



B12 GreenFood

Vitamin B12 is an essential micronutrient involved in red blood cell formation, nerve function, and DNA synthesis. Traditionally, it's found in animal-derived foods, making B12 deficiency a growing concern among vegetarians, vegans, and even some omnivores with malabsorption issues. B12 GreenFood is a thoughtfully curated, plant-based blend that combines nutrient-dense supergreens, adaptogens, and Ayurvedic herbs to support natural B12 assimilation, gut health, and overall vitality.

Spirulina, a blue-green microalga, is recognized for its rich nutritional profile, particularly its high protein content and essential nutrients, including vitamin B12. It serves as a valuable dietary supplement, especially for those with limited access to animal-based foods. Spirulina's nutritional benefits are extensive, and its comparison to synthetic vitamin B12 supplements reveals significant differences.

1. Spirulina

- **Protein Content:** Spirulina contains 50-60% protein, making it one of the richest plant-based protein sources.(1)
- **Vitamins and Minerals:** It is an excellent source of vitamin B12, iron, calcium, and beta-carotene, contributing to its status as a complete food.(2,3)
- **Antioxidants:** Spirulina is rich in antioxidants, which provide various health benefits, including anti-inflammatory and anti-cancer properties.(1)

Comparison with Synthetic Vitamin B12

- **Bioavailability:** Spirulina offers a natural source of vitamin B12 that is bioavailable, potentially more effective than synthetic forms, especially for vegetarians. (4)
- **Health Benefits:** Unlike synthetic supplements, Spirulina provides additional nutrients and health benefits, such as improved immune function and antioxidant support.(5)

2. Seaweed

Incorporating seaweed into a daily diet offers numerous nutritional benefits that can positively impact human health. Seaweeds are rich in bioactive compounds, including dietary fibers, antioxidants, vitamins, and minerals, which contribute to various health-promoting effects. The following sections outline the key nutritional benefits and health impacts of seaweed consumption.

Nutritional Composition

- **Vitamins and Minerals:** Seaweeds are abundant in vitamins A, C, D, E, and B, as well as essential minerals like calcium, potassium, magnesium, and iron.(6)
- **Bioactive Compounds:** They contain unique proteins, polyphenols, and polysaccharides, which have been linked to health benefits such as anti-inflammatory and antioxidant properties.(7,8)



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Health Benefits

- **Chronic Disease Prevention:** Regular seaweed consumption is associated with a lower incidence of chronic diseases, including cardiovascular diseases and diabetes.(9)
- **Gut Health:** Seaweeds act as prebiotics, promoting beneficial gut bacteria, which can enhance digestive health.(8)
- **Weight Management:** The fiber content in seaweeds may aid in appetite regulation and weight management.(10)

3. Alfalfa

Alfalfa (*Medicago sativa*) offers numerous nutritional benefits for human health, making it a valuable addition to diets. It is rich in proteins, essential amino acids, vitamins, and minerals, which contribute to overall well-being. The following sections outline the key nutritional benefits of alfalfa.

Nutrient Composition

- **Proteins:** Alfalfa is a significant source of high-quality protein, containing all eight essential amino acids, which are crucial for various bodily functions.(11,12)
- **Vitamins:** It provides a range of vitamins, including A, C, E, K, and several B vitamins, which support immune function, skin health, and energy metabolism.(11)
- **Minerals:** Alfalfa is abundant in essential minerals such as calcium, magnesium, potassium, and iron, which are vital for bone health, muscle function, and oxygen transport in the blood.(11,13)

Bioactive Components

- **Dietary Fibers:** Alfalfa contains dietary fibers that promote digestive health and may help in managing cholesterol levels.(14)
- **Antioxidants:** The presence of flavonoids and other bioactive compounds in alfalfa contributes to its antioxidant properties, potentially reducing the risk of chronic diseases.(15)

Sustainability and Protein Source

- Alfalfa is considered a sustainable source of plant-based protein, which is increasingly important as global protein demands rise. Its cultivation requires fewer resources compared to animal protein sources.(16)

4. Moringa

Moringa oleifera, often referred to as the "Miracle Tree," is renowned for its exceptional nutritional profile and health benefits. This plant is rich in essential nutrients, including proteins, vitamins, and minerals, making it a valuable resource for combating malnutrition and various health conditions. Its leaves, pods, and seeds are particularly noted for their antioxidant, anti-inflammatory, and antimicrobial properties, contributing to improved overall health and wellness. The following sections detail the nutritional benefits and health impacts of Moringa.



