

Rachel Jean's Ultimate Green Drink

Ingredient Information

Where Purity Meets Craftsmanship

Rachel Jean's Ultimate Green Drink is more than a scoop of powdered greens. It is a carefully blended whole food green drink rooted in traditional food wisdom, plant wisdom, and the old understanding that some foods carry an unusual depth of nourishment.

This formula brings together ancient green foods, mineral-rich leaves, concentrated juice powders, young grass juice powders, plant fibers, and prebiotic-probiotic cultures in one daily green drink. Some ingredients come from ancient waters. Some come from humble green leaves. Some rise as young grasses before grain ever forms. Some come from roots, fruits, fibers, and friendly cultures that help tend the inner garden.

Created in 1994, Rachel Jean's Ultimate Green Drink was made to offer concentrated whole food nourishment in a form that is simple to use every day. It is handcrafted in small batches using organic ingredients, with no fillers, sweeteners, or synthetic additives.

This is real food nourishment your body can recognize and use.

Protein-Rich Whole Food Nourishment Matters

Protein is one of the basic building blocks of the body. It helps build and maintain muscle, supports strength, and provides amino acids the body uses every day. As people age, stay active, work hard, garden, exercise, or simply try to stay strong, good protein becomes even more important.

Rachel Jean's Ultimate Green Drink is built around protein-rich green foods, mineral-rich leaves, beetroot juice powder, and young grass juice powders, with barley grass juice powder taking a leading place in the grass family. Apple fiber, Jerusalem artichoke, and prebiotic-probiotic cultures are included in smaller, thoughtful amounts to support the inner garden.

This is not trying to imitate food. It is food. Real concentrated food, full of nutrients. It brings protein, amino acids, minerals, colorful plant pigments, chlorophyll, fibers, enzymes, and traditional green food nutrients together as part of the food itself.

That is the daily favor you do for your body when you drink Rachel Jean's Ultimate Green Drink consistently. One scoop. One glass. One simple way to say, "I did something good for myself today."

A Concentrated Way To Bring More Green Food Into The Day

Many people do not eat enough greens, vegetables, and deeply nourishing foods every day. Some people do not enjoy vegetables. Some do not prepare fresh greens every day. Some simply want a concentrated way to add more real food nourishment to the body.

Rachel Jean's Ultimate Green Drink helps fill that daily gap with protein-rich green foods, mineral-rich leaves, young grass juice powders, beetroot juice powder, plant fibers, and cultured food wisdom. These are concentrated foods, often called superfoods because they carry an unusual depth of nourishment in a small amount.

This formula naturally provides food-based building blocks, including protein, amino acids, minerals, chlorophyll, colorful plant pigments, enzymes, fibers, and traditional green food nutrients. These foods also carry naturally occurring vitamins and minerals such as vitamin K, vitamin C, B vitamins, iron, magnesium, calcium, potassium, and trace minerals as part of the whole food itself.

Rachel Jean's Ultimate Green Drink gives the body a broad range of whole food nourishment it can recognize and use.

A Focused And Concentrated Formula

Rachel Jean's Ultimate Green Drink is a focused and concentrated formula. It is not made by sprinkling tiny amounts of dozens of trendy ingredients into a green powder so the label looks impressive. This blend is built around a smaller number of deeply nourishing foods, chosen for their strength, tradition, and purpose.

Each ingredient has a reason for being here. Spirulina, nettle leaf, chlorella, beetroot juice powder, barley grass juice powder, wheatgrass juice powder, oat grass juice powder, alfalfa juice powder, apple fiber, Jerusalem artichoke, and prebiotic-probiotic cultures all have a clear place in the formula. The goal is not to make the longest ingredient list. The goal is to make a concentrated whole food green drink that delivers real nourishment in a simple daily glass.

Spirulina, *Arthrospira spp.*, is one of the most ancient green foods known. It belongs to the blue-green family of life that reaches far back into earth's early waters. Long before modern green drinks, spirulina-like foods were gathered, dried, and eaten by traditional peoples.

The Aztecs harvested a blue-green food from Lake Texcoco and formed it into cakes, showing us that our ancestors recognized concentrated green nourishment long before modern nutrition had words for it.

In that sense, spirulina is not a modern fad. It is an ancestral green food, gathered from water, sunlight, minerals, and time. In Rachel Jean's Ultimate Green Drink, spirulina brings protein-rich green food nourishment, amino acids, chlorophyll, phycocyanin, minerals, and the strength of an ancient food tradition.

