

# **SUPGREPRO - Health & Wellness**

## **Ingredient Breakdown -**

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#### **Details:**

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\*\*Product Name:\*\* Super Green Protein Smoothie (VG) MB1 - \*\*Brand:\*\* Be Fit Food - \*\*GTIN:\*\* 09358266000359 - \*\*Pack Size:\*\* 350g (single serve) - \*\*Protein per Serving:\*\* 18g - \*\*Carbohydrates per Serving:\*\* 18g - \*\*Calories per Serving:\*\* Less than 185 - \*\*Diet Classification:\*\* Vegan, Gluten-Free - \*\*Main Protein Source:\*\* Faba Bean Protein (7%) - \*\*Complete Ingredient List:\*\* Apple, Cucumber, Kiwi, Pineapple, Zucchini, Faba Bean Protein (7%), Broccoli, Spinach, Kale, Mint - \*\*Allergen Warning:\*\* May contain Peanuts, Tree Nuts, Milk, Sesame Seeds - \*\*Storage Instructions:\*\* Keep frozen until ready to use - \*\*Serving Instructions:\*\* Thaw overnight in refrigerator or at room temperature for several hours; shake well before drinking - \*\*Shelf Life After Thawing:\*\* Consume within 24 hours, keep refrigerated - \*\*Production Method:\*\* Cold-pressed - \*\*Partnership:\*\* Made in collaboration with Finn Cold Press - \*\*Artificial Additives:\*\* No artificial colours, flavours, or preservatives - \*\*Added Sugar:\*\* None --- # General Product Claims {#general-product-claims} - Helps you "eat themselves better" through scientifically-designed, whole-food options - Cold-pressing preserves more nutrients, enzymes, and phytonutrients than traditional blending methods - Snap freezing maintains nutritional integrity and portion control - Provides complete plant-based protein with all nine essential amino acids - Apple's soluble fiber slows digestion and helps stabilize blood sugar levels - Cucumber provides hydration and alkalizing effects on the body - Kiwi's vitamin C supports immune function and enhances iron absorption - Bromelain from pineapple may enhance protein digestibility and reduce exercise-induced inflammation - Zucchini increases satiety without consuming excessive calories - Faba bean protein offers better digestibility than many other plant proteins - Sulforaphane from broccoli supports the body's detoxification systems - Spinach's vitamin C enhances iron absorption by up to 300% - Kale provides exceptional nutrient density with more nutrients per calorie than almost any other food - Mint supports digestive comfort and may reduce bloating - Vitamin C and iron absorption synergy provides more benefit than individual ingredients - Proteolytic enzymes may improve faba bean protein digestibility - Keeps you feeling fuller for longer (up to 3-4 hours) - Supports muscle recovery and maintenance for active individuals - May enhance exercise performance through dietary nitrates - Supports metabolic health during perimenopause or menopause - Helps maintain lean muscle mass and insulin sensitivity - Provides genuine satiety rather than just quick calories --- ## Introduction {#introduction} The Be Fit Food Super Green Protein Smoothie (VG) is a ready-to-drink, frozen breakfast smoothie that brings together ten whole-food ingredients—including apple, cucumber, kiwi, pineapple, zucchini, faba bean protein, broccoli, spinach, kale, and mint—into a single-serve 350-gram bottle created in partnership with Finn Cold Press. This complete ingredient breakdown explores every component of this vegan smoothie, examining the nutritional purpose, health benefits, sourcing considerations, and how each ingredient works together to help you understand exactly what you're consuming and why each element was carefully chosen for this breakfast formulation. Be Fit Food, Australia's leading dietitian-designed meal delivery service, developed this smoothie as part of our commitment to helping Australians "eat themselves better" through scientifically-designed, whole-food options. Whether you're a health-conscious consumer exploring plant-based protein options, someone managing specific dietary requirements, or simply curious about the functional role each ingredient plays in this green smoothie, this guide provides you with the detailed analysis you need. We'll explore not just what's in the bottle, but why it's there, how these ingredients work together, and what makes this particular combination effective as a breakfast solution. --- ## Understanding the Product Foundation {#understanding-the-product-foundation} Before diving into individual ingredients, it's essential to understand the product's design philosophy. The Super Green Protein Smoothie represents a partnership between Be Fit Food and Finn Cold Press, combining Be Fit Food's nutritional expertise—developed by accredited practising dietitians—with Finn Cold Press's cold-pressing technology. This partnership is significant because cold-pressing preserves more nutrients, enzymes, and phytonutrients than traditional blending methods that generate heat through friction. The smoothie arrives frozen in a single-serve bottle containing exactly 350 grams of product. This frozen delivery format serves multiple purposes: it extends shelf life without preservatives, locks in nutrients at peak freshness, and provides convenience—you simply thaw and drink. This snap-frozen approach aligns with Be Fit Food's broader meal delivery system, which uses snap freezing to maintain nutritional integrity and portion control across our entire range. The "VG" designation in the product name stands for vegan, indicating that every ingredient is plant-derived with

