

Sotru™ OrganicGreens FAQs

Why a Green formula?

The answer is simple – “Eat your vegetables!” As children, we were probably told regularly to do this, but as adults, we must remind ourselves to eat the recommended 3-5 servings of vegetables every day. Sotru™ OrganicGreens provides a wide variety of nutrient-rich green foods including vegetables, barley grass, herbs, and blue-green algae. All are rich in the green pigment chlorophyll, which provides health benefits due to its antioxidant activity, as well as helps the growth and repair of tissues and enhances the body’s natural detoxification system. Green foods are also rich in other phytochemicals such as liver protecting sulphoraphane and antioxidants such as phycocyanin, lutein and polyphenols. This unique combination of green foods will improve your energy levels, strengthen your immune system and provide the antioxidant equivalent of 5 servings of vegetables!

Is Sotru™ OrganicGreens a “whole foods” supplement?

The majority of the green foods in our formula are made from “whole foods”, meaning we use the whole plant, removing only the water. However, for some ingredients, we have used high potency extracts to increase the levels of other key phytochemicals, such as naturally-occurring Vitamin C in Acerola Cherry extract and Tea polyphenols from green tea extract. We’ve also included a fiber blend, a prebiotic/probiotic blend, and digestive enzymes to enhance digestion and absorption of all the nutrients found in the formula and improve immune function.

What is ORAC?

The ORAC (Oxygen Radical Absorbance Capacity) assay is an USDA-developed method that measures the antioxidant potency of a substance. Specifically, the method measures the ability of a substance to disarm oxygen free radicals. It is well known that damage by oxygen free radicals is behind many of the maladies that come with aging. Diets high in antioxidants have the potential to protect our cells from this free radical damage. Overall, free radicals have been implicated in the development of at least 50 diseases. The amount of antioxidants included in one’s diet appears to have a significant impact on quenching free radicals.

The ORAC assay compares a substance to Trolox (a non-commercial water-soluble derivative of tocopherol). Results are reported as micromoles Trolox Equivalents (TE)/g. ORAC has become a standard method for measuring antioxidant capacity in dietary supplements. Single servings of vegetables supply an average of 800-1000 ORAC units. Since most consumers do not eat 3-5 servings of vegetables a day, Sotru™ OrganicGreens can provide additional ORAC units (4500 units, the average antioxidant potency of 5 servings of vegetables) in a very convenient form.

Does Sotru™ OrganicGreens contain added sugar, soy, or dairy?

Our formula contains only naturally-occurring sugar from fruits and vegetables. We do add a small amount of stevia, a natural plant sweetener made from leaves of the stevia plant. These leaves have 30–45 times the sweetness of sucrose. OrganicGreens does contain a small amount of dairy as it relates to the pre/pro biotic in this product. OrganicGreens does not contain soy.

What does Fair Trade Certified mean?

The Organic Spirulina and Chlorella used in this formula are both certified as “Fair for Life” Fair Trade Certified by The Institute for Marketecology (IMO). “Fair for Life” Fair Trade Certification is an independent verification of social and environmental marketing claims. This certification represents Sotru™’s commitment to develop and market high quality products that satisfy the stringent fair trade, social and environmental standards required for Fair for Life Social & Fair Trade certification by IMO.

Fair for Life Fair Trade certification transparently verifies fair trade production and trade, as it publishes the results of certification on its website at www.fairforlife.net. During certification, operators are rated on their performance in areas such as trade relations, health and safety, equal treatment and opportunity, social benefits, and environmental issues.

How should Sotru™ OrganicGreens be stored?

Store Sotru™ OrganicGreens at room temperature and away from strong heat and light. Reseal the bottle tightly after opening. We recommend that you use the product within 3 months of opening.

Who should take Sotru™ OrganicGreens?

While anyone can benefit from Sotru™ OrganicGreens, it is highly recommended for anyone who doesn’t eat a wide variety of vegetables.

How and when should I take my Sotru™ OrganicGreens formula?

Our great-tasting OrganicGreens can be mixed with water for a refreshing morning wake-up or taken as an energy boost in the middle of the day. You can also add Sotru™ OrganicGreens to other beverages, such as juices or smoothies.

Are there any adverse reactions to Sotru™ OrganicGreens?

If you have allergies to spirulina, chlorella or tomato, you should not use this product. The formula also contains prebiotics and probiotics, both of which help balance the “good bacteria” in your intestinal system. Some people may initially experience bloating, gas or loose stools as their body adjusts to the balancing of the intestinal flora.