

# Inspired Nutra Greens: Built for Great Feels, Focus, and FLAVOR

written by Mike Roberto | August 12, 2021

When looking at hot trends, it's always interesting to go back in time to when that trend *began* to see who was behind it all. When you do that in the sports supplement industry, you'll often see some familiar faces time and time again.



One *massive* trend seen in the supplement industry since 2020 is the surge of **greens powders** launched into the market. When dialing the clock backwards to take a look at where this began, there's one man and one brand who seems to have single-handedly started that avalanche:

*Chris Waldrum* of **Inspired Nutraceuticals**.

## Inspired Nutra's Greens: The Greens that Started it All

In July of 2019, Waldrum and his team launched **Inspired Nutraceuticals Greens**, often dubbed as *Inspired Greens*. They asked a simple question: "*What do consumers want or expect when they take a greens powder?*"

The answer is quite simple: **greens consumers want to feel good**. And in this competitive era, they need to taste *great*. Sure, it's smart to get some phytonutrients in, but if they're not palatable or don't have any experiential effects, customers won't come back.

**Greens, Adaptogens, and Unique Nootropics for a Feel-Good, Focused**

## Experience



Since 2014, Inspired has been coming out with some of the most innovative products on the market to 'fuel what inspires you'.

With that in mind, Waldrum formulated it with not only healthy greens and superfoods, but **adaptogens** and **nootropics** – many of them that *aren't* in your workout supplements or multivitamins. This formula accomplishes its mission: consumers who take this are going to feel better... and the taste is phenomenal too.

Since Inspired Greens' launch, we've seen so many other greens come around with varying goals. But when it's *feels and focus* you seek – Inspired has the market on lock.

Below, we get into the formula, with 100 citations in total. It's *back* in stock after constant sell-outs, as this formula really gets the job done. Before we get into that, sign up for our Inspired Nutraceuticals news alerts, as this is a team you *always* want to follow:

## Inspired Nutraceuticals Greens – Deals and Price Drop Alerts

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## Inspired Nutraceuticals Greens Ingredients

Broken into four blends (and augmented by both probiotics *and* inulin prebiotic

powder), below is what you get in every ~12 gram scoop of Inspired Greens.

- **Greens + Super Foods**

	Amount Per 1 Scoop	% Daily Value*
Calories	15	
Total Carbohydrates	3g	1%
Dietary Fiber	2g	8%
Calcium (from aquamin soluble)	60mg	6%
Probiotic Blend: Lactobacillus Acidophilus, Streptococcus Thermophilus, Bifidobacterium Longum, Bifidobacterium Bifidum	5 Billion CFU	**
<b>TruServ® Organic Greens Blend:</b> Organic Kale, Organic Broccoli, Organic Spinach	2,000mg	**
Chlorella Powder (Chlorella Pyrenoidosa)	1,000mg	**
Spirulina Powder (Spirulina Plantensis)	1,000mg	**
Aquamin® Soluble (Seaweed derived calcium and magnesium, citric acid, malic acid)	500mg	**
<b>Adaptogens:</b> Ashwagandha Extract (Withania Somnifera)(Root)	1,000mg	**
Placa Powder (Lepidium Meyenii)(Root)	1,000mg	**
<b>Nootropics:</b> Sunflower Lecithin	1,000mg	**
Lion's Mane Mushroom Powder (Hericium erinaceus)	500mg	**
Ginkgo Biloba Extract (Leaves)	100mg	**
<b>Other Ingredients:</b> Stinging Nettles (Urtica Dioica)(Leaf)	300mg	**
Dandelion Extract (Taraxacum Officinale Wigg.(Whole Plant))	100mg	**
Milk Thistle Powder (Silybum Marianum)(Seeds)	100mg	**
Inulin (Fructooligosaccharides Probiotic)	2,500mg	**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*\* Daily Value not established

Other Ingredients: Monk Fruit Extract, Natural Masking Flavor

Broken into several sections, including the neuro / nootropic and adaptogens, this is a seriously well-built greens powder that gives what users want