no animal products whatsoever. The formulation contains ten distinct ingredients, with faba bean protein comprising 7% of the total composition. This percentage is specifically disclosed because it represents the primary protein source and a key functional ingredient. The remaining 93% consists of fruits, vegetables, and herbs that provide the smoothie's flavor profile, micronutrients, fiber, and phytonutrients. This whole-food approach reflects Be Fit Food's core philosophy of delivering real food rather than synthetic supplements, shakes, or bars. --- ## Complete Ingredient Analysis {#complete-ingredient-analysis} ### Apple: The Sweet Foundation {#apple-the-sweet-foundation} Apple serves as the first listed ingredient, which in food labeling means it comprises the largest proportion by weight in this smoothie. Apples provide the primary sweetness and much of the liquid base, eliminating the need for added sugars or juices. \*\*Nutritional Contribution:\*\* Apples are rich in soluble fiber, particularly pectin, which slows digestion and helps stabilize blood sugar levels—crucial for a breakfast item. They provide natural fructose for quick energy alongside this fiber, creating a balanced release rather than a sugar spike. Apples contain quercetin, a flavonoid with anti-inflammatory and antioxidant properties, primarily concentrated in the skin (which is likely included in this whole-food formulation). \*\*Functional Role:\*\* Beyond nutrition, apple provides the smoothie's body and mouthfeel. The natural pectin creates a slightly thicker, more satisfying texture than water-based smoothies. The fruit's natural acidity helps balance the earthiness of the green vegetables, making the overall flavor more palatable and refreshing. \*\*Variety Considerations:\*\* While the specific apple variety isn't disclosed, cold-pressed smoothies often use sweeter varieties like Fuji, Gala, or Pink Lady to maximize natural sweetness without added sugars. The variety affects not just sweetness but also the polyphenol profile—different apples contain varying levels of beneficial plant compounds. ### Cucumber: Hydration and Alkalinity {#cucumber-hydration-and-alkalinity} Cucumber appears second in the ingredient list, indicating it's the second-most abundant ingredient by weight. This might surprise those unfamiliar with green smoothie formulations, but cucumber plays several critical roles.

\*\*Hydration Properties:\*\* Cucumbers are approximately 95% water, making them one of the most hydrating whole foods available. In a breakfast smoothie, this high water content contributes to your daily hydration needs while keeping the calorie density low. The electrolytes in cucumber water—including potassium and magnesium—support cellular hydration more effectively than plain water. \*\*Nutritional Profile:\*\* Despite their high water content, cucumbers provide vitamin K (important for bone health and blood clotting), vitamin C, potassium, and various B vitamins. They contain cucurbitacins, unique compounds that are studied for their anti-inflammatory properties. The skin contains most of the fiber and many phytonutrients, so whole cucumber inclusion maximizes these benefits. \*\*Alkalizing Effect:\*\* Cucumbers support an alkalizing effect on the body, helping to balance pH levels. Many modern diets skew acidic due to processed foods, and starting the day with alkalizing foods like cucumber may support overall pH balance. This is particularly relevant for athletes and active individuals, as alkaline environments may support better recovery. \*\*Flavor Moderation:\*\* Cucumber's mild, slightly sweet flavor dilutes the intensity of stronger greens like kale and spinach without masking them entirely. This creates a more approachable "green" taste that doesn't overwhelm the palate, especially important for those new to vegetable-forward smoothies. ### Kiwi: Vitamin C Powerhouse {#kiwi-vitamin-c-powerhouse} Kiwi fruit brings exceptional nutritional density to this smoothie, particularly in the vitamin C department. Positioned third in the ingredient list, kiwi contributes significant flavor complexity and nutritional value. \*\*Vitamin C Content:\*\* Kiwis contain more vitamin C per gram than oranges—approximately 85-90mg per 100g of fruit. In a breakfast context, this vitamin C supports immune function, acts as an antioxidant protecting cells from oxidative stress, and enhances iron absorption from the plant-based ingredients in this smoothie. Since this is a vegan product without heme iron (from meat), the vitamin C from kiwi helps maximize absorption of non-heme iron from the leafy greens. \*\*Digestive Enzymes:\*\* Kiwi contains actinidin, a proteolytic enzyme that breaks down protein. This is particularly relevant in a smoothie containing faba bean protein—the actinidin may actually improve the digestibility and bioavailability of the plant protein, potentially reducing any digestive discomfort some people experience with legume proteins. \*\*Fiber and Gut Health:\*\* The tiny black seeds in kiwi provide insoluble fiber, while the flesh contains soluble fiber. This combination supports digestive regularity and feeds beneficial gut bacteria. Research shows that kiwi consumption can improve bowel movements and overall digestive comfort, making it an intelligent inclusion in a

