



NATURE'S SUNSHINE

Power Greens Pouch

Vegetarian

Non-GMO

Gluten Free

Dairy Free

Soy Free

Keto Friendly

No Sugar

GOOD FOR

Digestive System

Immune System

Nervous System

SIZE **60 Servings**

ITEM # **24109**

SERVING **One level scoop**

SUPPLY **60 days**

DIRECTIONS FOR USE Pour one level unpacked scoop into 6-8 oz. of water or your favorite beverage. Mix well and enjoy!

— How the Key Ingredients Work

Power Greens brings together a wide spectrum of vegetables, fruits, superfoods, and essential vitamins and minerals — all working together to nourish your body from the inside out. Think of it as a garden's worth of goodness in one convenient pouch, designed to support your energy, immunity, antioxidant defenses, and overall daily wellness.

Spinach — One of nature's most nutrient-dense leafy greens, spinach brings iron, folate, and a broad range of antioxidants to the blend. It also contains natural nitrates that help support healthy blood flow, making it a cornerstone of any serious greens formula.

Spirulina — This blue-green algae is packed with protein, B vitamins, and a pigment called phycocyanin that acts as a powerful free-radical fighter. Human studies show spirulina can help improve antioxidant markers and support healthy red blood cell levels, especially in those who need a nutritional boost.

Kale — A fellow member of the brassica family, kale delivers vitamins C, E, and K alongside carotenoids like lutein and zeaxanthin. Its natural compounds help activate the body's own antioxidant defenses, and its vitamin C content helps your body absorb the iron found elsewhere in this formula.

Broccoli — Broccoli contains sulforaphane, a natural compound that encourages the body to ramp up its own protective antioxidant systems. Clinical studies have linked broccoli sprout supplementation to meaningful support for healthy blood pressure and blood sugar levels already in the normal range.

Chlorella — This tiny green alga punches well above its weight, providing iron, folate, and vitamin B12 alongside antioxidant enzymes. Studies in pregnant women found chlorella supplementation helped reduce the incidence of anemia, and multiple human trials confirm it raises the body's overall antioxidant capacity.

Artichoke — Artichoke leaf is loaded with polyphenols — including chlorogenic acid and luteolin — that help the body manage oxidative stress and support comfortable digestion. Clinical trials show it can ease upper digestive discomfort and help maintain healthy cholesterol levels already within a normal range.

Blueberry — Rich in anthocyanins, blueberries help protect cells from everyday oxidative wear and tear while also supporting healthy blood vessels. Multiple studies show their polyphenols can help maintain healthy blood pressure and support balanced blood sugar, particularly in people with elevated cardiometabolic risk.

Turmeric — The golden spice of Ayurvedic tradition, turmeric's active compound curcumin has been shown in multiple human trials to raise total antioxidant capacity and reduce markers of oxidative stress. It also supports comfortable digestion and has been studied for its role in easing occasional abdominal discomfort.

Green Tea — Green tea's standout compound, EGCG, is one of the most researched antioxidants in the world. Human trials show green tea extract can meaningfully raise the body's antioxidant defenses, support a healthy appetite, and contribute to a calm, focused state of mind — partly thanks to its natural L-theanine content.

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