The *Greens + Super Foods* blend is the part of a greens powder that we generally come to *expect*, but in Inspired's case, it's ironically the least interesting part of this formula! However, it's a very necessary start, so here we go:

- **TruServ Organic Greens Blend (Organic Kale, Organic Broccoli, Organic Spinach) – 2,000mg**

**TruServ** is a vegetable blend meant to provide an *actual* serving of veggies. It includes **Organic Kale**, **Organic Broccoli**, and **Organic Spinach**, providing some key free-radical-fighting antioxidants on top of several other benefits:

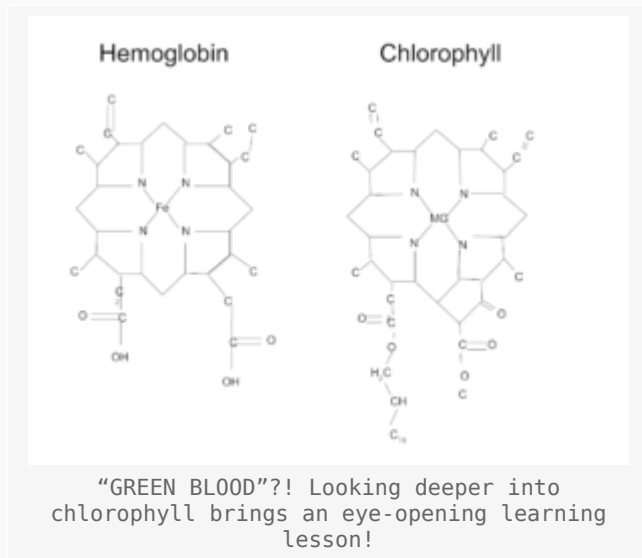
For instance, we always hear about how healthy **kale** is, but there are some relatively unknown benefits in terms of gut health.[1] Athletes know **broccoli** inside and out, it's the cruciferous vegetable with powerful vitamins, minerals, and phytochemicals that can support the immune system.[2] Spinach is similar, but also has solid nitrate content,[3] great for the cardiovascular system.

We don't know exactly *what* TruServ standardizes for, or if it's simply freeze-dried dehydrated vegetable matter, but the ingredient is marketed as true servings, and many trustworthy brands have incorporated it lately

(note that Inspired, of course, was one of the first).

- **Chlorella Powder (Chlorella Pyrenoidosa) – 1,000mg**

**Chlorella** (and Spirulina discussed next) are incredible sources of *chlorophyll*,[4] which is known as “*living food*” or even “*green blood*” because it’s structurally similar to hemoglobin in our bloodstream – whereas our hemoglobin has magnesium, chlorophyll has *iron!*[5] Researchers believe that this is why there are so many protective blood-based benefits from it, even if the mechanisms aren’t fully understood.[5]



Chlorophyll and its derivative, *chlorophyllin*, can help protect the mitochondria from oxidative damage and other forms of attacks on our cellular health.[6-8]

Back to *chlorella* itself, it’s actually a freshwater algae rich in essential minerals and vitamins, and is often used as a quality vitamin B12 source[9] on top of being a source of chlorophyll.[10]

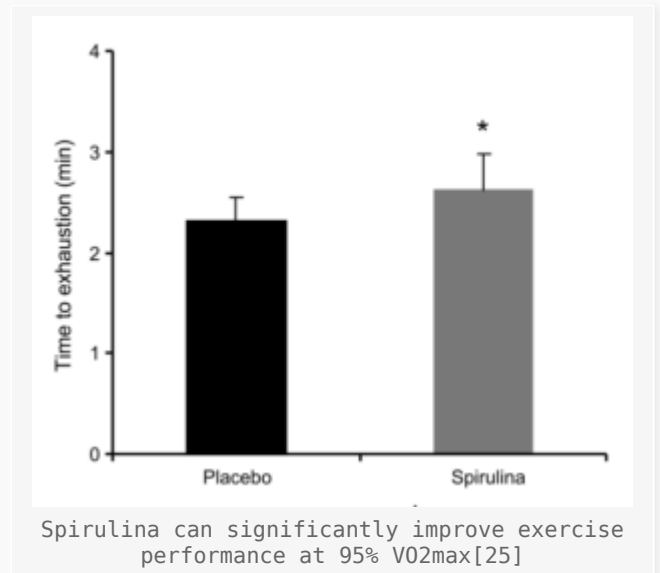
Some studies chlorella include one on weight loss and fat loss (not placebo-controlled though),[11] improvements to immunity biomarkers like *Immunoglobulin A* (at large doses though),[12] and decreased blood pressure (although it’s confounded with GABA).[13]

