

Green Foods™

The Experts in Green Nutrition

HEALTHY & NOURISHING NATURAL TONIC



BEET ESSENCE

FEEL THE DIFFERENCE WITH 100% JUICE POWDER





BEET ESSENCE

Green Foods' Beet Essence is a delicious and nutrient-dense soluble powder made from the juice of organic and fresh red beets. Our special processing stabilizes and protects the nutrients to provide your body with the many health benefits of beet juice in a simple and easy-to-use powder.

HEALTH BENEFITS

Fast and Easy to Use

Beet Essence is perfectly suited for modern day life - it's portable and easy-to-use. It is a healthful way to boost your nutrition at any time with a sweet beet juice drink that can be made in seconds without the hassle and clean up that juicing requires.

Bioavailable Nutrients

Juice powder, no fiber: Beet Essence is a juice extract, it does not contain indigestible fiber. By juicing fresh red beets and removing the indigestible fiber our bodies can more readily absorb and utilize the vitamins, minerals, fatty acids, amino acids and antioxidants.

Antioxidants

Beets are rich in antioxidants and contain a very unique blend not found in any other vegetable. They are a great source of vitamin C, manganese and the famous carotenoids, lutein and zeaxanthin. This unique blend of antioxidants helps to support healthy nerve tissue and eye health.*

Anti-inflammation

Many of the phytonutrients found in beets, including betalains, have been shown to help reduce and prevent inflammation. Their ability to inhibit the activity of certain enzymes that trigger inflammation in the body may prevent many inflammation related diseases.*

Detoxification

Our bodies are exposed to toxins on a daily basis and require extra detoxification support to be healthy. When our bodies are not able to get rid of toxins on their own, it can lead to many chronic conditions and diseases.

During detoxification, our body goes through three different phases, the most important being phase two. In this phase, our cells neutralize the toxins by combining them with other nutrients and making them water-

soluble for excretion. The betalain nutrients found in beets have been shown to support and trigger activity in this important phase of detoxification.

INGREDIENTS

Organic beet juice powder, organic maltodextrin (a complex carbohydrate from tapioca).

Supplement Facts

Serving size 2 Teaspoons (5g)

Amount per serving	% DV *
Total Calories	19
Calories from fat	0 0%
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Total Carbohydrate	4g 1%
Sugars	2g **
Dietary Fiber	0g 0%
Folic Acid	14mcg 4%
Calcium	6mg 1%
Iron	0.3mg 1%
Sodium	6mg 0%

*Percent Daily Values based on a 2,000 calorie diet.


**Daily Value not established

Contains no added sugar, salt, colorings, or fillers. Free of animal products, gluten, soy, wheat and yeast.


Available Sizes: 5.3oz



*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.



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