breakfast product. **\*\*Flavor Profile:\*\*** Kiwi's sweet-tart flavor adds complexity and brightness to the smoothie. The fruit's natural acidity cuts through the creamy protein element, preventing the smoothie from feeling heavy or chalky—a common complaint with protein smoothies. **### Pineapple: Tropical Sweetness and Bromelain** {#pineapple-tropical-sweetness-and-bromelain} Pineapple provides tropical sweetness and contains bromelain, an enzyme with unique properties that make it more than just a flavoring ingredient. **\*\*Bromelain Benefits:\*\*** Bromelain is a proteolytic enzyme found exclusively in pineapple. Like the actinidin in kiwi, it breaks down proteins, which may enhance the digestibility of the faba bean protein. Bromelain is extensively studied for its anti-inflammatory properties, particularly for reducing exercise-induced inflammation and supporting recovery—relevant for the active individuals likely to choose a protein smoothie for breakfast. **\*\*Natural Sweetness:\*\*** Pineapple's intense natural sweetness helps mask any beany or earthy flavors from the faba bean protein and cruciferous vegetables. This sweetness comes from natural sugars balanced by fiber, preventing rapid blood sugar spikes. **\*\*Vitamin and Mineral Content:\*\*** Pineapple provides manganese (important for bone health and metabolism), vitamin C, vitamin B6, and copper. The manganese content is particularly noteworthy—pineapple is one of the richest dietary sources of this often-overlooked mineral that supports enzyme function and antioxidant defenses. **\*\*Tropical Flavor Masking:\*\*** The distinctive tropical flavor of pineapple is powerful enough to create a flavor identity for the smoothie. Rather than tasting predominantly like greens, the smoothie likely presents as a tropical-green blend, making it more approachable for those who might otherwise avoid vegetable-heavy drinks. **### Zucchini: The Neutral Bulking Agent** {#zucchini-the-neutral-bulking-agent} Zucchini might seem like an unusual smoothie ingredient, but it's increasingly common in modern green smoothie formulations for several practical and nutritional reasons. **\*\*Neutral Flavor Profile:\*\*** Zucchini carries an extremely mild, almost neutral flavor when raw, which means it adds bulk and nutrition without competing with or overpowering other flavors. This allows the smoothie to maintain its fruit-forward taste while increasing the vegetable content significantly. **\*\*Texture Enhancement:\*\*** Raw zucchini features a soft, high-water-content flesh that blends smoothly, creating a creamy texture without grittiness. This contributes to the smoothie's drinkability and mouthfeel, making it feel more substantial than a purely fruit-based drink. **\*\*Nutritional Contribution:\*\*** Despite its mild flavor and high water content, zucchini provides vitamin C, vitamin B6, manganese, potassium, and folate. It's particularly rich in carotenoids, including lutein and zeaxanthin, which support eye health. The skin contains most of these nutrients, so whole zucchini inclusion (likely in this product) maximizes benefits. **\*\*Low Glycemic Impact:\*\*** Zucchini is very low in carbohydrates and calories while being high in water and fiber. This helps keep the overall calorie count reasonable while increasing satiety—you feel fuller for longer without consuming excessive calories or sugars. **\*\*Prebiotic Fiber:\*\*** The fiber in zucchini includes prebiotic components that feed beneficial gut bacteria. This supports digestive health and may contribute to better nutrient absorption from the other ingredients. **### Faba Bean Protein (7%): The Protein Powerhouse** {#faba-bean-protein-7-the-protein-powerhouse} Faba bean protein is the only ingredient with a specific percentage disclosed (7%), highlighting its importance as the primary protein source in this vegan smoothie. This legume-based protein is increasingly popular in plant-based formulations and aligns with Be Fit Food's commitment to high-protein nutrition across our entire range. **\*\*Protein Quality and Quantity:\*\*** Faba beans (also called broad beans or fava beans) provide a complete protein profile, meaning they contain all nine essential amino acids your body cannot produce. While most legumes are low in methionine, faba beans carry a more balanced amino acid profile than many other plant proteins. The 7% protein concentration in a 350g serving translates to approximately 24.5g of faba bean protein ingredient, which would provide roughly 18-20g of actual protein (faba bean protein is approximately 75-80% protein by weight). **\*\*Digestibility and Bioavailability:\*\*** Faba bean protein carries a PDCAAS (Protein Digestibility Corrected Amino Acid Score) of approximately 0.76, which is good for a plant protein (though lower than whey at 1.0). The processing method matters significantly—isolated faba bean protein offers better digestibility than whole beans because anti-nutritional factors like tannins and phytic acid are reduced during extraction. **\*\*Allergen Profile:\*\*** Faba bean protein is significant because it's free from the most common protein allergens—it contains no dairy, soy, gluten, or nuts. This makes it accessible to people with multiple food sensitivities. However, the product does note potential cross-contact with peanuts, tree nuts, milk, and sesame seeds during manufacturing.

