

UnRuffledRx Organic Bird Greens Ingredients

Benefits:

This blend of **raw dark green leafy vegetables** provides your bird's cells with the necessary food. When your cells are properly fed, your whole being feels increased energy and radiant health. Our specially formulated raw Green mix may provide **increased stamina, reduced food cravings, weight loss, mental clarity, healthy blood sugar, immune system support, improved digestion**, and detoxifying effects. Being highly alkaline, our Organic raw Green Power Blend may also help to **boost the body's energy levels** and **remove toxins** from the lymph system while **encouraging new cell growth**.

Barley grass:

Raw Organic Barley Grass is one of the most nutrient-rich foods in nature. Barley grass is a good source of protein and contains 20 amino acids, 12 vitamins, and 13 minerals. The nutrition of barley grass is similar to wheatgrass, though some prefer the taste. Our raw organic barley grass powder is an easy way to get the nutrition of this incredible green food.

Wheatgrass powder:

Wheatgrass is a source of protein and includes all eight of the essential amino acids and 13 of the remaining 16 non-essential amino acids. Besides containing most vitamins, minerals, and a source of living chlorophyll, organic wheatgrass has three other special components which make it particularly valuable.

Spirulina:

Organic Raw Spirulina is a live blue-green alga found in most lakes and ponds. Mexican (Aztecs, Mayans), African, and Asian people have consumed it for thousands of years. Raw Spirulina powder is considered a complete protein because well over half of it consists of amino acids -- the building blocks of protein. It is also a quality source of other nutrients, including B complex vitamins, beta-carotene, vitamin E, carotenoids, manganese, zinc, copper, iron, selenium, and gamma-linolenic acid (an essential fatty acid).

Spinach powder:

Spinach is a source of Lutein, Protein, Iron, Fiber, Vitamin C, Vitamin A, Vitamin C, Vitamin K, Sodium, Manganese, Calcium, Phosphorus, Sodium, Beta-carotene, Potassium, Thiamine, Riboflavin, Carotenoids, Niacin, Chlorophyll, Antioxidants, Phytochemicals, Lipoic acid, and folate (also known as vitamin B9 and natural folic acid).

UnRuffledRx Organic Bird Greens Ingredients

Broccoli:

Broccoli is a quality source of a flavonoid called kaempferol. Recent research has shown the ability of kaempferol to lessen the impact of allergy-related substances on our bodies. This kaempferol connection helps explain its ability to support a healthy inflammation response. It should also open the door to future research on the benefits of broccoli for a hypoallergenic diet.

Alfalfa leaf:

The leaves of this amazing plant contain eight amino acids as well as calcium, magnesium, potassium, sodium, phosphorus, iron sulfides, choline, and beta-carotene. It is said to be a source of Vitamins A, B, D, C, E, and K, as well as zinc and calcium. Alfalfa leaves are a source of saponins and antioxidants.

Beetroot:

Beetroots are a quality source of potassium, phosphorus, iron, magnesium, calcium, and vitamins A, B, and C. Beets, are a unique source of phytonutrients called betalains which give beets their dark red color. Betanin is the two betalains from beets, and both have been shown to provide antioxidant and detoxification support.

Tomato:

The red tomato is the fruit of the plant *Lycopersicon esculentum*. Botanically speaking, the tomato is a fruit and a berry since it is formed from a single ovary. Tomatoes are originally native to the western side of South America, in the region occupied by Columbia, Ecuador, Peru, Chile, and the western half of Bolivia.

Dulse:

Dulse seaweed (*Rhodymenia palmata*) comes from a sea vegetable that has a fine distinct taste of the sea. Naturally mineral rich, our raw Organic Dulse powder can be easily included in practically any dish. Sprinkle it on entrees, soups, and salads. Or add it to smoothies, teas, and iced drinks. Our organic Dulse powder comes from the pristine and protected oceans off the coast of Canada.

Moringa:

Containing over 90 nutrients and 46 antioxidants, Raw Certified Organic Moringa (*Moringa Oleifera*) is one of nature's most nutritious foods. Ideal for helping our bodies maintain optimum health and balance.