More interesting is how we’ve seen chlorella absorb environmental *metals*,[14-17] and we’ve seen this effect demonstrated in animals with respect to *mercury accumulation reduction* in mothers and their children![18-20]

Overall, the “green blood” and potential detox angles are a great way to start these feel-good greens.

- **Spirulina Powder (Spirulina Platensis) – 1,000mg**

**Spirulina** is no stranger to greens powders – this blue-green microalgae has tons of antioxidants inside, [21,22] surviving where other, weaker plants go to die. [23,24]



It's another great source of chlorophyll, as explained above, but is actually mostly made of *proteins*. [26] It's not just any ordinary protein, however – it has the potent anti-inflammatory protein pigment called *C-Phycocyanin*. [27] Its carbs are no ordinary carbs either, as one of them are the immunity booster named *immulina*! [28]

Vitamin B12 comes in force, [29] but we also see plenty of other healthy constituents like beta-carotene and zeaxanthin inside. [30] We'll also see improved vitamin A levels [31,32] and *tons* of other minerals inside. [33]

This leads to general human benefits such as:

- Better lipid profiles, including higher HDL cholesterol levels. [34-39]
- Increased athletic endurance. [25,40]
- Increased power. [41]

We haven't seen that last study replicated, but it's promising. Also note spirulina can prevent lipid peroxidation, [25,38,40] critically important given the rancid oils that have infected our food supply.

That's a lot of research, and much of it was done at higher doses, but needless to say, spirulina is fascinating and easily worth supplementing.

- **Aquamin Soluble (Seaweed derived calcium and magnesium, citric acid,**

malic acid) – 500mg



More seaweed, but this time hitting another angle – *minerals!* **Aquamin** is a marine-sourced mineral complex that's a fantastic source of calcium first and foremost.[42] Research has shown that it can help with bone and joint issues,[42,43] The rest of it contains trace minerals, which are great in order to help avoid any deficiencies that you're unaware of, but are dragging you down.

## • Adaptogenic Support

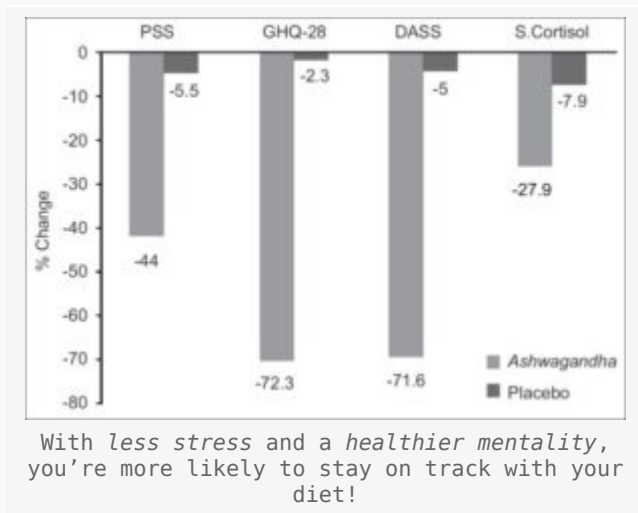
This is where Inspired Nutra's Greens *really* struck the market – with feel-good adaptogenic support, further followed by feel-good *nootropic* support.

### • Ashwagandha Extract (*Withania Somnifera*) (Root) – 1,000mg

We've covered **ashwagandha** countless times on this site, because it's such an incredible supplemental *catch-all* for so many situations. This powerful adaptogen works mainly by *reducing chronically-elevated cortisol levels*, [44,45] leaving us with so many great benefits once that process begins.

