

Green Power Blend

An easy and tasty way to increase your daily servings of fruits and vegetables

For optimal health, nutritional experts recommend getting at least five servings of fruits and vegetables every day because it reduces the risk of cancer, heart disease, and respiratory illness. Research has shown that in areas of the world where a large percentage of the population live healthy and long lives, people consume diets high in plant-based foods.

Fresh fruits and vegetables not only provide the vitamins and minerals we need for overall good health, they also contain numerous phytonutrients associated with reduced inflammation and better gut health. And these whole foods probably contain many compounds whose health benefits have yet to be discovered.

Even though many people know this, they often have trouble finding the time to eat as many of these foods as they'd like. So, one quick way to increase the amount phytonutrient-rich foods you are getting is to take a Green Power Blend, a type of green drink powder containing dried fruits, vegetables, herbs and other nutrients. Here are some of the benefits of the ingredients.

Vegetable Powders

Dried spinach, broccoli, broccoli sprouts, carrots, kale, and tomatoes supply chlorophyll and antioxidant nutrients that help reduce free radical damage and inflammation. Kale, in particular, is one of the most nutritionally dense greens on the planet. Broccoli is a cruciferous vegetable that aids liver detoxification and helps protect the body from cancer.

Fruit Powders

Dehydrated strawberries, raspberries, sour cherries, cranberries, blueberries, bilberries, and oranges are particularly good sources of inflammation-reducing antioxidants, which also help tone up blood vessels. Cranberries are helpful for the urinary system and sour cherries are beneficial for liver function and reducing acid waste. These are just a few of the benefits of these fruits.

Fiber

Most people struggle to get enough fiber in their diets to maintain gut health. Fiber helps lower blood sugar and cholesterol and helps protect against cancer. It also aids proper elimina-

tion. Apple fiber, acacia, carrot fiber, guar gum, blueberry fiber, cranberry fiber, and xanthan gum are all great sources of fiber.

Herbs

This blend contains a number of beneficial herbs. Spirulina and chlorella supply essential amino acids, chlorophyll, and have benefits for the immune system. Artichoke leaf helps clean out the liver, and taken with the fiber in this blend can also help lower cholesterol. Schisandra and turmeric help protect the liver from chemicals, and schisandra and rhodiola are adaptogens that help the body deal with stress. Maca also has adaptogenic properties and aids reproductive health. Green tea has antioxidant properties and elderberry enhances immune function.

Vitamins and Minerals

A Green Power Blend also serves as a basic multi-vitamin and mineral supplement. It contains vitamins A, C, D2, B6, methyl B12, thiamine, pantothenic acid, riboflavin, niacin, and folate. The bioflavonoids in this blend also strengthen tissues and act synergistically with vitamin C. It also contains calcium, iron, iodine, zinc, selenium, copper, manganese, chromium, molybdenum, and potassium.

Other Ingredients

This blend also contains the protein-digesting enzyme bromelain, which not only aids the breakdown of proteins, it also helps reduce inflammation. It also contains quercetin, a bioflavonoid that reduces histamine reactions and helps the body fight viral infections.

Using Green Power Blend

To use the Green Power Blend mix one scoop, or one stick, into 12-16 oz. of water or juice. One serving adds the nutrition of two servings of fruits and vegetables to your diet. You can up this benefit by adding it to a fruit smoothie made with at least a half cup of fresh or frozen berries or other fruits to add another serving of fruit.

Additional Resources

Strategies for Health by Steven Horne

Modern Herbal Dispensatory by Steven Horne and Thomas Easley

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