**\*\*Satiety Factor:\*\*** Protein is the most satiating macronutrient, and the faba bean protein in this smoothie significantly increases its ability to keep you feeling fuller for longer. Research shows that high-protein breakfasts reduce overall calorie intake throughout the day by decreasing hunger and cravings. This protein-forward approach reflects Be Fit Food's broader nutritional philosophy of prioritizing protein at every meal to support lean muscle mass and metabolic health.

**\*\*Functional Properties:\*\*** Faba bean protein creates a creamy, smooth texture when blended, without the chalkiness sometimes associated with pea protein or the grittiness of some rice proteins. This contributes to the smoothie's pleasant mouthfeel and drinkability.

**\*\*Sustainability Considerations:\*\*** Faba beans are nitrogen-fixing legumes, meaning they actually improve soil health while growing by converting atmospheric nitrogen into plant-available forms. This makes them a more environmentally sustainable protein source compared to animal proteins or even some other plant proteins that require more intensive agricultural inputs.

**### Broccoli: Cruciferous Nutrition** {#broccoli-cruciferous-nutrition}

Broccoli brings the powerful nutritional profile of cruciferous vegetables to this smoothie, though it appears later in the ingredient list, indicating a smaller quantity by weight.

**\*\*Sulforaphane Content:\*\*** Broccoli is rich in glucoraphanin, a precursor to sulforaphane, one of the most studied plant compounds for its potential health benefits. Sulforaphane is extensively researched for its antioxidant properties and its ability to support the body's detoxification systems by inducing phase 2 detoxification enzymes.

**\*\*Vitamin K Abundance:\*\*** Broccoli is exceptionally high in vitamin K1, which is essential for blood clotting and bone health. Even a small amount of broccoli provides a significant percentage of daily vitamin K needs. This is particularly important in a vegan diet, where vitamin K sources are exclusively plant-based.

**\*\*Folate and B Vitamins:\*\*** Broccoli provides folate (vitamin B9), which is crucial for DNA synthesis, cell division, and particularly important for women of childbearing age. It also contains other B vitamins that support energy metabolism—appropriate for a breakfast product.

**\*\*Fiber and Prebiotics:\*\*** The fiber in broccoli includes both soluble and insoluble types, supporting digestive health. Broccoli also contains prebiotic fibers that feed beneficial gut bacteria, potentially supporting overall gut health when consumed regularly.

**\*\*Flavor Integration:\*\*** Raw broccoli carries a mild, slightly sweet flavor when fresh, quite different from the sulfurous smell it develops when cooked. In a smoothie context, especially in small quantities balanced by fruits, broccoli's flavor is barely detectable while its nutritional contribution remains significant.

**### Spinach: Iron and Folate Source** {#spinach-iron-and-folate-source}

Spinach is perhaps the most recognizable "superfood" green in this smoothie, bringing a well-established nutritional reputation.

**\*\*Iron Content:\*\*** Spinach is famous for its iron content, though it's important to note this is non-heme iron (plant-based), which is less bioavailable than heme iron from meat. However, the vitamin C from kiwi, pineapple, and apple in this smoothie significantly enhances iron absorption, potentially increasing bioavailability by up to 300%. This synergistic effect is an example of thoughtful ingredient pairing.

**\*\*Folate Richness:\*\*** Spinach is one of the best dietary sources of folate, providing this crucial B vitamin in its natural form. Folate supports cell division, DNA synthesis, and red blood cell formation. The folate in spinach is more bioavailable than synthetic folic acid in supplements for many people.

**\*\*Magnesium and Potassium:\*\*** Spinach provides significant amounts of both these essential minerals. Magnesium supports muscle and nerve function, energy production, and bone health, while potassium is crucial for heart health, blood pressure regulation, and proper muscle function—all important considerations for active individuals.

**\*\*Antioxidant Diversity:\*\*** Spinach contains numerous antioxidants including lutein, zeaxanthin, beta-carotene, and various polyphenols. The lutein and zeaxanthin are particularly concentrated in spinach and support eye health by protecting the retina from oxidative damage.

**\*\*Nitrate Content:\*\*** Spinach is rich in dietary nitrates, which convert to nitric oxide in the body. Nitric oxide supports cardiovascular health by promoting healthy blood vessel function and may enhance exercise performance by improving oxygen utilization—relevant benefits for a protein smoothie likely consumed by active individuals.

**\*\*Raw vs. Processed:\*\*** Using raw spinach in a cold-pressed smoothie preserves vitamin C and folate, which are partially destroyed by cooking. However, some nutrients like beta-carotene are actually more bioavailable when spinach is lightly processed or consumed with fat.

**### Kale: Nutrient Density Champion** {#kale-nutrient-density-champion}

Kale earned its "superfood" reputation through exceptional nutrient density—it provides more nutrients per calorie than almost any other food.