With Inspired Greens, we have a high dose of it – above several clinically-successful studies – but we aren't sure of the standardization. In general, withanolides are the primary constituent sought for effects, but we're not sure how strong this is. At a dose of full spectrum

ashwagandha, we're confident that there will be enough to provide the feel-good effects we seek.



Amongst many of those effects are *increased testosterone levels*,<sup>[46]</sup> *improved fertility*,<sup>[47]</sup> *better athletic performance*,<sup>[46]</sup> *improved body composition*,<sup>[48]</sup> and a reduction in fatigue.<sup>[49]</sup>

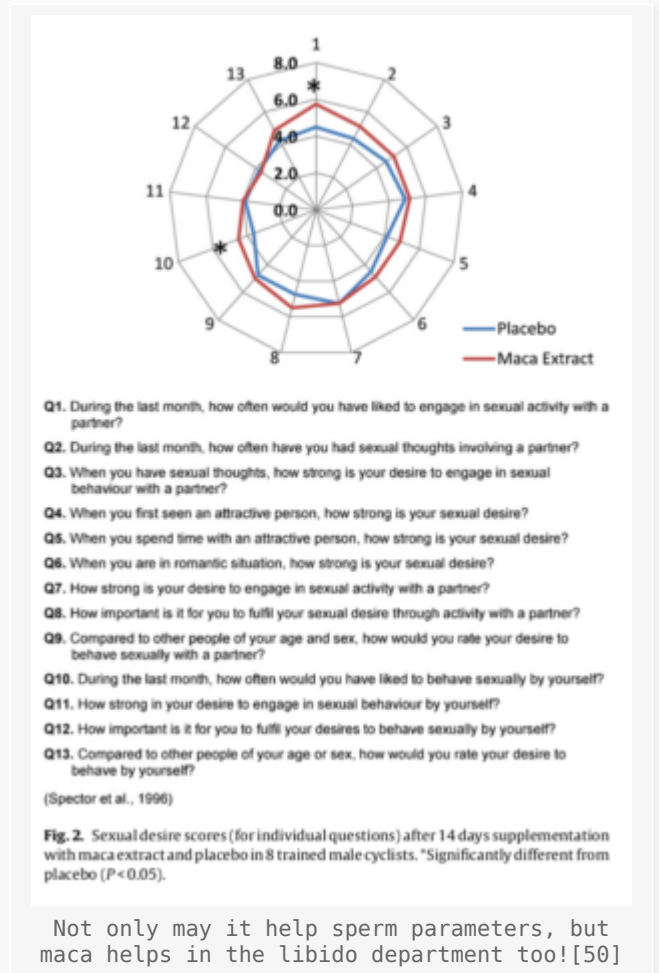
Remember, cortisol's not a *bad* thing – it's very necessary. But when it's *chronically* elevated, the body gets tied into proverbial knots, and ashwagandha is a powerful tool to *untie* us and help us relax and get things done again.

When users take *greens* powders, they generally want to *feel better* – however that may be achieved. Including ashwagandha at such a high dose is, in our opinions, the most common sense move that Inspired made here, and it's one that most other brands haven't thought of!

- **Maca Powder (*Lepidium Meyenii*)(Root) – 1,000mg**

**Maca** is an incredibly underrated libido, fertility, mood, and cognitive enhancer that's bogged down by the large doses needed to establish effects. That problem is partially solved in a *powdered* based formula, where Inspired is able to fit more inside.

While some studies go far higher, a gram is a great place to start in terms of boosting your *vitality potential*. Briefly looking at the range of studies, here are some effects that have been found with maca supplementation:



- **Improved libido** in men[50,51] and women.[52] It can even help relieve menopausal symptoms in women[53] – another *feel-good* part of Inspired Greens.
- **Improved male fertility**[53,54]
- **Better mood and reduced anxiety** in women *without* hormone changes[55]
- **Potential cognitive benefits** (traditional use in schoolchildren)[56] and animals[57]

Whereas ashwagandha feels good in terms of cortisol reduction and lower perception of stress, maca feels great in terms of *vitality*. This one-two combination is likely the reason why Inspired Greens sells out so consistently, and it's amplified by everything above and below it.

