

Revive MD Daily Greens Espresso Flavor For Your Morning Greens

written by Mike Roberto | July 5, 2022

Over the past few years, the supplement gurus at **Revive MD** have proven themselves to be as versatile as they are innovative. Despite their success in recruiting elite athletes to the company's sponsor team, like professional strongman Hafþór Jułiús Bjoörnsson and UFC heavyweight champion Stipe Miocic, Revive MD has avoided being pigeonholed as solely a sports-performance nutrition company.

With offerings like Revive MD Lipid, Revive MD Prostate, and Revive MD Women's Health, the company is leading the supplement industry's charge for a *holistic approach to supplementation*, one that emphasizes health and wellness at least as much as it does sports nutrition.



One thing we love about Revive MD is that it's one of a handful of supplement companies that's *constantly tweaking its existing products*, doing frequent reformulations based on new research and consumer feedback.

Revive MD Daily Greens: Constantly Evolving

Back in 2020 we covered how Revive MD tweaked their *Daily Greens* formula – besides changes to the ingredients, we also saw the company move away from *capsules* and use *powder* servings instead.

If you want to read the product review we published back then, check out our blog post *Revive MD Daily Greens: A Nutrient Powerhouse*.

This reflects an industry-wide change driven by *flavor innovation*: as flavors get better and better, manufacturers are realizing it's more efficient for consumers to forego capsules altogether. The main benefit of capsules, after all, is that you can painlessly supplement with healthy stuff that might not taste so great (*liver capsules anyone*)?

Flavors Are Getting Even Better: Daily Greens Espresso

Typically when *greens* powders are flavored, we see something like *berry blast* or *ice lemon*, along the lines of fruits and vegetables, but with an emphasis on fruit.

So imagine our surprise when Revive MD announced an **espresso flavor for their Daily Greens!**

It's all covered below, after we check on availability and sign-ups for Revive MD news alerts:

Revive MD Daily Greens – Deals and Price Drop Alerts

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We think this might actually be a minor revolution in greens supplementation. Nutritionally speaking, there's almost no better way to start your day than loading up on an *antioxidant*, *anti-inflammatory*, *probiotic* micronutrient powerhouse like Revive MD Daily Greens. If the flavors typically used might not be what you want to taste first thing in the morning, this new flavor may be a game changer.

What better solution for this than a greens supplement that tastes like your morning cup of Joe?

We haven't tried it *heated-up* yet – but maybe that should be the subject of a future PricePlow blog or video...

Revive MD Daily Greens Ingredients

If you didn't catch our comprehensive product review of the new-and-improved Revive MD Daily Greens formula (hyperlinked above), here's a brief recap with a focus on how the ingredients in a *single 1-scoop serving* actually work:

- **Digestion and Fiber**

SUPPLEMENT FACTS

Serving size: 1 Scoop (17 grams)

Servings per container: 30

1 Scoop Contains	Amount Per Serving	% DV*
Inulin(FOS)(FructoOligoSaccharides)	3g	**
Ground Flaxseed Powder	1g	**
Chia Seed	1g	**
Organic Wheat Grass Powder	800mg	**
Organic Spirulina	800mg	**
Organic Alfalfa Grass	400mg	**
Organic Barley Grass	400mg	**
Fermented Turmeric Powder	200mg	**
Organic Astragalus	200mg	**
Tomato Powder	150mg	**
Organic Broccoli Powder	100mg	**
Organic Broccoli Sprout	100mg	**
Spinach Powder	100mg	**
Carrot Powder	100mg	**
Fermented Kale Powder	50mg	**
Organic Chlorella	50mg	**
Kelp Powder	50mg	**
Organic Apple Powder	50mg	**
Organic Strawberry Powder	50mg	**
Kiwi Powder	50mg	**
Raspberry Fruit Powder	50mg	**
Cherry Powder	50mg	**
Blackberry Powder	50mg	**
Pineapple Powder	50mg	**

Revive Probiotic Blend 62.5mg(25 billion CFU) **

(from non-dairy mediums)(Vegan)

Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus gasseri, Lactobacillus paracasei, Lactobacillus fermentum, Lactobacillus casei, Lactobacillus rhamnosus, Lactobacillus salivarius, Streptococcus thermophilus, Bifidobacterium breve, Bifidobacterium infatis, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium bifidum.

*DV Daily Value Based on a 2000 calorie diet.

**Daily Value (DV) not established

Fully transparent labels are hard to come-by for greens powders!