**\*\*Vitamin A and Carotenoids:\*\*** Kale is extraordinarily rich in beta-carotene and other

carotenoids that convert to vitamin A in the body. These compounds support immune function, skin health, and vision. The carotenoid profile in kale is particularly diverse, including lutein and zeaxanthin for eye health. **\*\*Vitamin C Concentration:\*\*** Kale contains more vitamin C per gram than most citrus fruits. Combined with the vitamin C from kiwi, pineapple, and apple, this smoothie provides exceptional levels of this crucial antioxidant vitamin. **\*\*Vitamin K Supremacy:\*\*** Kale is perhaps the richest dietary source of vitamin K1, with just one cup of raw kale providing over 600% of the daily value. While the amount in this smoothie is smaller, it still contributes significantly to daily vitamin K intake, supporting bone health and proper blood clotting. **\*\*Calcium Content:\*\*** Kale provides plant-based calcium in a relatively bioavailable form. While the total amount is less than dairy sources, the calcium in kale is well-absorbed, particularly in the presence of vitamin C (abundant in this smoothie), which enhances mineral absorption. **\*\*Glucosinolates and Isothiocyanates:\*\*** Like broccoli, kale contains glucosinolates that break down into isothiocyanates, compounds studied for their potential health-protective properties. These sulfur-containing compounds give cruciferous vegetables their distinctive flavor and are part of why these vegetables are considered particularly healthful. **\*\*Fiber and Satiety:\*\*** Kale provides substantial fiber for its weight, contributing to the smoothie's satiety factor. The fiber in kale is a mix of soluble and insoluble types, supporting digestive health and helping maintain steady blood sugar levels. **\*\*Flavor Considerations:\*\*** Raw kale carries a slightly bitter, earthy flavor that can be challenging in large quantities. However, when balanced with sweet fruits like apple, kiwi, and pineapple, and used in moderate amounts, kale's flavor adds depth without overwhelming the taste profile. **## Mint: The Finishing Touch {#mint-the-finishing-touch}** Mint appears last in the ingredient list, indicating it's present in the smallest quantity, but its impact on the smoothie's sensory experience and digestive benefits shouldn't be underestimated. **\*\*Digestive Support:\*\*** Mint is used for centuries to support digestive comfort. Menthol, the primary active compound in mint, carries antispasmodic properties that can help relax the digestive tract muscles, potentially reducing bloating and discomfort. This is particularly relevant in a protein smoothie, as protein-rich foods can sometimes feel heavy. **\*\*Flavor Enhancement:\*\*** Even in small quantities, mint provides a fresh, cooling sensation that brightens the entire flavor profile. It cuts through the sweetness of the fruits and the earthiness of the greens, creating a more complex, refreshing taste that feels lighter and more energizing—ideal for a morning beverage. **\*\*Aromatic Impact:\*\*** Mint's volatile oils create an aromatic experience that begins before you even drink the smoothie. The scent of mint is associated with increased alertness and cognitive function in some studies, potentially providing a mental boost alongside the nutritional benefits. **\*\*Polyphenol Content:\*\*** Despite being used in small quantities, mint is remarkably rich in polyphenols and antioxidants. Rosmarinic acid, a compound particularly concentrated in mint, carries anti-inflammatory and antimicrobial properties. **\*\*Breath Freshening:\*\*** Mint's natural breath-freshening properties provide a practical benefit for a breakfast item—your mouth feels clean and fresh after consuming the smoothie, rather than carrying lingering vegetable or protein flavors. **--- ## Ingredient Synergies and Interactions {#ingredient-synergies-and-interactions}** The true sophistication of this smoothie lies not just in individual ingredients but in how they work together synergistically. This thoughtful formulation reflects Be Fit Food's dietitian-led approach to product development. **\*\*Vitamin C and Iron Absorption:\*\*** The high vitamin C content from kiwi, pineapple, apple, and the greens dramatically enhances the absorption of non-heme iron from spinach, kale, and broccoli. This is a textbook example of nutrient synergy—the combination provides more benefit than the sum of individual parts. **\*\*Protein Digestibility Enhancement:\*\*** The proteolytic enzymes from kiwi (actinidin) and pineapple (bromelain) may improve the digestibility of the faba bean protein, potentially reducing any digestive discomfort and improving amino acid bioavailability. **\*\*Fiber Diversity:\*\*** The combination of soluble fiber (from apple, kiwi) and insoluble fiber (from greens, zucchini) creates a balanced fiber profile that supports comprehensive digestive health—soluble fiber feeds beneficial bacteria and helps regulate blood sugar, while insoluble fiber promotes regularity. **\*\*Antioxidant Spectrum:\*\*** Each ingredient contributes different antioxidants—polyphenols from apple, carotenoids from kale and spinach, vitamin C from multiple sources, and unique compounds like sulforaphane precursors from broccoli. This diversity provides broader antioxidant protection than any single ingredient could offer. **\*\*Hydration and Electrolytes:\*\*** The high water content from cucumber, combined with natural electrolytes (potassium, magnesium) from multiple ingredients, creates a hydrating breakfast option

that supports cellular function and energy levels. **Flavor Balance:** The sweet fruits (apple, kiwi, pineapple) balance the earthy greens (kale, spinach, broccoli), while cucumber provides neutral bulk, zucchini adds creaminess, and mint adds brightness. This creates a palatable green smoothie that doesn't sacrifice vegetable content for taste. --- ## What's Not in the Formula

