



## ORGANIC GREENS SUPERPOWDER+™

Ora Greens Superpowder+™ is packed with over 25 nutritionally dense greens, native Australian superfoods and mushrooms. With 15 key vitamins and minerals for energy, immunity, and everyday wellness, the formula provides a powerful boost of nutrients, nutritional and antioxidant support, and helps fill nutritional gaps.



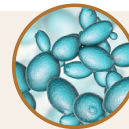
Organic greens



Organic mushrooms



Organic native Australian superfood



Probiotics



Vitamin B complex PANMOL®

- ✓ 30 serves per bottle
- ✓ Great tasting versatile natural flavours
- ✓ Certified organic

### Who This Is For

**Ora Organic Greens Superpowder+™ is recommended for adults seeking help with:**

- A plant-based alternative to regular multivitamin supplements
- Low fibre diet
- Diet low in fruit and vegetables
- Everyday wellness
- Maintain a general health and wellbeing
- Nutritional support
- Energy to power you through your day

### NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 30

SERVING SIZE: 8g

Average Quantity	per serve	% RDI	per 100g
Energy	111 kJ		1392 kJ
Protein	1.8 g		22.6 g
Fat, total – saturated	0.2 g 0.03 g		3.0 g 0.4 g
Carbohydrate sugars Fibre	2.8 g 0.4 g 2.3 g		34.7 g 4.7 g 28.5 g
Sodium	14.7 mg		183.2 mg
Vitamin A	201 mcgRE	27%	2.52 mg RE
Thiamine (Vit B1)	0.4 mg	36%	4.9 mg
Riboflavin (Vit B2)	0.4 mg	26%	5.6 mg
Niacin (Vit B3)	2.6 mg	26%	32.8 mg
Pantothenic acid (Vit B5)	1.7 mg	34%	21.4 mg
Pyridoxine (Vit B6)	0.8 mg	50%	10.1 mg
Folate	29 mcg	14%	361.9 mcg
Vitamin B12	3.8 mcg	188%	46.9 mcg
Biotin	36 mcg	120%	450 mcg
Vitamin C	26.2 mg	66%	327.5 mg
Vitamin D	1.9 mcg	19%	23.4 mcg
Vitamin E	10.3 mg	103%	128.8 mg
Vitamin K	37.8 mcg	47%	473 mcg
Iron	2.0 mg	16%	24.5 mg
Selenium	12.1 mcg	17%	151 mcg

PANMOL® is a registered trademark of Vis Vitalis GmbH.

### Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Organic Greens Superpowder+™.

Try the following to enhance results:

- Whole food based diet
- Regular exercise
- Yoga (esp. Nidra)
- Meditation
- Spending time in nature

- Aromatherapy
- Caffeine-free beverages and herbal teas
- Raw chocolate treats
- Healthy snacks

Combines well with:

- Ora Immune Tonic+™
- Ora Mag<sup>3</sup> Mood™



## Traceable Ingredients

Ingredient	Organic Certification	Location
Organic Spirulina Powder	ACO and USDA	Cultivated under greenhouse conditions in water from 600 mg underground. Yancheng city, Zhejiang province, China.
Organic Banana Resistant Starch Powder	ACO, EU, USDA, NOP	Piura region, Peru.
Organic Wheatgrass Powder	NSAA	Field grown. Victoria, Australia.
Organic Inulin	ACO, EU, NOP	From organic Jerusalem artichoke. Yunnan province, China.
Organic Sprouted Pea Fibre	ACO, USDA	Farmed in Canada, Processed in Jinling town, China.
Organic Maca Root Powder	ACO, Caras GmbH	Peru.
<i>Saccharomyces boulardii</i>	Conventional grade	Fermented and manufactured in QLD, Australia.
Organic Tremella Mushroom	NOP and EU	Grown on hardwood chips & organic rice, organic rice bran. Qingyuan county, Zhejiang province, China.
Organic Lucuma	ACO, EU, USDA, NOP	Andean Valleys, Peru.
Organic Brown Rice Protein Powder	ACO	Farmed and processed in Heilongjiang province, China.
Organic Shiitake Mushroom Powder	NOP and EU	Grown on hardwood chips & organic rice, organic rice bran. Qingyuan county, Zhejiang province, China.
Organic Alfalfa Grass Powder	NSAA	Field grown. Victoria, Australia.
Organic Barley Grass Powder	NSAA	Field grown. Victoria, Australia.
Organic Chlorella (Cracked Cell)	ACO and USDA	Cultivated under greenhouse conditions in water from 600 mg underground. Yancheng city, Zhejiang province in China.
Organic Biologically active Vitamin B complex from quinoa sprouts	Ceres GmbH	From cultivated organic quinoa sprouts in Austria.
Organic Acerola Powder	EU. EcoCert, Produto Orgânico Brazil	Cultivated on farms and processed in Brazil.
Organic Maitake Mushroom Powder	NOP and EU	Grown on hardwood chips & organic rice, organic rice bran. Gutian county, Fujian province, China.
Organic <i>Schisandra chinensis</i> Berry Powder	ACO	China.
Organic Natural sweetener (Stevia RbA)	EU, USDA	Jining city, Shandong province, China.
Organic Beetroot Powder	ACO	Germany.
Organic Spinach Powder	EU	From cultivated spinach in Serbia. Processed in Germany.
Organic Kale Powder	ACO	China.
Organic Carrot Juice Powder	USDA, NOP	USA.
Organic Broccoli Sprouted Powder	USDA, NOP	USA.
<b>Australian Superfood blend:</b>		
Davidson Plum Powder	Conventional grade	Northern NSW.
Native Finger Lime Powder	Conventional grade	Northern NSW and Southeast QLD.
Organic Lemon Myrtle Leaf Powder	ACO	Northern NSW and Southeast QLD.
Whole Mountain Pepperberry Powder	Conventional grade	TAS, NSW, SA and VIC.
Kakadu Plum Powder	Conventional grade	Wadeye, NT.

