

# dōTERRA® Greens

## PRODUCT DESCRIPTION

There are many reasons you may not be getting the recommended amount of fruits and vegetables in your diet. It's expensive, preparation can be time consuming, and you may feel unsure of how much you really need to eat. According to the U.S. Center for Disease Control and Prevention, less than one out of every three adults eats the recommended amount of fruit per day, and over 70 percent do not meet guidelines for vegetable consumption. dōTERRA Greens was created to supplement your fruit and vegetable intake with responsibly sourced, wholesome ingredients. dōTERRA Greens is a convenient and tasty way to provide your body with essential nutrients and dietary fiber to enhance overall wellness.\*

With pure, plant-sourced, and nourishing ingredients, dōTERRA Greens supports healthy immune function, digestion, weight management, and energy.\* A mix of superfoods are packed in dōTERRA Greens to provide a nutritious boost. One scoop of dōTERRA Greens powder provides the nutritional equivalency of approximately one to two servings of fruits and vegetables.\* Key ingredients include moringa, acai, cabbage, collard greens, dandelion, kale, parsley, spinach leaf, alfalfa, barley grass, oat grass, pineapple, mango, gojiberry, as well as Lemon and Ginger CPTG® essential oils.\*

dōTERRA Greens is easy to use and can be enjoyed daily in a smoothie or simply mixed with water. The powder is a mixed berry flavor and naturally sweetened with monk fruit. Pursue optimal health with a convenient, comprehensive nutrition solution: dōTERRA Greens.\*

## PRIMARY BENEFITS

- Provides the equivalent of 1–2 servings of fruits and vegetables
- Good source of dietary fiber\*
- May support normal metabolism\*
- Natural, non-GMO, gluten-free, and vegan friendly
- Neutral mixed berry flavor ideal for smoothies and DIY concoctions
- High in Vitamin C

## DIRECTIONS FOR USE

Mix 1 scoop of dōTERRA Greens with 8 or more ounces of water or juice or mix with your favorite smoothie. Drink immediately.

## CAUTIONS

Keep out of reach of children. Pregnant or nursing women and people with known medical conditions should consult a physician before using. Keep in a cool, dry place.

## KEY STUDIES

To access the key studies go to <https://bit.ly/2WFDksO>



**CPTG** Certified Pure Therapeutic Grade®

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**dōTERRA® Greens**  
 30 Servings Per Container  
 Part Number: 60213600  
 Wholesale: \$28.50  
 Retail: \$38.00  
 PV: 20

## Supplement Facts

**Serving Size 1 Scoop (12 g)**  
**Servings Per Container 30**

	Amount per Serving	% Daily Value
Calories	40	
Total Fat	1 g	1%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	3 g	11%*
Total Sugars	2 g	**
Includes Og Added Sugars		0%*
Protein	2 g	2%*
Vitamin C	20 mg	22%
Calcium	35 mg	3%
Iron	1 mg	6%
Sodium	10 mg	0%
Potassium	57 mg	1%

**Green Blend 6400 mg \*\***  
 Kale Leaf Powder, Alfalfa Leaf Juice Powder, Wheat Grass Powder, Dandelion Leaf Powder, Spinach Leaf Powder, Parsley Leaf Powder, Oat Grass Powder, Barley Grass Powder, Oat Grass Juice Powder, Broccoli Floret/Stalk Powder, Cabbage Leaf Powder, Collard Greens Leaf Powder, Barley Grass Juice Powder

**Superfood Blend 1570 mg \*\***  
 Moringa oleifera Leaf Powder, Noni (*Morinda citrifolia*) Fruit Extract, Acai (*Euterpe oleracea*) Berry Extract, Mangosteen (*Garcinia mangostana*) Fruit Powder, Goji (*Lycium chinense*) Fruit Powder

**Fruit Blend 1090 mg \*\***  
 Pineapple Juice Powder, Mango Fruit Juice Powder, Guava Fruit Powder, Acerola Cherry (*Malphigia glabra*) Fruit Juice Powder

**CPTG Essential Oil Blend 30 mg \*\***  
 Lemon Peel Essential Oil, Ginger Root Essential Oil, Ginger Root Extract

\*Percent Daily Values are based on a 2,000 calorie diet.  
 \*\*Daily Value not established

OTHER INGREDIENTS: Sunflower lecithin, Maltodextrin, Gum arabic, Citric acid, Guar gum, Stevia extract, Xanthan gum, Natural flavors, Monk fruit extract.

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