{#whats-not-in-the-formula} Understanding what's absent from this ingredient list is as important as knowing what's included. This clean-label approach aligns with Be Fit Food's current ingredient standards, which include no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. **No Added Sugars:** The smoothie contains zero added sugars, relying entirely on the natural sugars from fruits. This is significant because many commercial smoothies add juice concentrates, agave, honey, or other sweeteners that dramatically increase sugar content without adding nutritional value. **No Preservatives or Additives:** The ingredient list contains only ten whole-food ingredients with no preservatives, stabilizers, emulsifiers, or artificial ingredients. The frozen format preserves the product without chemical preservatives. **No Protein Isolates or Concentrates Beyond Faba Bean:** Many protein smoothies use multiple protein sources, often including highly processed isolates. This formula uses only faba bean protein, keeping the protein source singular and transparent. **No Juices or Purees:** All ingredients appear to be whole foods rather than juices or purees, which means you're getting the full fiber content and complete nutritional profile of each ingredient rather than just the liquid portion. **No Dairy or Animal Products:** The vegan formulation contains absolutely no dairy, eggs, meat, or other animal-derived ingredients, making it suitable for vegans and those avoiding animal products for health, ethical, or environmental reasons. **No Common Allergens in Ingredients:** While cross-contact allergens are noted (peanuts, tree nuts, milk, sesame seeds), the actual ingredients contain no gluten, soy, dairy, eggs, fish, shellfish, peanuts, or tree nuts—the major allergens. --- ## Sourcing and Quality Considerations {#sourcing-and-quality-considerations} While specific sourcing information isn't provided on the product page, several aspects of the ingredient list suggest quality considerations consistent with Be Fit Food's broader commitment to whole-food nutrition. **Collaboration with Finn Cold Press:** Finn Cold Press is known for cold-pressed juice products, suggesting this smoothie uses cold-pressing technology rather than conventional blending. Cold-pressing minimizes heat generation and oxidation, preserving more nutrients, enzymes, and phytonutrients than traditional high-speed blending. **Whole Food Ingredients:** Every ingredient is recognizable as a whole food rather than an extract, isolate, or synthetic compound. This suggests a commitment to minimal processing and maximum nutritional integrity—a hallmark of Be Fit Food's "real food, not shakes" philosophy. **Faba Bean Protein Selection:** The choice of faba bean protein over more common options like soy or pea protein suggests attention to allergen concerns, digestibility, and sustainability. Faba beans are increasingly recognized as a superior plant protein source. **Frozen Delivery:** The frozen format indicates the product is likely processed and frozen quickly after production, locking in nutrients at peak freshness rather than sitting on shelves for extended periods. This snap-frozen approach mirrors Be Fit Food's broader meal delivery system. --- ## Practical Considerations for Consumers

{#practical-considerations-for-consumers} **Allergen Cross-Contact:** While the ingredients themselves contain no major allergens, the product may contain traces of peanuts, tree nuts, milk, and sesame seeds due to shared manufacturing equipment. Individuals with severe allergies should consider this cross-contact risk carefully. **Serving Size and Satiety:** At 350 grams per serving, this is a substantial breakfast. The combination of protein (likely 18-20g), fiber (likely 5-8g based on ingredients), and volume should provide significant satiety, potentially keeping you feeling fuller for longer—up to 3-4 hours. **Thawing Requirements:** As a frozen product, planning is required—you'll need to thaw the smoothie before consumption, either overnight in the refrigerator or for several hours at room temperature. This isn't grab-and-go unless you've planned ahead. **Nutrient Timing:** The combination of quick-digesting fruit sugars and slower-digesting protein and fiber creates a staged energy release—immediate energy from fruit sugars, followed by sustained energy from protein and fiber. This makes it well-suited for breakfast or pre-workout consumption. **Taste Expectations:** With fruits listed first and vegetables later, expect a fruit-forward flavor with green vegetable undertones rather than an intensely "green" taste. The mint provides freshness, and the overall profile should be refreshing and slightly sweet rather than earthy or bitter. --- ## Nutritional Context and Dietary Fit