Nettle leaf, *Urtica dioica*, is one of the great old mineral herbs. Herbalists have loved nettle for generations because it is humble, generous, and strong. It grows wild and bristling with life. The same plant that stings the hand can nourish the body when properly gathered and prepared.

In old herbal kitchens, nettle was used as a strengthening spring green. It appeared in soups, teas, vinegars, tonics, and mineral-rich preparations. It is not flashy. It is not exotic. It is the good green grandmother of the hedgerow.

In Rachel Jean's Ultimate Green Drink, nettle leaf brings mineral-rich green leaf nourishment, chlorophyll, naturally occurring minerals, and the steady, strengthening quality that herbalists have trusted for generations.

Chlorella, *Chlorella spp.*, is another deep green food from the water world. Like spirulina, it carries the ancient memory of sunlight captured in green life. It is naturally rich in chlorophyll and is valued in the green food tradition for protein, amino acids, minerals, and naturally occurring B vitamins, including B12 when present in the food itself.

Traditional green food lovers have long treasured chlorella for its concentrated green nature. Where spirulina carries a blue-green brightness, chlorella brings deep green grounding. In Rachel Jean's Ultimate Green Drink, chlorella adds protein-rich nourishment, chlorophyll-rich depth, minerals, B vitamin support from the food itself, and helps give the formula its concentrated, unmistakably green character.

Beetroot juice powder, *Beta vulgaris*, brings the deep red nourishment of the root world into this formula. In traditional herbal thinking, its rich red color has long suggested a connection with blood, circulation, and vitality.

Modern nutrition gives us another window into that old wisdom. Beetroot naturally provides nitrates, betalains, and plant compounds. The body can convert dietary nitrates into nitric oxide, a compound involved in healthy blood flow, oxygen delivery, stamina, and physical performance.

In the old herbal way of seeing, color mattered. Our ancestors paid attention to the shape, color, taste, and character of plants. This way of observing nature became known as the Doctrine of Signatures. By that traditional way of seeing, beetroot's rich red color naturally suggested earthiness, vitality, and life rising from the soil.

The Grass Juice Family

Barley grass juice powder, *Hordeum vulgare*, **Wheatgrass juice powder**, *Triticum aestivum*, **Oat grass juice powder**, *Avena sativa*, and **Alfalfa juice powder**, *Medicago sativa*, belong to the young green grass family of this formula.

These are not mature grains. Barley grass is not barley grain. Wheatgrass is not wheat grain. Oat grass is not oat grain. These grasses are harvested while they are still young, green, and tender, before the mature seed or grain develops.

Young grass juice powders bring more than green color. They offer concentrated green food nourishment, including naturally occurring amino acids, minerals, enzymes, chlorophyll, vitamins, and plant compounds from young living growth.

Barley grass juice powder brings a classic green food foundation and takes a leading place in the grass family of this formula. Wheatgrass juice powder adds the familiar green food nourishment loved by generations of green drink users, including chlorophyll, enzymes, minerals, and amino acids. Oat grass juice powder brings another gentle green layer to the blend, carrying the nourishing character of young oat growth traditionally associated with steady nourishment when the body feels depleted or frazzled. Alfalfa juice powder brings the deep-rooted strength of a plant long known for drawing minerals and trace minerals from the soil.

Together, the grass juice powders add concentrated green food nourishment while keeping the formula rooted in the same traditional food wisdom that has guided Rachel Jean's Ultimate Green Drink since 1994.

A Note About Chlorophyll and Whole Food Nourishment

Chlorophyll is one of the great signatures of green life. Through chlorophyll, plants gather sunlight and turn it into nourishment. That deep green color is beautiful, but this formula is not just about color. It is about the nourishment carried within whole green foods.

The ingredients in Rachel Jean's Ultimate Green Drink naturally provide a broad range of food-based minerals, plant pigments, amino acids, enzymes, fibers, and traditional green food nutrients. Spirulina contributes protein, phycocyanin, chlorophyll, minerals, and B vitamins. Nettle leaf brings minerals and green leaf nourishment. Chlorella and the young grass juice powders add more chlorophyll-rich depth. Beetroot juice powder contributes nitrates, betalains, and root vitality. Apple fiber and Jerusalem artichoke help tend the inner garden.

In the old green food tradition, chlorophyll has often been called the green blood of plants. It is a beautiful image, and a fitting one.

It is amazing to consider that our Creator, who made green plants to gather sunlight, also made our bodies to receive nourishment from the green world. Leaf, blood, breath, sunlight, and soil are all woven together in a way more beautiful than modern language can fully hold.

