supports immune system health.
- Significant boost for bone and skin health
- May support a healthier fetus by providing B vitamins including folate which is recommended for a healthy pregnancy.



PEPPERMINT LEAF*

Benefits:

- Peppermint, like spearmint supports digestive tract comfort.
- High antioxidant content lends support for cell processes and cell structure protection
- May benefit hormone modulation in women
- Supports cognitive processes and memory
- Supports head comfort
- Has been shown to support antibacterial activity
- Shows promise via animal research for supporting healthy blood sugar levels
- Supports healthy blood pressure
- Reduces stress and anxiety
- Has demonstrated promise in the treatment of Irritable Bowel Syndrome



CELERY*

Benefits:

- Celery is remarkably loaded with antioxidants protecting the body from inflammation, and supporting organic functions
- Celery has been indicated in supporting the body's healthy cholesterol function
- Has been shown to benefit blood pressure health
- Celery is known as an ideal cleansing food. High in vitamins C, B and A
- High in iron.
- Diuretic properties, also supports urinary health
- Rich in electrolytes
- Improves immune system function helps in the fight against disease
- Supports digestion
- Exhibits cancer protective activity
- Can assist the body's elimination of and prevention of stomach ulcerations



DANDELION ROOT*

Benefits:

- Contributes significantly to liver detoxification and support
- Shows significant benefit to blood sugar balance
- Stimulates metabolism as an aid to weight loss – fat burner
- Has anti-cancer activity by supporting cancer cell elimination
- Blood purification activity
- Immune system booster
- Supports disease organism elimination efforts on a cellular level
- High content of mineral boron and calcium supports bone health
- Has demonstrated memory enhancement benefits
- Diuretic activity supports urinary tract health