

POWER LINE

PRICE: 255,00 EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL65149

EAN code: PL65149



DESCRIPTION OF THE ITEM

Power Meal (900g)

Creamy Power Meal shake in two flavors: chocolate and vanilla - the power of nature in every drop! We have created a unique creamy shake that will satisfy even the most demanding palates. Our product is an excellent blend, including high-quality plant-based protein, fiber to support gut health, fruits, and vegetables. Power Meal is packed with nutrients that support your daily performance and strength.

BETTER NUTRITION

Nutritious superfood meal

- 25 grams of the highest quality vegan proteins with balanced carbohydrates and healthy fats
- Rich in nutrients, hand-picked plants, vegetables, and superfoods

- Developed by herbalists, scientists, and health experts

BETTER PERFORMANCE

- Provides energy thanks to pantothenic acid, magnesium, niacin, riboflavin, vitamin B12, vitamin B6, and vitamin C, which contribute to reducing fatigue and tiredness
- Supports the proper functioning of the immune system and maintaining a healthy energy metabolism due to the presence of copper, vitamin B12, vitamin B6, and vitamin C
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BETTER TASTE

- Creamy shake in chocolate or vanilla flavor
- Smooth and creamy texture
- No added sugars, artificial sweeteners, or preservatives

Ingredients:

Plant protein blend [pea protein isolate, chickpea protein concentrate, rice protein concentrate, spirulina (Arthrospira platensis), chlorella (Chlorella vulgaris)], fiber blend [acacia fiber, powdered flaxseed (Linum usitatissimum), guar gum, apple fiber (Malus pumila), carrot fiber (Daucus carota), blueberry fiber (Vaccinium corymbosum), cranberry fiber (Vaccinium macrocarpon)], plant-based fruit and vegetable blend [cassava root starch, acai extract (Euterpe oleracea), spinach leaf (Spinacia oleracea), broccoli stem and floret (Brassica oleracea var. italica), carrot root (Daucus carota ssp. sativus), tomato fruit (Lycopersicon esculentum), kale leaf (Brassica oleracea var. acephala), broccoli seed (Brassica oleracea var. italica), cherry fruit (Prunus cerasus), cranberry fruit (Vaccinium macrocarpon), strawberry fruit (Fragaria virginiana), raspberry fruit (Rubus idaeus), lowbush blueberry fruit (Vaccinium angustifolium)], vitamin and mineral blend (calcium orthophosphate, potassium chloride, magnesium oxide, ascorbic acid, ferric pyrophosphate, DL-alpha-tocopheryl acetate, zinc sulfate, sodium selenite, folic acid, potassium iodide, cupric sulfate, niacinamide, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, retinyl acetate, phylloquinone, calcium D-pantothenate, D-biotin, manganese sulfate, cyanocobalamin, cholecalciferol), herbal and root blend [powdered ginger root (Zingiber officinale), powdered maca root (Lepidium meyenii), ashwagandha extract (Withania somnifera), Korean ginseng extract (Panax ginseng), powdered cinnamon (Cinnamomum burmanii blume)], “Immunity & Digestive Health Blend” [yeast beta-glucan (Saccharomyces cerevisiae), amylase, protease, cellulase, lipase, lactase, orange juice, orange oil, elderberry fruit (Sambucus nigra)], reduced-fat cocoa powder, natural flavor, powdered sunflower oil, medium-chain triglycerides powder (coconut oil, acacia fiber), maltodextrin, thickening agent (xanthan gum), sweeteners (enzymatically produced steviol glycosides, stevia steviol glycosides), sunflower lecithin, anti-caking agent.

Recommended serving size per day:

Mix 2 heaping scoops (60 g) with 350 ml of water, depending on taste preference. This product replaces one main meal per day.

Storage conditions:

Store in a cool, dry place. Keep out of reach of small children.

Power Beets (210g)

The origin and quality of ingredients are of immense importance.
In the high plateaus, where the earth meets the sky, the power can be experienced.

Nature's Sunshine proudly shares an extraordinary discovery from the Qinghai plateau in Tibet, known as the roof of the world, located nearly 10,000 feet above sea level, where extreme temperature fluctuations and harsh conditions make it impossible to cultivate most plants. However, there are strong people who respect their land and crops for generations; responsible farmers and families use natural cultivation methods, saving water and maintaining soil fertility to cultivate a special variety of beets.

These beets are one of the best sources of nitrates. They come from the cold but bring warmth, improving blood circulation.

In our facilities near Salt Lake City, the Nature's Sunshine team conducts rigorous tests confirming the extraordinary potency and purity of beets obtained from farmers on the Tibetan plateau. We test every delivery, every batch. Carefully, we combine beets with a complex of supporting herbs, vegetables, and other ingredients that naturally enhance the beet's ability to improve human health, better blood circulation, support endurance, energy, and strength...