Chlorophyll is not added as an isolated ingredient in this formula. It comes naturally as part of the whole green foods themselves. Rachel Jean's Ultimate Green Drink does not chase isolated nutrients. It brings together whole foods that carry their nourishment as part of their natural design.

Apple fiber and Jerusalem artichoke, *Malus domestica* and *Helianthus tuberosus*, bring another kind of nourishment to Rachel Jean's Ultimate Green Drink, food for the inner garden.

Fiber is one of those subjects people feel strongly about. Some people are actively looking for more fiber in their daily food, while others do not do well with large amounts of added fiber or harsh fiber products. This formula was not created to be a fiber supplement. It is a whole food green drink with a modest amount of food-based fiber included as part of the larger blend.

Apple fiber naturally contains both soluble and insoluble fiber. Soluble fiber softens and takes on a gentle, gel-like quality when mixed with liquid, while insoluble fiber adds natural plant bulk. Together, these fibers are part of the old rhythm of real food, fruit skins, roots, greens, stems, and plant matter that traditional diets included without turning fiber into a separate powdered chore.

Jerusalem artichoke is naturally rich in inulin, a prebiotic plant fiber. Prebiotic fiber is simply food for beneficial organisms in the digestive tract. It is not the same thing as taking a harsh fiber powder or trying to force the body with large amounts of roughage.

In Rachel Jean's Ultimate Green Drink, apple fiber and Jerusalem artichoke add soluble fiber, insoluble fiber, and prebiotic plant fiber in a small, food-based way. They help round out the formula so it is not only protein-rich, green, mineral-rich, and chlorophyll-rich, but also connected to the deeper digestive wisdom of whole foods.

As with all foods, individual tolerance varies. The goal is not to overwhelm the body with fiber. The goal is to offer a balanced, concentrated green food blend that includes a thoughtful amount of plant fiber as part of daily nourishment.

Prebiotic-Probiotic Cultures

Cultured foods have been part of human nourishment for thousands of years. Before refrigeration and modern food processing, people relied on fermentation to preserve food, deepen flavor, and keep food connected to the natural life of the world around them.

Sauerkraut, yogurt, kefir, miso, kimchi, cultured vegetables, and sourdough all belong to this old food tradition. These foods remind us that food was never meant to be sterile, lifeless, or stripped of its natural complexity.

The non-dairy prebiotic-probiotic cultures in Rachel Jean's Ultimate Green Drink are food-grade cultures traditionally associated with fermented and cultured foods. They are included as a small nod to that larger ancestral wisdom, and as part of a green drink designed around whole food, living food, and traditional common sense.

The Included Cultures Are:

Lactobacillus acidophilus, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Lactobacillus casei*, *Lactobacillus plantarum*, *Bacillus coagulans*, *Bifidobacterium bifidum*, and *Bifidobacterium breve*.

These cultures are included together with prebiotic fibers such as inulin, which help provide food for beneficial organisms in the digestive tract. This is food for the inner garden.

A Note About Grain-Free Ingredients and Grass Sensitivity

Rachel Jean's Ultimate Green Drink is grain-free. It does not contain wheat grain, barley grain, oat grain, rice, corn, or other mature grain ingredients.

The barley grass juice powder, wheatgrass juice powder, oat grass juice powder, and alfalfa juice powder are made from young green grasses, not mature grains or seeds.

Many people who are sensitive to grains tolerate young grass juice powders well. However, individual tolerance varies. People with celiac disease, severe gluten sensitivity, strong grass allergies, or highly reactive immune systems should use their own judgment.

Those who know they react to grasses, or who are concerned about possible trace cross-contact during growing, harvesting, or processing, should proceed thoughtfully. As always, listen to your body.

A Final Word

Rachel Jean's Ultimate Green Drink was created to make protein-rich whole food nourishment simple. It brings together ancient green foods, mineral-rich herbs, concentrated juice powders, young grass juice powders, roots, fibers, and cultures in one focused daily blend.

It was made to stand beside the old foundations of health, good meals, clean water, rest, sunlight, prayer, movement, and a life lived close to the earth. It is one simple daily way to give the body protein, amino acids, minerals, vitamins, fibers, enzymes, chlorophyll, colorful plant pigments, and real food nourishment it can recognize and use.

Many people feel something good beginning with the first glass, a sense that the body has been given real nourishment. For others, the difference is quieter and steadier, something they notice as the daily rhythm takes hold.

One scoop. One glass. One simple way to bring more green life, plant protein, minerals, fibers, amino acids, enzymes, chlorophyll, and colorful plant pigments into the body. One simple way to say, "I did something good for myself today."

This product is not intended to diagnose, treat, cure, or prevent any disease.