## 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 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.

### **Organic Wheatgrass**

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 contains protein, B vitamins, calcium, potassium, magnesium, zinc, and iron. Spirulina is also rich in antioxidants and healthy fatty acids.

### **Organic Alfalfa Leaf**

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

### **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!

### **Organic Kelp**

Kelp 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.

### **Organic Orange Peel**

Oranges 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.

### **Organic Beet Root**

Beetroot is rich in nitrates, which becomes nitric oxide upon consumption. This chain reaction may help to improve blood flow and decrease blood pressure.It also contains dense amounts of antioxidants, fiber, Vitamin C, folate, and potassium.

### **Organic Dandelion Leaf**

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.

### **Organic Spinach Leaf**

Spinach is very nutrient-dense, supplying several essential vitamins and minerals, especially iron. Spinach also contains zeaxanthin for eye health, nitrates for heart health, lutein for eye health, and kaempferol and quercetin (both antioxidants).

### **Organic Chlorella**

Chlorella contains dense amounts of protein, Vitamins B and C, iron, calcium, and Omega-3s.

### **Organic Dulse Leaf**

Dulse leaf 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**

Lemon peel is very high in flavonoids, calcium, folate, riboflavin, thiamin, niacin, and Vitamins A, C, B5, and B6.

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