## • Neuro Support

Picking up where the adaptogens left off, we have added nootropic support from a few more ingredients:

### • Sunflower Lecithin – 1,000mg

**Sunflower lecithin** serves two purposes here. First, it allows for improved dispersion in fluids, which includes *intestinal* fluids,[58] and this may



increase actual bioavailability.[59] For instance, this can help the body absorb more of the ashwagandha above, which is important for *hydrophobic* ingredients (“water fearing”) and fat soluble instead.

But next, the lecithin is likely a large provider of **phosphatidylcholine**, which is the most abundant phospholipid in cell membranes. It plays a major role in cell signaling and synaptic function, and brings with it some of the cognitive benefits of choline that we frequently discuss on this blog.

One such benefit is improved memory and focus from improved acetylcholine levels – phosphatidylcholine is a precursor to choline,[60] which is used to generate more of the acetylcholine “learning neurotransmitter”.

This makes the ingredient useful on two fronts, both in terms of palatability and in terms of mind-matter connection.

- **Lion’s Mane Mushroom Powder (Hericium erinaceus) – 500mg**



Lion’s Mane is an incredible mushroom that touts some extremely unique nootropic benefits including increasing Nerve Growth Factor.

**Lion’s mane** is one of the most popular mushroom species in the supplement world, *especially* when it comes to nootropic supplements. Reason being, it can boost *nerve growth factor (NGF)*, helping the survival of nerve cells.[61,62] This can then boost cognition by promoting neuron growth while reducing inflammation, thus improving overall brain function and health.

Studies have shown that Lion’s Mane can prevent memory loss in animals,[63] can increase performance by reducing fatigue,[64] and may improve sleep based upon further animal research.[65]

Pairing well with maca, a study in menopausal women showed that it improved their symptoms and further improved sleep quality![66]

Ultimately, a well-rounded health formula has to focus on *nerve* health, and lion's mane is just the ingredient to do that.

- **Ginkgo Biloba Extract (Leaves) – 100mg**



The final nootropic ingredient in Inspired Greens, **ginkgo biloba** is generally used for *memory* enhancement by improving *long-term potentiation*.<sup>[67]</sup> Another feel-good ingredient, this one works on a lower time preference – increases in *dopamine* and *noradrenaline* levels can be spotted in the prefrontal cortex after two weeks, but were *not* spotted after the first dose<sup>[68]</sup> – so it may take some time.

A meta-analysis published in 2018 showed that ginkgo is useful in preventing cognitive decline,<sup>[69]</sup> citing improved blood flow and neurotransmission as potential mechanisms of action.

Going with the theme of *feel good ingredients* in Inspired Greens, ginkgo has been shown to reduce anxiety as well.<sup>[70]</sup> However, it's worth noting that the dose here is a bit less than what most studies use, so we're not wholly relying on this ingredient to carry the formula.

- **Liver Support**

You can't function well if your *liver* isn't functioning well, so Inspired goes *well* above and beyond in providing some additional liver support:

## Stinging Nettles (*Urtica Dioica*)(Leaf) – 300mg



Enjoy a delicious candy mango / “mangorita” flavor in Sonoran Sunset!

**Stinging Nettle** is used in various formulas due to its many beneficial properties, long used in traditional medicine.[71] We’ve seen it used for serious anti-inflammatory conditions[71] as well as prostate support and hair support thanks to its ability to block DHT production.[72]

Atop its several beneficial vitamins, minerals, fatty acids, and polyphenols,[71-73] the main constituent is *beta-sitosterol*, which can help with endothelial function and even support hair growth.[73]