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Nutritional Composition

- **High Protein Content:** Moringa leaves contain up to 25% crude protein, making them an excellent source of plant-based protein.(18)
- **Vitamins and Minerals:** Rich in vitamins A, C, and B, as well as essential minerals like calcium and iron, Moringa supports various bodily functions.(19)
- **Antioxidants:** Moringa is abundant in antioxidants such as beta-carotene and vitamin C, which help combat oxidative stress and free radical damage.(20)

Health Benefits

- **Anti-inflammatory Properties:** Moringa has been shown to reduce inflammation, which is beneficial for conditions like arthritis and heart disease.(21)
- **Blood Sugar Regulation:** Studies indicate that Moringa can lower blood sugar levels, making it a potential aid for diabetes management.(22)
- **Anticancer Potential:** Research has demonstrated that Moringa extracts can inhibit the growth of cancer cells, particularly in liver cancer.(23)

5. Wheatgrass

Wheatgrass powder, derived from the young grass of the wheat plant (*Triticum aestivum*), offers numerous health benefits due to its rich nutritional profile. It is recognized for its anti-inflammatory, antioxidant, and detoxifying properties, making it a valuable addition to a balanced diet. The following sections outline its health benefits and incorporation methods.

Health Benefits of Wheatgrass Powder

- **Nutrient Density:** Wheatgrass is highly concentrated in essential nutrients, including chlorophyll, vitamins C and E, and various minerals such as calcium, magnesium, and iron, which support overall health and metabolic processes.(24)
- **Antioxidant Properties:** It contains powerful antioxidants that help prevent oxidative stress and DNA damage, potentially reducing cancer risk.(25)
- **Immune Support:** Regular consumption may enhance immune function and provide pre-shielded protection against diseases.(26)
- **Blood Health:** Wheatgrass aids in building red blood cells and improving hemoglobin levels, beneficial for individuals with anemia.(27)

6. Turmeric

Turmeric, derived from the rhizome of *Curcuma longa*, is a cornerstone of Ayurvedic medicine due to its extensive medicinal properties. The primary bioactive compound, curcumin, is responsible for a wide array of health benefits, making turmeric a versatile therapeutic agent. Its applications in traditional medicine are vast, addressing various ailments and promoting overall health.

A. अष्टाङ्गहृदयम्

हरिद्रा प्रमेहहरणाम् ॥

Reference: Astāṅgahr̥daya, Sūtrasthāna 15/10

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Among all herbs that alleviate **Prameha** (urinary disorders including diabetes), **Haridra** is considered supreme.

B. सुश्रुतसंहिता

हरिद्रायाः प्रयोगेण प्रमेह इव षोडशाः ।

क्षाराग्नि नातिवर्तन्ते तथा दृश्या गुदोद्धवाः ॥

Reference: Suśruta Samhitā, Cikitsāsthāna 6/16

The therapeutic use of Haridra are all sixteen types of **Prameha** can be managed. Its strength is such that even the corrosive effects of **alkali (kṣāra)** and **fire (agni)** are counteracted. It is also beneficial in **eye disorders** and **anal swellings**.

4. धन्वन्तरिनिघण्टुः — हरिद्रावर्गः

हरिद्रा स्वरसे तिक्ता रुक्षोष्णा विषमेहनुत् ।

कण्डू कुष्ठ व्रणान् हन्ति देववर्णविधायिनी ॥

विशोधिनी कृमिहरा पीनसारुचिनाशिनी ॥

Reference: Dhanvantari Nighaṇṭu, Haridrā Varga 1–2

Haridra, in its **fresh juice form**, is bitter, dry, and hot in nature.

