

Essential Food Powder

A unique power packed energy drink - containing a precise blend of certified organic greens, fruits, vegetables and plants suitable for all ages.

All living things need a source of energy. For humans, energy comes from the food we eat. Green plants have evolved a way of making food using the sun's energy, a process called photosynthesis. Plants naturally contain vitamins, minerals, essential fatty acids, amino acids, fibre, and enzymes and other important phytonutrients which make for a nutritious medley when added to the diet.

Essential Food Powder when mixed with spring water, freshly squeezed fruit or vegetable juice, or into smoothies is a great way to add to your daily dietary intake of fruit and vegetables and provides more nutrients than calories. In addition it is a tasty source of key nutrients for health and vitality.

Health Benefits

This uniquely formulated drink contains a key ingredient, pre-sprouted Aktivated organic barley. Using a patented process, all the nutrients and enzymes present in barley are captured at the barley grain's most active point just prior to sprouting. Pre-sprouted barley is easy to ingest and is more palatable as it is stone ground. It is a virtual powerhouse of key vitamins, minerals, essential fatty acids, amino acids and fibre. The primary difference between ordinary barley and pre-sprouted barley is the high bioavailability of the nutrients and enzymes within it.

Essential Food Powder combines spirulina and barley grass. Both spirulina, a type of blue-green algae and barley grass, a young grass of the grain family, contain chlorophyll, protein, vitamins, minerals, enzymes and other phytonutrients. Spirulina is one of the most nutritious and concentrated food sources on the planet and contains an amazingly high protein content — even better than in red meat. As a result, it's used frequently as a protein source in natural foods and beverages and food supplements.

Essential Food also includes organic B vitamins, made up of organic holy basil extract, organic guava extract and organic lemon extract, providing B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine) and folic acid. Pantothenic acid, folates and pyridoxine can help to reduce tiredness and fatigue while niacin, pantothenic acid, riboflavin, thiamine and pyridoxine contribute to normal energy yielding metabolism.

Essential Food contains not only various greens and pre-sprouted barley but also a synergistic blend of fruit, vegetables, spice, herbs and grain. Among these are: flax seed, quinoa, carrot, kelp, bilberry, apple and turmeric.

Product Name:
Essential Food

Ingredients:

Pre-Sprouted Aktivated Barley® (organic) 590mg, Apple (organic) 140mg, Linseed (organic) 140mg, Barley Grass (organic) 40mg, Quinoa (organic) 30mg, Bilberry Fruit (organic) 10mg, Carrot (organic) 10mg, Turmeric (organic) 10mg, Ascophyllum nodosum (organic) 10mg, Spirulina (organic) 10mg, Origen® B (organic) 10mg (Origen® B is made up of Organic Holy Basil Extract, Organic Guava Extract and Organic Lemon Extract providing B vitamins)

Nutritional Information

| | per 100g serving | per 20g serving |
|------------------------|------------------|-----------------|
| Kilo Joules (KJ) | 1463 | 293 |
| KCal (Kcal) | 344 | 69 |
| Protein (g) | 13 | 2.6 |
| Carbohydrates (g) | 65 | 13 |
| - sugars (g) | 13.2 | 2.6 |
| Fats (g) | 6.8 | 1.4 |
| - saturated (g) | 0.5 | 0.1 |
| - unsaturated (g) | 5.6 | 1.1 |
| Fibre (g) | 13.5 | 2.7 |
| Vitamin Content | | |
| Thiamine HCl (B1) | 22mg | 4.4mg |
| Riboflavin (B2) | 20mg | 4mg |
| Niacin (B3) | 34mg | 6.8mg |
| Pantothenic Acid (B5) | 38mg | 7.6mg |
| Pyridoxine HCl (B6) | 22mg | 4.4mg |
| Folic Acid | 700µg | 140µg |

Suitable for:

Children, adolescents and adults (young and old); ideal for daily use.

Available sizes:

200g - EF036

Recommended dose:

Blend two scoops (20g) with water, juice or as part of a fruit smoothie.

Essential Food is certified organic by the Soil Association, approved as kosher, and has been approved by the Vegetarian Society as suitable for vegetarians and vegans.