- **Dandelion Extract (*Taraxacum Officinale* Wigg.) (Whole Plant) – 100mg**

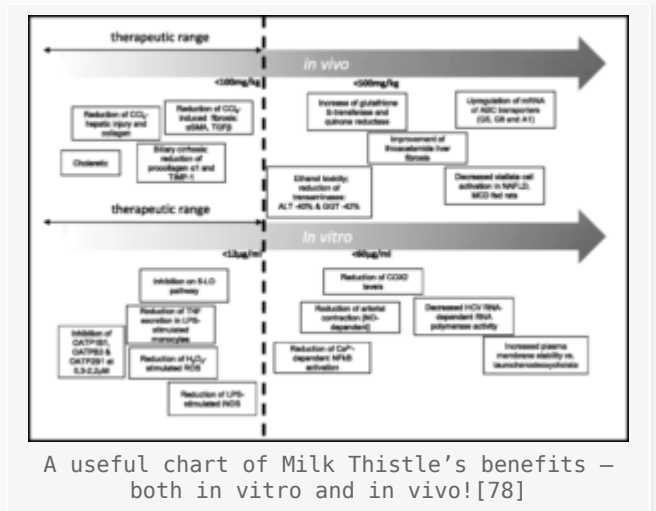
**Dandelion extract** is often used in weight loss formulas as a mild *diuretic* that also helps to maintain electrolyte balance,[74] but it’s also protective for the kidneys[75] *and* brings protective benefits to the liver, such as its ability to guard against acetaminophen-driven injuries![76]

This is a unique inclusion because it’s nearly *only* found in weight loss formulas, but a small dose of it seems quite beneficial for most everyone, making it a wise inclusion for a greens powder.

- **Milk Thistle Powder (*Silybum Marianum*)(Seeds) – 100mg**

When it comes to *liver support*, however, no dietary supplement ingredient is better researched than **milk thistle**. Its powerhouse components come from *silymarin*, which is actually a group of *three* chemicals in *silibinin*, *silydianin*, and *silychristin*.[77]

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This “*liver tonic*” has an incredible amount of research cited below, although much of it hasn’t been translated from original 1970s German texts:

1. Protecting and normalizing the liver from drug-induced disease[79-81]
2. Rescue of liver function from alcohol abuse[78,82-86]
3. General liver toxicity cohort studies[87-89]
4. Protection from environmental toxins[90]
5. Meta analyses on disease support[91,92]

This is another great ingredient to have for everyday life, even if you don’t *think* you’re decimating your liver. A small dose of general extract is a small bit of insurance that is something we love seeing in a healthy, everyday greens formula. Otherwise, most of us wouldn’t be getting *any* in.

- **Inulin (Fructooligosaccharides Prebiotic) – 2,500mg**

Like sunflower lecithin, **inulin** serves two functions: it’s a soluble fiber that is *not* digested in the small intestine, instead serving as a **prebiotic**. [93] This provides a bit of flavor support alongside its *gut health* benefits. [94]

This also adds some *bulk* to the formula, and dampens the flavor of the greens.

- **Probiotic Blend (Lactobacillus Acidophilus, Streptococcus Thermophilus, Bifidobacterium Longum, Bifidobacterium Bifidum) – 5 Billion CFU**



Working alongside the *prebiotic* fiber, we have a solid **probiotic blend** that a few other companies have copied recently.

Probiotics are a “*live microbial feed supplement which beneficially affects the host animal by improving its intestinal microbial balance.*”[95] We often see them used to help with issues such as allergies, gastroenteritis, IBS, diarrhea, and more.[96]

A lot of probiotic research has gone into not just gut health, but *immunity* as well.[97-99] And to go with the feel good effects of Inspired Greens, another study has recently shown that probiotics can have *anti-anxiety* and *mental health stabilizing effects!*[100]

## Flavors available

## Inspired Greens: Often Imitated, Never Duplicated



Chris Waldrum, founder and CEO of Inspired Nutra, is a real-deal trendsetter in the sports nutrition industry. The original launch of Inspired’s Greens in summer of 2019 caused a serious frenzy, and was followed by *countless* other brands trying to achieve similar results.

With the path paved by Inspired, those other brands were forced into a different direction, as Waldrum and Co. basically locked the market up when it came to greens that make you feel good and feel focused.

Ultimately, however, *this* is what people want when they take a greens powder: to simply feel good. And the combination of adaptogens and unique nootropics does exactly that – all the better that several of the ingredients are ones we won’t see in traditional workout supplements, nootropics, or multivitamins.

Inspired Greens does far more than add some veggies to your diet. It adds an experience that will leave you wondering how you were dealing with life before you had them.

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