- It alleviates **toxicity (viṣa)** and **urinary disorders (meha)**.
- It cures **itching (kaṇḍū)**, **skin diseases (kuṣṭha)**, and **wounds (vraṇa)**.
- It enhances skin **complexion (varṇa)**, detoxifies tissues, destroys **worms (kṛmi)**, and relieves **nasal congestion (pīnasa)** and **loss of appetite (aruci)**.

Anti-inflammatory Properties

- Curcumin exhibits potent anti-inflammatory effects, which are beneficial in managing conditions like arthritis and inflammatory bowel disease.(28)
- It has been shown to inhibit inflammatory pathways, reducing the production of pro-inflammatory cytokines.(29)

Antioxidant Effects

- Turmeric is rich in antioxidants, which help combat oxidative stress and protect cells from damage.(30)
- This property is crucial in preventing chronic diseases, including cancer and neurodegenerative disorders like Alzheimer's.(31,32)

Antimicrobial Activity

- Turmeric possesses antibacterial, antifungal, and antiviral properties, making it effective against various pathogens.(33)
- It is commonly used in topical applications for skin infections and as an ingredient in ointments.



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Digestive Health

- Traditionally, turmeric is recognized for its carminative properties, aiding digestion and improving gut health.(34)
- It is often used to treat digestive disorders such as dysentery and liver issues.(35)

7. Amla (Phyllanthus emblica)

Amla (*Emblca officinalis*) is renowned for its rich biochemical properties, which contribute significantly to its nutritional and medicinal applications. This fruit is a powerhouse of bioactive compounds, including vitamins, polyphenols, and tannins, which collectively enhance its therapeutic potential.

वयस्यामलकी वृष्याजातीफलरसंशिवम् । धात्रीफलंश्रीफलं च तथामृतफलंस्मृतम् ॥ ३५ ॥ त्रिष्वामलकमाख्यातं धात्री तिष्यफलाऽमृतम् । हरीतकीसमं धात्रीफलं किन्तु विशेषतः ॥ रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् । हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ॥ कफं रूक्षकषायत्वात्फलं धात्र्यास्त्रिदोषजित् ३७ भावप्रकाश हरितक्यादिवर्गः (३५-३७)

Amalaki is known as Vayasya (restorer of youth), Dhatri-phala, Shriphala, Jatiphala-rasa-samshiva (clove-like in taste), and Amritaphala (fruit of immortality). It is referred to by three principal names: Dhatri, Tisya-phala, and Amrita.

Though comparable to Haritaki in therapeutic potency, it is especially effective in

- Raktapitta (bleeding disorders)
- Prameha (diabetes and urinary disorders)
- Also acts as an excellent Vrishya (aphrodisiac) and Rasayana (rejuvenator)
- It alleviates Vata due to its sourness (Amla Rasa).
- Pitta due to its sweetness (Madhura Rasa) and cooling potency (Shita Virya).
- Kapha due to its dry and astringent nature.

Thus, Amalaki is Tridoshashghna – it balances all three Doshas.

Nutritional Composition

- Vitamins and Minerals:** Amla is exceptionally high in vitamin C, containing up to 600-700 mg per 100 g, which is crucial for immune function and skin health.(36)
- Bioactive Compounds:** It includes gallic acid, ellagic acid, emblicanin A & B, and quercetin, which exhibit strong antioxidant properties.(37)

Medicinal Properties

- Antioxidant Activity:** Amla's high antioxidant content helps in scavenging free radicals, thereby reducing oxidative stress and preventing chronic diseases.(38)
- Therapeutic Effects:** It has been shown to possess anti-inflammatory, hepatoprotective, and immunomodulatory effects, making it beneficial for conditions like diabetes, cancer, and liver diseases.(39)

8. Bahera Fruit Pericarp (*Terminalia bellirica*)



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Terminalia bellirica, commonly known as Bastard myrobalan, is a medicinal plant renowned for its diverse nutritional benefits and potential applications in human health. The fruit of *T. bellirica* is rich in phytochemicals such as tannins, flavonoids, and glucosides, which contribute to its antioxidant, anti-inflammatory, and antimicrobial properties. These attributes make it a valuable component in traditional medicine, particularly in Ayurvedic practices.