Feel the Power of Natural Ingredients:

KEY INGREDIENTS:
(content in daily serving - 7g)
Vitamin D .....13 µg ..... 260% NRV*
Vitamin C .....60 mg ..... 75% NRV*
Thiamine .....0.7 mg ..... 64% NRV*
Niacin .....3 mg ..... 19% NRV*
Vitamin B6 .....1.8 mg ..... 129% NRV*
Folic Acid .....88 µg ..... 75% NRV*
Vitamin B12 .....6 µg ..... 240% NRV*
Proprietary Nitric Oxide Blend ..... 5.4 g ..... **

*NRV - nutritional reference values
**NRV has not been stated

INGREDIENTS:
Red Beetroot, Fructooligosaccharides, Pomegranate Juice Concentrate, S7™ Blend (Green Coffee Seed Extract, Green Tea Leaf Extract, Curcumin Rhizome Extract, Blueberry, Broccoli Flowers, Cherry Fruit, Kale Leaf), Apple Extract, Grape Extract, Grape Seed Extract, Olive Extract, Red Grape Extract.

Developed by top-class specialists, a combination of vitamins, herbs, and vegetables...
Provides energy and delivers antioxidants.

Vitamins
SOURCE OF ENERGY AND ANTIOXIDANTS

The Vitamin C in Power Beets is responsible for its antioxidant effects (it is a very strong antioxidant) and also supports the body's immunity after intense physical exertion.

B-group vitamins, including thiamine, niacin, vitamins B6 and B12, and folic acid, help the body cope with signs of fatigue and tiredness.

The effectiveness of these vitamins is confirmed by numerous scientific studies, as well as the International Olympic Committee, which has issued an official position to help athletes in the effective selection of supplementation. The mentioned vitamins are listed there alongside, among others, vitamin D, which has been included in the group of micronutrients recommended for frequent supplementation by athletes.

Beets

EXCELLENT AND SAFE SOURCE OF NITRATES

Powdered beets are included in the Power Beets formula primarily due to their high nitrate content. Nitrates have long been used in sports as a supplement directly affecting sports performance and are also included in the International Olympic Committee's list of dietary supplements.

According to sports dietitians, there are at least several benefits to supplementing nitrates, but from a general perspective, all these benefits contribute to increased body efficiency, specifically reducing the oxygen cost of exercise.

The effective action of nitrates is also confirmed by the Australian Institute of Sport, which classifies supplements into ABCD groups, where A is supplements with confirmed efficacy and safety, B is supplements worth further research, C has no proven effectiveness, and D is rated as dangerous for anti-doping reasons. Nitrates are classified as group A, which means they have confirmed efficacy and safety.

S7™ Blend
MORE NITRIC OXIDE

S7 is a blend of seven natural ingredients developed and patented by specialists to enhance nitric oxide production. The blend includes:
• Green Coffee Seed Extract,
• Green Tea Leaf Extract,
• Curcumin Rhizome Extract,
• Blueberries,
• Broccoli Flowers,
• Cherries,
• Kale Leaves

Nitric oxide is intended to play a crucial role in many important processes, such as regulating blood flow, forming new, small blood vessels, or influencing platelet function.

The S7 blend was created to provide the body with more energy, which is important not only for professional or competitive athletes but also crucial for leading a healthy, active lifestyle.

Grapes and Olives
STRONG ANTIOXIDANTS

The excellent combination of ingredients is complemented by extracts from olives and grapes and their seeds, which have antioxidant properties.

Fighting free radicals, to which we are exposed due to ubiquitous stress, deteriorating air quality, as well as an improper diet and sedentary lifestyle, is still one of the most important aspects of the art of effectively taking care of our health.

Diet, and therefore proper supplementation, is the best tool in combating the effects of free radicals.

Your New Ally in Healthy Living!

WHETHER YOU ARE AN ATHLETE OR SIMPLY WANT TO MAINTAIN HEALTH AND ACTIVITY, YOUR BODY NEEDS SUPPORT TO FUNCTION EFFECTIVELY.

An active body is a body that thrives to its full strength. Whether you train intensively or simply want to maintain a healthy lifestyle, your daily choices can affect your overall well-being.

Why Power Beets?

SUPPORT FOR YOUR PHYSICAL ACTIVITY

Power Beets is an innovative dietary supplement containing red beetroot extract, naturally rich in nitrates. These ingredients help widen blood vessels, improve blood circulation, and deliver more oxygen to cells. This is crucial support for your physical activity, helping you achieve better results and minimize the feeling of fatigue.

NATURAL ANTIOXIDANT POWER

Additionally, Power Beets provides vitamins and antioxidants essential for protecting cells from oxidative stress. Antioxidants support cell regeneration, protecting them from the impact of harmful free radicals. As a result, your body

can more effectively cope with environmental influences.

How to Incorporate Power Beets into Your Daily Diet?

ADD TO BEVERAGES
Add a scoop of Power Beets powder to your favorite drink – water, juice, or smoothie. This way, you can easily supplement your diet with valuable nutrients.

BEFORE WORKOUTS
Consume Power Beets before your workout to boost energy levels, improve performance, and accelerate muscle recovery after exertion.

IN YOUR DAILY DIET
Regular use of Power Beets as part of your daily diet will help you maintain a healthy lifestyle, regardless of the intensity of physical activity.

Power Greens (450g)

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.

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	**
Green Blends mix	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		**		**
Antioxidant Blend mix	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		**		**
Performace Greens Enzyme blend	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.

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.

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.

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