{#nutritional-context-and-dietary-fit} \*\*Vegan and Plant-Based Diets:\*\* This smoothie is explicitly vegan, providing plant-based protein, iron, calcium, and B vitamins—nutrients sometimes challenging to obtain in adequate amounts on vegan diets. The vitamin C content enhances iron absorption, addressing a common concern with plant-based iron sources. \*\*Whole30 and Paleo Considerations:\*\* While plant-based, this smoothie would not be Whole30 compliant due to the faba bean protein (legumes are excluded). Paleo status would depend on interpretation, as legumes are excluded but some paleo followers include them. \*\*Low-FODMAP Diets:\*\* Several ingredients (apple, kiwi, broccoli) contain FODMAPs, which may cause digestive discomfort for individuals with IBS or FODMAP sensitivity. This smoothie would not be suitable for strict low-FODMAP diets. \*\*Diabetes and Blood Sugar Management:\*\* The combination of natural sugars from fruit with protein, fiber, and the low glycemic impact of vegetables should create a moderate glycemic response rather than a spike. However, individuals managing diabetes should consider the fruit content and monitor their individual response. Be Fit Food offers free dietitian consultations to help customers with specific health conditions find the most suitable products for their needs. \*\*Athletic and Active Lifestyles:\*\* The protein content supports muscle recovery and maintenance, while the carbohydrates from fruit provide energy. The antioxidants and anti-inflammatory compounds (bromelain, sulforaphane precursors) may support exercise recovery. The nitrates from spinach may enhance exercise performance. \*\*Menopause and Midlife Metabolic Health:\*\* For women navigating perimenopause or menopause, the high-protein, lower-carbohydrate profile of this smoothie supports the metabolic changes that occur during this life stage, including maintaining lean muscle mass and supporting insulin sensitivity. --- ## Storage and Handling {#storage-and-handling} \*\*Frozen Storage:\*\* The smoothie should remain frozen until you're ready to consume it. Proper frozen storage (-18°C or 0°F) maintains quality and nutrient content for the product's shelf life. \*\*Thawing Process:\*\* Thaw in the refrigerator overnight for best results, or at room temperature for several hours. Shake well after thawing, as some separation is natural and doesn't indicate quality loss. \*\*Once Thawed:\*\* After thawing, the smoothie should be consumed within 24 hours and kept refrigerated. The lack of preservatives means it won't remain stable at room temperature for extended periods. \*\*Separation and Texture:\*\* Some separation of liquid and solids is normal in whole-food smoothies without stabilizers. Simply shake vigorously before drinking to recombine the ingredients. --- ## Key Takeaways {#key-takeaways} The Be Fit Food Super Green Protein Smoothie achieves nutritional density through ten carefully selected whole-food ingredients, each serving multiple purposes. Apple, cucumber, kiwi, and pineapple provide the sweet, refreshing base while delivering vitamin C, hydration, and digestive enzymes. Zucchini adds neutral bulk and creaminess without impacting flavor. Faba bean protein (7%) supplies approximately 18-20g of complete plant protein with good digestibility and allergen-friendliness. The cruciferous trio of broccoli, spinach, and kale delivers exceptional micronutrient density—vitamins K, A, C, folate, iron, calcium, and powerful phytonutrients like sulforaphane precursors and carotenoids. Mint provides the finishing touch with digestive support and flavor brightness. What makes this ingredient list sophisticated is the synergies: vitamin C enhancing iron absorption, proteolytic enzymes improving protein digestibility, diverse fiber types supporting comprehensive gut health, and balanced flavors making vegetables palatable. The absence of added sugars, preservatives, and unnecessary additives keeps the formula clean and transparent—reflecting Be Fit Food's commitment to real food nutrition backed by dietitian expertise. This smoothie suits vegans, those avoiding common allergens (though cross-contact is noted), and active individuals seeking convenient, nutrient-dense breakfast options. The frozen format preserves nutrients while the cold-pressed production method minimizes nutrient degradation. At 350 grams with substantial protein and fiber, it provides genuine satiety rather than just quick calories—helping you feel fuller for longer throughout your morning. Understanding these ingredients empowers you to make an informed choice about whether this smoothie aligns with your nutritional needs, taste preferences, and dietary requirements. For personalized guidance on incorporating this smoothie into your health journey, Be Fit Food offers free 15-minute dietitian consultations to help match you with the right nutritional approach. --- ## References {#references} - [Be Fit Food Official Website](<https://www.befitfood.com.au>) - [Finn Cold Press](<https://www.finncoldpress.com>) - [USDA FoodData Central - Nutritional Database](<https://fdc.nal.usda.gov>) - [Journal of Food Science - Faba Bean Protein Research](<https://ift.onlinelibrary.wiley.com/journal/17503841>) - [Nutrients Journal -