- **Inulin (FOS) (Fructooligosaccharides)** – 3g: Positively modulates *gut flora* by promoting symbiotic bacteria growth in your stomach.[1,2]
- **Ground Flaxseed Powder** – 1g: Anti-inflammatory, antioxidant, improves lipid profile, lowers blood pressure and protects the cardiovascular system and the brain. Anti-diabetic, neuroprotective and anti-carcinogenic effects. Encourages growth of good bacteria in the digestive tract.[3]
- **Chia Seed** – 1g: Anti-aging, anti-carcinogenic, protects the liver and the heart. Chia seed consumption can have positive effects on hypertension, diabetes, and dyslipidemia.[4]

• Greens Blend

All of these ingredients are extremely high in *chlorophyll*, which can significantly upregulate *catalase*, *superoxide dismutase*, and *glutathione*, the body's endogenous antioxidant defenses. Can also buffer lactic acid by *alkalizing* and improve athletic performance.[5] May improve immune function and increase energy levels.[6]

- **Organic Wheat Grass** – 800mg
- **Organic Spirulina Grass** – 800mg

- **Organic Alfalfa** – 400mg
- **Organic Barley Grass** – 400mg
- **Spinach Powder** – 100mg
- **Organic Broccoli Powder** – 100mg
- **Organic Broccoli Sprout** – 100mg
- **Fermented Kale Powder** – 50mg
- **Organic Chlorella** – 50mg
- **Kelp Powder** – 50mg

- **Anti-inflammatory & Longevity**



Fermented Turmeric Powder – 200mg: Anti-carcinogenic, anti-microbial, antioxidant, anti-mutagenic, and anti-inflammatory. Often used to help manage conditions associated with chronic inflammation and oxidative stress, like anxiety, hyperlipidemia, prediabetes, and arthritis.[7] May also protect the liver.[8]

- **Organic Astragalus** – 200mg: Renowned in traditional Chinese medicine for its *immune-boosting properties*. Also a powerful antioxidant and anti-diabetic substance.[9] May help prevent gastrointestinal inflammation.[10]

• Other Vegetables

- **Tomato Powder** – 150mg: Rich in *lycopene*, a potent antioxidant *carotenoid* that gives tomatoes their red coloring and is of particular importance for male sexual health.[11,12]
- **Carrot Powder** – 100 mg: Rich in the antioxidants quercetin, luteolin, and kaempferol.[13] Rich source of *provitamin A*.[13]

• Reds

These ingredients are rich in *anthocyanins*, a class of plant pigments on the *red, blue, and purple* color spectrum that have anti-inflammatory, anti-carcinogenic, anti-microbial, cardioprotective, and anti-diabetic properties.[14-17] Anthocyanins are also capable of increasing *nitric oxide* (NO) production, a gaseous molecule with enormous benefits for the cardiovascular system because of its ability to induce *vasodilation*. [14-17] Anthocyanin-rich foods like *berries* may aid recovery following exercise.[18,19] Anthocyanins also seem to be of particular benefit for *brain health*. [18,19]

- **Organic Strawberry Powder** – 50mg
- **Raspberry Fruit Powder** – 50mg
- **Cherry Powder** – 50mg
- **Blackberry Powder** – 50mg

• Other Fruits



Boost your gut flora with **Revive MD Probiotic**,
an expert-crafted probiotic supplement

- **Organic Apple Powder** – 50mg: Rich in flavonoids and phenols like catechin, chlorogenic acid, quercetin, and phloridzin. Apple consumption is associated with a lower risk of cancer, asthma, diabetes, and cardiovascular disease.[20]
- **Kiwi Powder** – 50mg: Kiwi consumption has been shown to enhance immune function and reduce asthma symptoms.[21,22] Kiwis are also high in *actinidin*, a digestive enzyme that can improve gastrointestinal function,[23] and *fiber* and *pectin*, which are great *prebiotics*.[24]
- **Pineapple Powder** – 50mg: High in *bromelain*, a protease enzyme with anti-inflammatory, anti-thrombotic, antiedematous, anti-carcinogenic, and fibrinolytic properties.[25] A 2012 research review found that bromelain may be effective in the treatment of bronchitis, sinusitis, cardiovascular disease, diarrhea, and angina.[25]

• **Revive Probiotic Blend**

Revive MD Daily Greens also contains over *25 billion colony-forming units* (CFUs) of probiotic bacteria, defined as symbiotic bacteria that improve the balance of microbes in the digestive tract.[26] Probiotics have indirect effects on several bodily systems and diseases, like gastroenteritis, inflammatory bowel disease (IBS), and cavities.[27]

You may wish to learn more in our huge *Revive MD Gut Health Stack* article, specifically the part about *Revive MD Probiotic*.

Daily Greens Available Flavors

If you're stoked about the new espresso flavor but would still like to sample some of the other flavors, check out our list of Revive MD Daily Greens flavors. And be sure to check back because this list is updated whenever a new flavor is released:



A smart flavor for a smart product

Espresso Daily Greens just makes sense – many greens consumers drink them in the morning, right there alongside their morning coffee. This allows for incredible smoothie mixes and a familiar taste for the palate.

We've long been a big fan of this formula, especially with the diverse blend inside. The probiotic addition is a smart addition, and as we know, Revive MD leans heavily on gut health (see our Revive MD Gut Health Stack).

Stay tuned to more from Revive, there's a few cool additions coming!

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