



ARABLE
The farm next door

LOCAL · HEALTH · VERTICALLY FARMED · ENERGY



SUPERSONIC GREENS

Arable Supersonic Greens
EXCLUSIVE FOR YOU!
A locally grown superfood
mix for steady energy, gut
health, and a clear mind.



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A close-up photograph of a glass filled with a vibrant green smoothie. The smoothie has a thick, golden-brown foam on top. In the background, a white bowl filled with granola is visible. The entire scene is set against a dark green background.

ARABLE SUPERSONIC GREENS

Supersonic Greens is a premium superfood blend crafted from nutrient-dense microgreens and natural plant-based powerhouses, designed to fuel your body with clean, sustainable energy. Grown locally in our vertical farms, every scoop delivers a concentrated boost of vitamins, minerals, and antioxidants to support focus, immunity, and everyday vitality. With its smooth taste and natural goodness, Supersonic Greens is more than just a supplement—it's a daily ritual to elevate your health and nourish your lifestyle.

Product Benefits

Each component is carefully curated for its benefits as researched from cited studies

Microgreen

Red Veined Sorrel

- Antioxidant-rich (vitamin C, anthocyanins)
- Supports digestion & detoxification
- High fiber for gut health

Super

Wheatgrass

- Alkalizes & detoxifies
- Chlorophyll + vitamins A, C, E
- Enhances energy & metabolism

Microgreen

Coriander

- Digestive & liver support
- Antibacterial & antifungal
- Vitamin K for bone strength

Super

Mint

- Soothes digestion & bloating
- Calming & stress-relieving
- Natural antibacterial

Microgreen

Broccoli

- Sulforaphane for detox & anti-cancer support
- Vitamins A, C & K boost immunity
- Protects heart & liver health

Microgreen

Pea Shoots

- Rich in phytonutrients
- Source of plant protein & folate
- Supports blood sugar control

Microgreen

Basil

- Natural immune support
- Antioxidant & anti-inflammatory
- Promotes mental clarity

Microgreen

Chinese Cabbage

- Vitamins A, C & K for vision, bones, immunity
- High fiber, low calories
- Supports heart health

Product Benefits

continued...

Mushroom

Lions Mane

- Supports memory & focus
- Nerve regeneration & mood balance
- Neuroprotective & anti-inflammatory

Super

Spirulina

- Protein, iron & B vitamins
- Boosts immunity & energy
- Detoxifies heavy metals

Microgreen

Spring Onion

- Rich in vitamin C & quercetin
- Sulfur compounds support heart health
- Digestive & immune support

Microgreen

Rambo Radish

- Packed with antioxidants
- Rich in vitamins A, C, and E
- Supports digestion, detoxification & immune health

Protein

Pea

- Complete plant protein (9 essential amino acids)
- Muscle recovery & satiety
- Hypoallergenic & easy to digest

Super

Monk Fruit

- Natural, zero-calorie sweetener
- Blood sugar friendly
- Antioxidant & weight-management friendly

Microgreen

Mustard

- High in glucosinolates with potential cancer-fighting properties
- Supports metabolism and detoxification
- Rich in vitamins A, C, K and antioxidants

Nutritional Table

(per serving – 2g)

Energy: 28 kJ

Protein: 1.0 g

Carbohydrates: 0.4 g (Sugar 0.0 g)

Fat: 0.09 g (Saturated 0.03 g, Trans 0.0 g)

Fibre: 0.2 g

Vitamin C: 1.6 mg

Sodium: 8 mg