

## POWER GREENS (450G)

PRICE: **61,30** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL23496

EAN code: PL23496



### DESCRIPTION OF THE ITEM

**13**

Vegetables and fruits

**6**

Sources of fibre vitamins

**24**

Vitamins and minerals

**5**

Digestive enzymes

**9**

Antioxidants

### MORE ENERGY

Power Greens is a revolutionary product that gives your body a daily energy dose. Thanks to a unique blend of ingredients, such as spinach, chlorella, and rhodiola rosea extract, your body not only receives vitamins and minerals, but also a natural energy boost. Two product ingredients - spinach and kale provide valuable iron that helps maintain normal red blood cell production and prevent fatigue.

### STRONGER IMMUNITY

Your immunity is essential to staying healthy, and Power Greens helps you strengthen it. This is in part due to the chlorella content, which has an excellent effect on the immune system. Furthermore, Power Greens contain vitamin C which is essential for the proper functioning of the immune system. Vitamin C is a powerful antioxidant that helps fight free radicals and protects cells from damage. Regular consumption of

a product with vitamin C helps the body maintain resistance to infection.

## EXCELLENT ANTIOXIDANT PROPERTIES

Power Greens is a real antioxidant bomb. Ingredients such as green tea extract, blueberry extract and grapefruit extract are known for their ability to neutralise harmful free radicals in the body. All of these ingredients, in combination with vitamins C and E, zinc, selenium and copper, act synergistically, enhancing their effects and helping the body to fight oxidative stress. It is important to ensure an adequate supply of these ingredients in the diet to support health and provide protection against free radicals.

## BETTER DIGESTION

A healthy digestive system is the foundation of general health. Power Greens supports a healthy digestive process by providing the body with apple, acacia, carrot, blueberry and cranberry fibre. Fibre plays a crucial role in maintaining normal intestinal peristalsis and preventing constipation problems. It keeps your intestines working efficiently and regularly, which contributes to overall digestive comfort.

Power Greens also combines the power of five essential digestive enzymes, which are key in the breakdown of starches, proteins, fats and fibre. It is largely thanks to enzymes that our body is able to assimilate nutrients.

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### Power Greens draws strength from four rich sources of...

#### From the 'green blends':

Each Power Greens dose is as much as 9,500 mg of powdered fruit and vegetables.

- spinach • spirulina • apple fibre • acacia fibre • carrot fibre • orange juice • chlorella • blueberry fibre • cranberry fibre • strawberry • raspberry • wild berry • orange oil • broccoli • blueberry • orange oil • carrot • tomato • kale • broccoli sprouts
- cherry • elderberry • cranberry

#### From the 'antioxidant blend':

- Schisandra chinensis extract • green tea extract (including EGCG 112.5 mg)
- artichoke extract • maca • rhodiola rosea extract
- quercetin • sweet orange extract
- grapefruit extract • bilberry extract

#### From the digestive enzyme blend 'performance greens':

- amylase • protease • cellulase • lipase • lactase

#### From a blend of 24 vitamins and minerals:

- Vitamin A • Vitamin D • Vitamin E • Vitamin K • Vitamin C • Thiamine • Riboflavin • Niacin • Vitamin B6 • Folic acid • Vitamin B12 • Biotin • Pantothenic acid • Potassium • Calcium • Phosphorus • Magnesium • Iron • Zinc • Copper • Manganese • Selenium • Iodine • Choline

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### Nutritional Value

Daily dose: 15g - Number of doses per pack: 30

	in 15 g of the product	%RI*	100 g of the product	%RI*
Energy value	153 kJ/36 kcal	2%	1020 kJ/ 243 kcal	12%
Fat	0,3 g	0,40%	2,1 g	3%
Including fatty acids	0 g	0%	0,4 g	0%
Carbohydrates	3 g	1%	22 g	9%