विभीतकं स्वादुपाकं कषायं कफपित्तनुत् ।

उष्णवीर्यं हिमस्पर्शं भेदनं कासनाशनम् ॥

रूक्षं नेत्रहितं केश्यं कृमिवैस्वर्यनाशनम् ।

विभीतमज्जा तृट्छर्दि-कफवातहरी लघुः ॥

कषाया मदकृत् चाथ धात्रीमज्जाऽपि तद्गुणः ॥ Bhavaprakasha Nighantu, Haritakyadi Varga

- Vibhitaka has an astringent taste (Kashaya Rasa) and a sweet post-digestive effect (Madhura Vipaka).
- It pacifies Kapha and Pitta doshas.
- It is hot in potency (Ushna Virya) but its action is cooling to the touch (Hima Sparsha).
- Acts as a penetrating agent (Bhedana) and is effective in relieving cough (Kasa).
- It is dry (Ruksha), beneficial for the eyes (Netrahit), promotes hair growth (Keshya), and destroys intestinal worms.
- Also removes hoarseness of voice (Vaisvarya-nashana).
- The pulp (Majja) of the fruit alleviates thirst, vomiting, Kapha, and Vata, and is light to digest (Laghu).
- Its astringent nature can induce a mild intoxication or dullness if overused.
- The pulp of Dhatri (Amalaki) shares similar properties.

Nutritional Composition

- **Phytochemicals:** Contains tannins, gallic acid, and flavonoids, which are linked to various health benefits.(40)
- **Antioxidant Activity:** Exhibits significant free radical scavenging activity, with IC50 values indicating strong potential for combating oxidative stress.(41)

Health Benefits

- **Antidiabetic Effects:** Inhibits α -amylase and α -glucosidase, suggesting potential for managing blood sugar levels.(42)
- **Antimicrobial Properties:** Effective against pathogens like *E. coli*, highlighting its role in infection control.(43)
- **Anti-inflammatory and Analgesic:** Demonstrates pain-relieving and anti-inflammatory effects, beneficial for various inflammatory conditions.

9. Harad Fruit Pericarp (*Terminalia chebula*)



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Terminalia chebula, a revered medicinal plant, offers a multitude of health benefits, making it a significant subject of research in both traditional and modern medicine. Its therapeutic properties stem from a rich composition of bioactive compounds, including flavonoids, phenolic acids, and tannins, which contribute to its antioxidant, anti-inflammatory, and antimicrobial effects. The following sections detail its key benefits and potential applications in human health.

हरीतकी पञ्चरसाऽलवणा तुवरा परम् । रुक्षोष्णा दीपनी मेध्या स्वदुपाका रसायनी ॥

चक्षुष्या लघुरायुष्या बृंहणी चानुलोमनी । श्वासकासप्रमेहार्षः कुष्ठशोथोदरक्रिमीन् ॥

Bhavaprakasha Nighantu – Haritakyadi Varga

- Haritaki possesses five tastes, excluding lavana (saltiness).
- It is predominantly astringent (tuvara).
- Dry (ruksha) and hot in potency (ushna virya), it enhances digestion (dipani) and intellect (medhya).
- Has a sweet post-digestive effect (svadupaka) and acts as a potent rejuvenator (rasayani).
- It is good for the eyes (chakshushya), light to digest (laghu), promotes longevity (rayushya), and nourishing (brimhani).
- Acts as a mild laxative (anulomani).
- Used in treatment of asthma (shvasa), cough (kasa), diabetes (prameha), piles (arsha), skin diseases (kushta), inflammatory conditions (shotha), abdominal disorders (udara), and helminthic infestations (krimi).

Antioxidant and Anti-inflammatory Properties

- Terminalia chebula is rich in phenolic compounds that scavenge free radicals, reducing oxidative stress and cellular damage.(44)
- Its anti-inflammatory effects are beneficial for conditions like arthritis and cardiovascular diseases.(45)

Antimicrobial Activity

- The plant exhibits broad-spectrum antimicrobial properties against bacteria and fungi, aiding in the treatment of respiratory and urinary tract infections.(46)
- Its use in traditional medicine for skin ailments further underscores its therapeutic potential.

