

## Influencer Resource: Organifi Ingredient Benefits

**Chlorella** is a green algae and a good source of protein, fats, carbohydrates, fiber, chlorophyll, vitamins and minerals.

**Moringa** is a plant that is native to the sub-Himalayan areas of India, Pakistan, Bangladesh and Afghanistan. It is also grown in the tropics. The leaves, bark, flowers, fruit, seeds and root are used to make medicine.

**Spirulina** is a good source for plant protein! Spirulina is also high in iron and calcium. The Aztecs first discovered this food in Central America and they consumed it daily for energy and strength.

**Mint** is an herb often used as a fragrant addition to popular dishes and drinks. We have added this into our blend for the health benefits as well as the refreshing taste.

**Beets** are good sources of folate, potassium, fiber and antioxidants, as well as nitrates. Many people don't care for the texture of raw beets, however, the isolated juice tastes great in the mix and is a nutritious super ingredient.

**Matcha Green Tea** is a common refreshment in Japanese monasteries; Matcha is high in an antioxidant called EGCG which reduces stress, regulates hormones within normal ranges and reduces appetite.

**Wheatgrass** is known as the "lifeblood" of plant life. Even the ancient Egyptians worshipped this food for its positive health benefits.

**Ashwagandha** is an adaptogen which is made of a combination of amino acids, vitamins and herbs, which modulates your response to stress or a changing environment. Adaptogens help the body cope with external stresses such as toxins in the environment and internal stresses.

**Turmeric** comes from the root of the *Curcuma longa* plant and has a tough brown skin and a deep orange flesh and contains powerful antioxidants.

**Lemon** is a deliciously alkalizing yellow fruit is not only nutritious, it also adds a nice citrus refreshment to the blend. We've added just enough to give it a light flavor without overpowering any of the other ingredients.

**Coconut Water** is a natural refreshment that is low in calories, naturally fat and cholesterol free, high in potassium and electrolytes and is super hydrating.

**Monk Fruit** is used in products as a natural sweetener. The powder is low glycemic and has sweetness approximately 170 times sugar without the potential gut-disrupting side effects of other natural sweeteners.