

Green Superfood Comparison Chart From GreenDrinkReviews.com

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Product	Taste	Ingredients	Sea Vegetables	Algae	Fruit Blend	Herbs	Fiber/Bulk	Other	Price/oz.	Comments
Amazing Grass	very grassy, slightly minty	Land Vegetables wheat grass, barley grass, alfalfa, spinach, broccoli, maca, carrot, beet	--	Spirulina, chlorella	pure acai, raspberry, pineapple, acerola cherry	rose hips, green tea, siberian eleuthero root, peppermint	flax seed powder, apple pectin fiber, F.O.S. (from chicory root)	Probiotics, enzymes	\$2.82	A basic formulation for getting some greens at a very good price. It focuses mostly on grasses. You won't get as much nutrition from this product as you will from more robust formulations.
Antioxidant Greens	flavored Mint or Berry, sweetened with stevia	Aloe vera, red beet powder, vegetable extract. Carrot, broccoli, cauliflower, spinach and parsley juice extracts. Barley grass, alfalfa	Atlantic kelp powder	Spirulina, chlorella	grape, cherry, pomegranate powders, red wine extract	blueberry leaf extract, grape seed extract, green tea (decaf), tumeric, milk thistle, japanese knotweed, licorice root, spearmint, cinnamon	lecithin, oat beta glucan, apple pectin, barley malt, flax seed meal	Probiotics, enzymes, stevia	\$2.85	Excellent formulation with plenty of Omega-3s, antioxidants, and nutrients from greens. Flax meal is cold processed to keep it fresh. Excellent price! Not everyone will like the flavors and you probably can't do much to modify it.
Berry Green	Earthy, slightly fruity	Spinach, Kale, parsley, red cabbage, green cabbage, broccoli, Brussels sprouts, okra, chicory	none	none	Cranberry, papaya, pomegranate, grapes	Rose hips, turmeric, ginger, cinnamon	Oats, brown rice solids	--	\$5.51	A very high-end formula, consisting of veggie powders and fruits and very few fillers. Expensive, but good quality.
Billy's Green Superfood	Slightly grassy	Maca root, burdock root, nopal cactus	Icelandic kelp, purple dulse	Spirulina, AFA algae, chlorella	--	Horsetail herb, stinging nettle	Flaxseed meal	Probiotics, enzymes	\$4.02	Slightly light in the key ingredients, this is mostly spirulina, chlorella, and maca.
Boku Super Food	earthy, slightly fishy	Maca root, wheat grass, oat grass, barley grass, alfalfa leaf juice, dandelion leaf juice, ginger, broccoli juice, spinach juice, kale juice, parsley juice, carob powder, nopal cactus	Kelp, purple dulse, laver, bladderwrack	Spirulina, chlorella	Blueberry, raspberry, black currant, apple, acai	Horsetail herb, stinging nettle	Flaxseed meal	Probiotics, enzymes	\$5.99	Good value, good taste, heavy in kelp and maca. Price is acceptable if you buy in quantity.
Delicious Greens 8000	Sweet, earthy (sweetened)	Barley grass juice powder, alfalfa concentrate, carrot juice, broccoli juice, cauliflower juice, spinach juice, parsley juice, red beet, aloe vera, vegetable extract	kelp	chlorella, spirulina	grape, cherry, red wine, pomegranate	Milk thistle seed extract, tumeric, green tea, grape seed extract, blueberry leaf, licorice root, cinnamon	Flax lignans, oats, apple fiber, barley malt, lecithin	Probiotics, enzymes, stevia	\$4.15	A good mixture with plenty of greens from a variety of plants, plus some fruits and anti-oxidant herbs. Filler is from flax, apple and lecithin. Price is acceptable but not spectacular.
Dr. Ben Kim's Greens	Slightly grassy	Barley grass, wheat grass, burdock root, alfalfa leaf juice, dandelion leaf juice, barley grass juice, oat grass juice, kale juice, spinach juice, parsley juice, broccoli juice, ginger	Icelandic kelp, purple dulse	Spirulina, chlorella	--	Horsetail herb, stinging nettle	--	Probiotics, enzymes	\$3.00	Strong on the key ingredients and no fillers. Good value and excellent quality and lab.