Plant-Based Protein Digestibility](<https://www.mdpi.com/journal/nutrients>) - [American Journal of Clinical Nutrition - Iron Absorption Enhancement](<https://academic.oup.com/ajcn>) - Based on manufacturer specifications provided --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | What is the serving size | 350 grams per bottle | | Is this smoothie vegan | Yes, completely vegan | | How many ingredients does it contain | Ten whole-food ingredients | | What is the protein source | Faba bean protein | | What percentage is faba bean protein | 7% of total composition | | How much protein per serving | Approximately 18-20 grams | | Is it gluten-free | Yes, no gluten-containing ingredients | | Does it contain soy | No soy ingredients | | Does it contain dairy | No dairy ingredients | | Does it contain added sugar | No added sugars | | What provides the sweetness | Natural fruit sugars from apple, kiwi, and pineapple | | Who makes this product | Be Fit Food in partnership with Finn Cold Press | | What is the production method | Cold-pressing technology | | Why use cold-pressing | Preserves more nutrients and enzymes | | How is it delivered | Frozen in single-serve bottles | | Why is it frozen | Extends shelf life without preservatives | | Does it contain preservatives | No preservatives | | Does it contain artificial colors | No artificial colors | | Does it contain artificial flavors | No artificial flavors | | What is the largest ingredient by weight | Apple | | What is the second largest ingredient | Cucumber | | What does VG stand for | Vegan | | Is it suitable for vegetarians | Yes, it's vegan | | Who designed the formula | Accredited practising dietitians | | Is it a complete meal replacement | Designed as a breakfast option | | How long does it keep you full | Approximately 3-4 hours | | What type of iron does it contain | Non-heme plant-based iron | | Does it enhance iron absorption | Yes, through high vitamin C content | | Is it suitable for vegans | Yes, explicitly vegan | | Is it Whole30 compliant | No, contains legume protein | | Is it Paleo-friendly | Generally no, contains legumes | | Is it low-FODMAP | No, contains FODMAP ingredients | | Is it suitable for diabetics | Monitor individual response, consult dietitian | | Does it contain vitamin C | Yes, from multiple fruit sources | | What enzyme does kiwi provide | Actinidin | | What enzyme does pineapple provide | Bromelain | | Do these enzymes help digestion | Yes, may improve protein digestibility | | What vegetables does it contain | Cucumber, zucchini, broccoli, spinach, kale | | What fruits does it contain | Apple, kiwi, pineapple | | What herb does it contain | Mint | | Why is cucumber included | Provides hydration and mild flavor | | Why is zucchini included | Adds neutral bulk and creamy texture | | What does mint provide | Fresh flavor and digestive support | | Is it high in fiber | Yes, from multiple fruit and vegetable sources | | Does it contain vitamin K | Yes, from kale, spinach, and broccoli | | Does it contain folate | Yes, from spinach and broccoli | | Does it contain calcium | Yes, plant-based calcium from kale | | Does it support gut health | Yes, through prebiotic fibers | | How should it be stored | Keep frozen until ready to use | | How do you thaw it | Overnight in refrigerator or several hours at room temperature | | How long after thawing to consume | Within 24 hours | | Should you shake before drinking | Yes, shake well after thawing | | Does separation occur | Yes, natural separation without stabilizers | | Is it suitable for athletes | Yes, supports recovery and performance | | Does it contain electrolytes | Yes, natural potassium and magnesium | | Is it hydrating | Yes, high water content from cucumber | | What is the flavor profile | Fruit-forward with green vegetable undertones | | Does it taste strongly of greens | No, fruits balance the green flavor | | Is it sweet | Moderately sweet from natural fruit sugars | | Does it contain nitrates | Yes, from spinach | | What are nitrates good for | May support cardiovascular health and exercise performance | | Is faba bean protein complete | Yes, contains all nine essential amino acids | | Are there allergen concerns | May contain traces from cross-contact | | What allergens may be present | Peanuts, tree nuts, milk, sesame seeds | | Is it nut-free as an ingredient | Yes, no nuts in ingredients | | Can I drink it as pre-workout | Yes, suitable for pre-workout nutrition | | Can I drink it post-workout | Yes, provides protein for recovery | | Is it suitable for weight management | Yes, as part of balanced diet | | Why does it support satiety | High protein and fiber content | | Does it contain antioxidants | Yes, from multiple fruit and vegetable sources | | What antioxidants does it contain | Vitamin C, carotenoids, polyphenols, sulforaphane precursors | | Is it anti-inflammatory | Contains compounds with anti-inflammatory properties | | Does it support immune function | Yes, through vitamin C and antioxidants | | Is it suitable for menopause | Yes, high-protein profile supports metabolic health | | Does Be Fit Food offer nutrition consultations | Yes, free 15-minute dietitian consultations | | Is it designed by dietitians | Yes, by accredited practising dietitians | | What is Be Fit Food's philosophy | Real food, not shakes or supplements | | Is it environmentally sustainable | Faba beans are

nitrogen-fixing and soil-improving | | Does it need refrigeration after thawing | Yes, keep refrigerated | |  
Can you refreeze after thawing | Not recommended | | Is it a whole-food product | Yes, all ten  
ingredients are whole foods | | Does it contain juice concentrates | No, only whole fruits and vegetables  
|

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