Including sugars	1,2g	1%	7,9 g	9%
Fiber	3 g	**	20 g	**
Protein	3 g	5%	18 g	33%
Sodium	0,2 g	4%	1,4 g	27%
Vitamin A	474 µg	59%	3160 µg	395%
Vitamin D	1,6 µg	32%	11 µg	220%
Vitamin E	3,4 mg	28%	23 mg	192%
Vitamin K	22 µg	29%	150 µg	200%
Vitamin C	230 mg	288%	1533 mg	1916%
Thiamine	0,33 mg	30%	2,2 mg	200%
Riboflavin	0,42 mg	30%	2,8 mg	200%
Niacin	4,5 mg NE	28%	30 mg NE	188%
Vitamin B6	0,42 mg	30%	2,8 mg	200%
Folic Acid	37,4 µg	32%	249 µg	212%
Vitamin B12	0,75 µg	30%	5,0 µg	200%
Biotin	16 µg	32%	106 µg	212%
Pantothenic Acid	1,8 mg	30%	12 mg	200%
Potassium	756 mg	38%	5040 mg	252%
Calcium	314 mg	39%	2093 mg	262%
Phosphorus	178 mg	25%	1190 mg	170%
Magnesium	95,8 mg	26%	639 mg	170%
Iron	6,2 mg	44%	42 mg	300%
Zinc	2,6 mg	26%	17 mg	170%
Copper	1,6 mg	160%	11 mg	1100%
Manganese	0,51 mg	26%	3,4 mg	170%
Selenium	15 µg	27%	98 µg	178%
Iodine	40,2 µg	27%	271 µg	181%
Choline	140 mg	**	933 mg	**
<b>Green Blends mix</b>	9500 mg	**	63333mg	**
Spinach, spirulina, apple fibre, acacia fibre, carrot fibre, orange juice, chlorella, blueberry fibre, cranberry fibre, strawberry, raspberry, wild berry, orange oil, broccoli, blueberry, orange oil, broccoli, carrot, tomato, kale, broccoli sprouts, cherry, elderberry, cranberry		**		**
<b>Antioxidant Blend mix</b>	1160 mg	**	7733 mg	**
Schisandra chinensis extract, green tea extract (including EGCG 112.5 mg), artichoke extract, maca, rhodiola rosea extract, quercetin, sweet orange extract, grapefruit extract, bilberry extract		**		**
<b>Performace Greens Enzyme blend</b>	100mg	**	667 mg	
Amylase, protease, cellulase, lipase and lactase				

\*RI - Reference intake values / \*\* Reference intake values not specified.

**Ingredients:** Green Blend powder (spinach, spirulina, apple fibre, acacia fibre, carrot fibre, orange juice, chlorella, blueberry fibre, cranberry fibre, strawberry, raspberry, wild berry, orange oil, broccoli, carrot, tomato, kale, broccoli sprouts, cherry, elderberry, cranberry), vitamin and minerals (ascorbic acid, calcium salt of orthophosphoric acid, potassium glycerophosphate, potassium chloride, magnesium oxide, iron (II) pyrophosphate, DL-alpha tocopheryl acetate, zinc sulphate, pteroylmonoglutamic acid, potassium iodide, copper (II) sulphate, nicotinic acid amide, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, retinyl acetate, vitamin K (phytoquinone), calcium D-pantothenate, D-biotin, manganese sulphate, sodium selenate, cyanocobalamin, cholecalciferol.), thickening agent (xanthan gum), acidity regulators (citric acid, malic acid), choline bitartrate, natural flavours, schisandra chinensis extract, green tea leaf extract, artichoke leaf extract, maca root powder, Performace Greens enzyme blend (amylase, protease, cellulase, lipase and lactase), rhodiola rosea root extract, sweeteners (enzyme-produced steviol glycosides from stevia), anti-caking agent (calcium silicate), sodium chloride, quercetin, sweet orange extract (Citrus sinensis),

colourants (curcumin, chlorophyll and chlorodiline copper complexes), grapefruit extract, bilberry fruit extract.

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Recommended daily intake necessary to obtain the beneficial effects of the product: dissolve 15g (one scoop) in 300-500 ml of water or your favourite beverage. Mix well and drink. Drink once daily.

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Warning: Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute for a balanced diet. A balanced diet and healthy lifestyle are important for the proper functioning of the body. Not recommended for use by pregnant or nursing women and children under 18 years of age. This product contains approximately 112.5 mg of epigallocatechin-3-gallate (EGCG) per dose. The daily intake of epigallocatechin-3-gallate (-) should not exceed 800 mg. This product should not be consumed on an empty stomach. Do not use if you consume other products containing green tea on the same day. Do not use in people with predisposition to kidney stones or suffering from kidney stones. The product should not be consumed by people taking anticoagulants containing vitamin K antagonists (e.g. Warfarin and acenocoumarol). The product is not suitable for the elderly, people with kidney disease, insulin-resistant diabetes, hypertension or cardiac arrhythmias.