## Find Out More

Ora Organic Greens Superpowder+™ has been carefully crafted with with over 25 nutritionally dense greens, native Australian superfoods and mushrooms. Supercharged with organic B vitamins from quinoa sprouts to provide the energy you need to power through your day.

Ora Greens Superpowder+™ supports a healthy digestive system with probiotics, organic prebiotics, and organic banana fibre, high in resistant starch to support healthy microflora.

Ora Organic Greens Superpowder+™ provides a sustainably-sourced, certified organic, plant-based wholefood source of high-quality nutrition, suitable for all diets and particularly those generally lacking sufficient fruits and vegetables.

Ora Organic Greens Superpowder+™ is not designed as a substitute for a healthy whole food diet but it can be used to help provide additional nutrition throughout the day and is suitable for busy adults of all ages as well as teenagers. It tastes great and mixes well in water or in a favourite, non-milk-based smoothie.

Ora Organic Greens Superpowder+™ is a good source of the following vitamins and minerals which support the body in a variety of ways:

**Vitamin A** - Contributes to normal immune system function and is necessary for normal vision.

**Vitamin C** - Contributes to normal immune system function, the reduction of tiredness and fatigue and cell protection from free radical damage. Necessary for normal skin function, connective tissue structure, cartilage and bones.

**Vitamin E** - Contributes to cell protection from free radical damage.

**Vitamin B1** - Contributes to normal energy and psychological function.

**Vitamin B2** - Contributes to normal functioning of the nervous system and reduction of tiredness and fatigue.

**Vitamin B3** - Contributes to normal energy release from food, normal neurological and psychological function.

**Vitamin B5** - Contributes to normal energy production, mental performance and reduction of tiredness and fatigue and is necessary for normal fat metabolism.

**Vitamin B6** - Contributes to normal functioning of the nervous system, hormonal balance, energy production and energy metabolism.

**Vitamin B12** - Contributes to normal blood formation, immune system function, growth and development and immune system function and is necessary for normal neurological structure and function.

**Iron** - Contains iron which contributes to normal energy production, normal blood formation, normal cognitive function, the reduction of tiredness and fatigue and is necessary for normal immune system function.

**Zinc** - Contributes to normal acid-base metabolism, normal hair, skin and nails, normal cognitive function, normal fertility and reproduction and normal macronutrient metabolism and is necessary for normal immune system function.

**Selenium** - Contains selenium, which is necessary for normal immune system function, the normal utilisation of iodine in the production of thyroid hormones and cell protection from some types of free radical damage. Selenium contributes to normal sperm production, maintenance of normal hair and nails and normal growth and development.

**Vitamin D** - Contains Vitamin D which is necessary for normal absorption and utilisation of calcium and phosphorus and normal bone structure. Vitamin D contributes to normal blood calcium levels, the maintenance of normal muscle function, normal and the normal function of the immune system.

No added yeast, soy, added sugars, lactose, gluten, artificial colourings, dairy, or animal products.

## Key Attributes

- Practitioner-crafted formulation
- ACO certified organic product
- 100% vegan formula
- No caffeine or artificial stimulants
- Sustainably-sourced ingredients with traceability
- 1% FOR THE PLANET – 1% of gross sales donated directly to environmental non-profit organisations to create a healthier planet

## Directions For Use

Mix 8 grams (approx. 2 level metric teaspoons) into water or your favourite smoothie and enjoy the great taste and organic goodness. Store in a cool dry place away from direct sunlight.

**Pack size:** 240g oral powder

**Product Code:** ORGGRE240-ORA

## Serving Size



8 grams  
(approx. 2 level metric  
teaspoons)



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**Ora Organic Greens  
Superpowder+™**