Dr. Shultz's Super Food	Very grassy	Barley grass, alfalfa, wheat grass, beet root, spinach leaf	Purple dulse	Spirulina, chlorella	Orange peel, lemon peel	Rose hips	Non-fermentable saccharomyces, Cervisiae yeast	--	\$2.43	Best value, strong in grasses and spirulina, citrus peel is a good addition, horrible taste
Enerfood	slightly grassy, slightly fishy	barley grass, wheat grass, alfalfa leaf, spinach, asparagus root, beet root	kelp, dulse	Spirulina, chlorella	orange peel, cherry root, lemon peel, papaya leaf	rose hips, dandelion leaf, horsetail	nutritional yeast	--	\$2.83	Excellent price for a good formulation with an emphasis on spirulina, chlorella, grasses and kelp. No fillers, except that nutritional yeast is used for both nutrition and bulk.
EnergyFirst Greenergy	earthy, slightly sweet	Barley malt extract, barley grass, broccoli powder, dandelion, alfalfa	Kelp, purple dulse	AFA spirulina, chlorella	Palmello berries, acerola juice, bilberry	Nettle, milk thistle, green tea leaf, ginko biloba, Echinacea, licorice	Brown rice syrup solids, grape seed	MSM, calcium, royal jelly, bee pollen	\$4.30	Slightly high priced but includes MSM, bee products and plenty of herbs in the mix (which are expensive). Otherwise, good formula
Green Defense	very grassy, slightly sweet	barley grass juice powder, oat grass juice powder, wheat grass juice powder, spinach, broccoli, tomato, beet powders	--	--	--	tiger cane extract, quercetin, milk thistle extract, ginger, citrus, green tea extract, grape seed extract, ginko biloba extract	quinoa, rice bran, apple fiber	Nutra FOS (fructooligosaccharide), probiotics	\$4.08	A simple formula focused on grasses and herbs. The fruit-based fiber (Nutra FOS) is not a pleasant addition. The price is a bit high for the quality of this formulation.
Green Vibrance	slightly grassy, slightly earthy	alfalfa, barley, oat, kamuts and wheat grass juices, alfalfa sprouts, parsley, zucchini, beets, green bean, carrot, broccoli, spinach	dulse, bladderwrack, rockweed	spirulina, chlorella	Acerola juice, mango powder	astragalus, yeast, schizandra berry extract, Suma, Eleutherococcus, grape seed extract.	soy lecithin, brown rice bran, fruit fibers, apple powder, flaxseed, larch	probiotics, enzymes	\$3.86	Contains a nice array of nutrient-rich food powders, together with a good selection of "special herbs." Good cost-benefit ratio and a very well thought-out formulation.
Macro (Miracle) Greens	Neutral, slightly grassy	Aloe vera, barley grass, ginger, yucca, watercress, carrot, beet, cactus, spinach powder	Purple dulse	Spirulina, chlorella	Acerola, citrus, rulin, raspberry	Green tea, milk thistle, horsetail, Eleuthero, suma, Astragalus, Damiana, Echinacea,	Lecithin, apple pectin, flaxseed meal, grape seed	Probiotics, enzymes, royal jelly, vitamin E	\$4.00	Good overall value, strong in special herbs like green tea, Echinacea and ginko (if this is what you want), includes royal jelly and some fruits, strong anti-
New Greens	Very sweet, minty	Alfalfa, spinach, carrot, tomato, kale, broccoli, cauliflower, beet, cabbage, brussels sprouts, asparagus, celery, cucumber, dandelion, aloe vera	Kelp, purple dulse	Spirulina, chlorella, AFA algae	Berries, apple, plum, bilberry	Parsley, green tea, licorice, ginko biloba, mint	Grape seed, flaxseed meal, apple pectin, brown rice bran, guar gum, plantago, lecithin	Bee pollen, royal jelly, non-dairy, probiotics, enzymes, stevia	\$3.78	Sweet taste some will love and others will hate, excellent formulation with plenty of powdered veggies, bee products and herbs like tumeric and green tea. This formulation stands out from the rest with its focus on veggie powders. I like that.
Vitamineral Green	Neutral, slightly grassy	Barley grass, wheat grass, shavegrass, alfalfa leaf juice, dandelion leaf juice, barley grass juice, oat grass juice, burdock root, broccoli juice, kale juice, spinach juice, parsley juice, ginger root, carob powder, nopal cactus	Icelandic kelp, Nova scotia dulse	Spirulina, broken cell wall chlorella	Alma berry	Nettle	--	Probiotics, enzymes	\$3.43	The best value and most well rounded green drink. Excellent laboratory and quality ingredients. High in all the important things and no waste in any other department (like fiber)