## VG Plant Power Ingredients

VG Plant Power is the latest in the VG Wellness line of products. It’s a green drink formulation that can be added to a smoothie, juice, or added to recipes. Read on to find out what is included in our VG Plant Power green drink!

### **Organic Barley Grass**

Barley grass comes from the leaf of the barley plant. The grain is typically cooked and eaten as a side dish. Humans have been documenting the cultivation and consumption of barley for as long as we have been documenting human history, dating back to at least 7000 BC.

Barley grass juice is nutrient-dense, providing you with the following: beta carotene, B vitamins, pantothenic acid, folic acid, minerals, chlorophyll, amino acids, protein, fiber, and enzymes. Barley’s nutrient profile makes it a likely protector from illnesses such as cancer and greatly boosts the immune system.

### **Organic Wheatgrass**

The consumption of wheatgrass goes back to ancient Mesopotamia and Egypt, according to historical records. But it became popular in the Western world in the 1930s after Charles F. Schnabel, an agricultural chemist, began studying the plant for its health benefits.

The leaves of young wheatgrass are rich in iron, calcium, enzymes, essential vitamins and minerals, amino acids, and chlorophyll. The phytonutrients in wheatgrass support the immune system and general wellbeing.

### **Organic Spirulina**

Spirulina is an alga-- a cyanobacterium--that is harvested from freshwater sources, dried, and then ground into a powder. Humans have consumed it for centuries. The blue-green algae contain protein, B vitamins, calcium, potassium, magnesium, zinc, and iron. Spirulina is also rich in antioxidants and healthy fatty acids.

This nutrient-dense superfood is thought to support the immune system, which helps to mitigate diseases and infections. The protein in spirulina provides added energy and helps those who want to build muscle mass.

Spirulina is often added to smoothies, protein and snack bars, or added to a glass of juice. We make it easy for you to incorporate spirulina into your daily diet by including it as an ingredient in VG Plant Power, a superfood-filled green drink.

### **Organic Alfalfa Leaf**

Alfalfa, also known as Medicago sativa and lucerne, is a flowering plant from the legume family. While alfalfa is better known as livestock and cover crop, humans have used it for medicinal purposes for centuries. Ancient Ayurvedic texts from India describe using alfalfa seeds and sprouts for nutrition and healing of disease.

Alfalfa is a source of Vitamins A, C, E, and K4. It is also a source of minerals, including iron, zinc, phosphorous, and calcium.

Alfalfa leaf is thought to lower cholesterol levels, control blood sugar levels, mitigate chronic inflammation, and combat free radicals. This herbal supplement also appears to inhibit the absorption of cholesterol in the dietary tract. Other purported health benefits include boosting the immune system and improving overall health.

### **Organic Moringa Leaf**

Moringa leaf is high in essential micronutrients, including calcium, zinc, iron, magnesium, potassium, and vitamins A and C. It is also a complete protein, contains fiber, also packed with antioxidants!

Did you know that chronic inflammation contributes to the development of disease over time? Some foods contribute to inflammation, such as processed foods, soda, refined carbohydrates, and processed meat. But some foods decrease inflammation. Moringa is one of those superfoods. [Studies](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5872761/) have shown that Moringa oleifera also contains dense amounts of phytochemicals, including isothiocyanates (ITCs) and [flavonoids](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5084045/). These elements help to regulate oxidative stress in the body. (Oxidative stress activates inflammation, and we don’t want that.)

Our bodies require adequate amounts of the three macronutrients–fat, protein, and carbohydrates–so we can feel well, increase and maintain strength, and have robust immune systems. Protein is one of three essential macronutrients, and you might be surprised to learn that Moringa is very dense in protein. Not only are the leaves of Moringa dense in protein, but the plant provides all essential amino acids! Very few plants offer complete protein, so Moringa is a superfood in many ways!