Metabolic and Cardiovascular Health

- Research indicates that Terminalia chebula can help regulate blood sugar levels and improve insulin sensitivity, making it a promising adjunct therapy for diabetes.(47)
- It also supports cardiovascular health by reducing lipid abnormalities.(48)

Gastrointestinal and Digestive Benefits

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- Traditionally used as a digestive aid, Terminalia chebula promotes gastrointestinal motility and acts as a carminative.(49)

10. Dried ginger (Zingiber officinale)

Dried ginger (Zingiber officinale) is renowned for its extensive medicinal properties and health benefits, attributed primarily to its rich phytochemical composition, including gingerols, shogaols, and other phenolic compounds. These compounds confer a variety of biological activities, making ginger a versatile herbal remedy in both traditional and modern medicine.

स्निग्धोष्णा कटुका शुण्ठी वृष्या शोफकफारुचीन् ।

हन्ति वातोदरश्वासपाण्डुश्लेष्मीपदनाशिनी ॥ Dhanvantari Nighantu

Shunthi (dried ginger), as per Dhanvantari Nighantu, is katu (pungent), ushna (hot), and snigdha (slightly unctuous). It balances vata and kapha, improves digestion, stimulates appetite, and enhances nutrient absorption. It is useful in inflammation, cough, loss of taste, bloating, dyspnea, anemia, and elephantiasis. Its rasayana and vrishya properties make it ideal for formulations supporting metabolism, bioavailability, and B12 assimilation.

Medicinal Properties

- **Anti-inflammatory Effects:** Ginger exhibits significant anti-inflammatory properties, which can alleviate conditions such as arthritis and muscle pain.(50)
- **Antioxidant Activity:** The presence of antioxidants in ginger helps combat oxidative stress, potentially reducing the risk of chronic diseases.(51)
- **Antimicrobial and Antiviral:** Ginger has demonstrated antimicrobial and antiviral effects, making it beneficial for treating infections.(52)
- **Digestive Health:** It is commonly used to relieve nausea, vomiting, and digestive issues, enhancing gastrointestinal health.(53)

Health Benefits

- **Cardiovascular Protection:** Ginger may improve heart health by reducing cholesterol levels and preventing blood clots.(54)
- **Anti-cancer Potential:** Compounds like 6-shogaol have shown promise in inhibiting cancer cell growth.(55)
- **Support for Physical Activity:** Recent studies suggest that ginger can reduce muscle soreness and improve endurance in athletes.(56)

11. Elaichi (Elettaria cardamomum) Seed Powder

The Elettaria cardamomum, commonly known as cardamom, are extensive and encompass various health benefits. This spice is recognized not only for its culinary uses but also for its



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therapeutic potential, which includes antioxidant, anti-inflammatory, antimicrobial, and anti-cancer properties. The following sections detail these benefits.

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सूक्ष्मैला शीतला स्वादु हृद्या रोचनदीपनी ॥ Dhanvantari Nighantu 46

Sukshmaila (cardamom) is:

- Mutrakrichchhra-ghni – relieves painful urination
- Beneficial in asthma (shvasa), cough (kasa), and consumptive disorders (ksaya)
- Sheetala – Give cooling effect
- Swadu and hridya – sweet-tasting and heart-friendly
- Rochana and dipani – improves taste and stimulates digestion

Digestive Health and Antimicrobial Effects

- Cardamom is known to support digestive health, alleviating issues such as nausea and diarrhea.(57)
- Its antimicrobial properties make it effective against oral pathogens, contributing to improved oral health.(58)

Anti-inflammatory and Antioxidant Properties

- The spice exhibits significant anti-inflammatory effects, potentially reducing inflammation through the inhibition of the NF-κB signaling pathway.(59)
- Cardamom is rich in antioxidants, which help combat oxidative stress and may lower the risk of chronic diseases.(59)

Cancer Prevention and Management

- Research indicates that cardamom may play a role in cancer prevention by targeting cancer cells and overcoming drug resistance in chemotherapy.(60)
- Phytochemicals in cardamom, such as limonene and cardamonin, have shown promise in inhibiting tumor growth.(61)

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