

Suggested Usage

Start with one teaspoon daily. Increase as needed. Add one teaspoon to six to eight ounces of fresh juice such as apple, organic V8, vegetable juice, lemonade, or water with local honey. Should be shaken in a tightly capped jar, blended into a smoothie, or gently frothed.

Can be taken in the morning as a nourishing whole food blend or daily pick-me-up for those seeking balanced nourishment and natural revitalizing energy.

It may also be taken in the evening to reduce nighttime food cravings and encourage restful sleep.

For ultimate freshness and potency, refrigerate or freeze in your preferred glass container.

Serving Guide

1 teaspoon = 1 serving
¼ lb = 22 servings
½ lb = 45 servings
1 lb = 90 servings

**Rachel Jean's
Ultimate Green Drink LLC
Fort McCoy, Florida
(360) 301-3130**

**RachelJeanGreens@gmail.com
RachelJeanGreens.com**

Nourishing from the ground up since 1994. Still crafted with care and always from the heart.

Rachel Jean Harper Formulator

Throughout her childhood, Rachel Jean watched as her French Canadian mother used traditional home remedies from the old country. This early introduction developed in her a deep love for nature and a reverence for the healing potential of traditional botanical preparations and whole foods as they are created in nature.

She is a Sage Mountain Herbal Center graduate of The Science and Art of Herbalism, an intensive course created and taught by renowned herbalist Rosemary Gladstar. She has also completed her Apprenticeship, Advanced Apprenticeship, Teacher Training, and Internship at the Center.

She studied botanical herbalism with Tieraona Low Dog, M.D., and received her certification in Foundations in Herbal Medicine. She is also a Functional Nutritional Therapy Practitioner, FNTPr, in good standing with the Nutritional Therapy Association (NTA).

As a practicing nutritional counselor, mentor, and teacher, Rachel Jean empowers others with the knowledge to gather and prepare traditional botanical preparations and delicious whole foods for health and longevity, honoring time tested practices that nourish both present and future generations.

She lives with her husband, Ken, on their beautiful old Florida homestead in the north central part of the state.

"I have been a longtime fan of spirulina green drinks and have tried most of those on the market. Without a doubt, Rachel Jean's Ultimate Green Drink is the best. She has blended all the right ingredients to make it not only one of the most nutrient rich green drinks available, but also one of the most pleasant tasting. I've been drinking it almost daily for decades and credit these morning green drinks with helping me keep up with my super active lifestyle."

Rosemary Gladstar

Herbalist and author, Founder of United Plant Savers (UPS).
Former Director of Sage Mountain Herbal Center.

Rachel Jean's Ultimate Green Drink

A Winner of the
International Herbal Symposium
Products Contest

- Ultimate Greens is RAW / Grain-Free
- Greater concentration of superfoods per serving than other green drinks
- Formulated with gratitude and prayer for the people who are nourished by our greens.
- Each batch is packaged in conservative containers. This earth friendly method means savings are passed on to the consumer, and containers are not passed on to the landfills





Available Sizes & Pricing

4 OZ	\$39.95
8 OZ	\$59.95
1 lb	\$92.95

Nutrition Facts

90 servings per container

Serving size 1 tsp(5g)

Amount per serving

Calories 15

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 27mg 2%

Iron 2mg 10%

Potassium 31mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Rachel Jean's Ultimate Green Drink LLC makes no medical claims. This product is a nutrient dense food blend intended to support a healthy diet and lifestyle.

Benefits

Provides the raw materials needed for the basic building blocks of health and wellness.

Encourages gentle, natural cleansing through consistent mineral-rich nourishment.

Supports sustained vitality throughout the day.

Offers a concentrated source of plant-based vitamins, minerals, and phytonutrients.

Helps maintain digestive comfort with added probiotics and prebiotic-rich ingredients, including inulin and apple fiber.

Nourishes with chlorophyll-rich greens that support the body's natural rhythm of renewal.

Contributes to a sense of overall well-being through deep whole-food nourishment.

Suggested Usage For Pets

Sprinkle on or mix in food

A pinch for cats

¼ teaspoon for small dogs

½ teaspoon for medium dogs

¾ teaspoon for large dogs

Sprinkle on bird seeds

Measure Accordingly for Larger Animals

Rachel Jean's Ultimate Green Drink

All Ingredients are Organic or Grown Without Chemicals.

Spirulina

The original green superfood, rich in complete plant protein, beta-carotene (vitamin A), B vitamins, manganese, and chlorophyll, offering a broad spectrum of plant-based nutrients.

Nettle Leaf

Nutrient-dense and traditionally valued as a vitamin and mineral rich plant, supporting strength, energy, and mineral balance.

Chlorella

A complete microalgae high in chlorophyll, protein, vitamin A, and B vitamins, including trace amounts of B12.

Beetroot Juice Powder

Rich in folate (B9), vitamin C, potassium, manganese, and betalains.

Barley Grass Juice Powder

Provides enzymes, chlorophyll, vitamins A, C, and K, and phytonutrients.

Wheat Grass Juice Powder

A classic source of chlorophyll, vitamins A, C, E, and K.

Oat Grass Juice Powder

A gentle, mineral-rich green that supports the nervous system and helps restore frazzled reserves.

Alfalfa Juice Powder

Deep-rooted and mineral-rich, containing vitamins A, C, E, and K, and trace minerals.

Apple Fiber

A natural source of soluble and insoluble fiber, including pectin, that provides gentle prebiotic nourishment.

Jerusalem Artichoke (Inulin)

A prebiotic plant fiber that nourishes beneficial gut flora while providing trace minerals.

Probiotic Cultures

Beneficial microorganisms that support digestive balance