### **Organic Kelp**

Kelp is a fast-growing, large brown alga that grows in coastal waters. It has been part of the Asian diet for centuries, consumed around the world in powdered form, pills, and capsules. It is very high in nutrients, a source of Vitamin B, calcium, potassium, iodine, iron, and magnesium. Sea kelp mitigates iodine deficiency, which is essential for thyroid function. It also decreases inflammation and regulates insulin and blood sugar levels. Sea kelp is thought to also help in cancer prevention.

### **Organic Orange Peel**

Oranges are a delicious and nutritious snack, much loved by children and adults. But did you know that orange peel is high in flavonoids, calcium, folate, riboflavin, thiamin, niacin, and Vitamins A, C, B5, and B6? The nutritional profile means that oranges are great for anti-inflammation and overall health. The high antioxidant content also means orange peel could reduce cancer risks. Plus, orange peel gives an excellent boost to the immune system.

### **Organic Beet Root**

Beets have been domesticated as an agricultural crop since ancient times. They were also used during the middle ages as a medicinal. Beetroot is rich in nitrates, which becomes nitric oxide upon consumption. This chain reaction may help to improve blood flow and decrease blood pressure. What could this result in? Increased stamina! In addition to nitrates, beets contain dense amounts of antioxidants, fiber, Vitamin C, folate, and potassium.

### **Organic Dandelion Leaf**

Dandelion is a plant much-loved by children because they enjoy blowing the puffy seeds through the air. Adults often see the dandelion as a pesky weed. But the roots and leaves of the dandelion have been consumed by humans for a long time, used for centuries as a medicinal in China, Europe, and by Native Americans.

Dandelion leaf is a rich source of B complex vitamins, beta-carotene, antioxidants, potassium, iron, calcium, zinc, magnesium, and phosphorus. The leaves and roots even contain fiber and protein.

It is believed that dandelion aids in digestion and regulates blood sugar levels and blood pressure. It has antioxidant properties and may prevent cancer, improve the immune system, and decrease inflammation.

### **Organic Spinach Leaf**

Did you know that Spinach consumption originated in ancient Persia? Europeans were introduced to spinach in the 15th century and took to it right away. It is one of the most commonly consumed, well known green vegetables on our dinner plates.

Spinach is very nutrient-dense, supplying several essential vitamins and minerals. But it is perhaps best known for its high concentration of iron, folate, and calcium. But that’s not all! Spinach also contains zeaxanthin for eye health, nitrates for heart health, lutein for eye health, and kaempferol and quercetin (both antioxidants) for decreasing inflammation and cancer risk.

Spinach is incredible for strengthening muscles and bone health. It also boosts the immune system, has antioxidant properties, and decreases inflammation. Spinach is also beneficial for healthy blood pressure and heart health.

### **Organic Chlorella**

Chlorella is a green, freshwater alga packed with nutrients. It contains dense amounts of protein, Vitamins B and C, iron, calcium, and Omega-3s. Chlorella is thought to boost the immune system, regulate cholesterol and blood pressure, control inflammation, and improve blood sugar levels.

### **Organic Dulse Leaf**

Dulse leaf is a seaweed that has been consumed in Northern Europe for a very long time. It is high in B vitamins, potassium, iron, and iodine. Dulse leaf also has fiber and protein. Dulse leaf is thought to help regulate blood pressure, keep the eyes healthy, and improve thyroid function.

### **Organic Lemon Peel**

Lemons are a lovely aromatic in cooking, and the delicious taste adds to sweet and savory foods alike. Lemon peel is very high in flavonoids, calcium, folate, riboflavin, thiamin, niacin, and Vitamins A, C, B5, and B6. This means that lemon peel is terrific for decreasing inflammation and boosting overall health. The high antioxidant content also means lemon peel could reduce cancer risks. Plus, lemon peel is stocked with Vitamin C and provides an excellent boost for the immune system.

Visit [www.vgwellness.com](http://www.vgwellness.com/) to find out more about VG Plant Power and our full line of products!