

DIRECTIONS: Take Greens Today® Original Formula once or twice daily on an empty stomach or with a light meal. Pour 8-12 oz. of water (best choice), juice, soy, rice or almond milk into a blender or shaker with cover. Add in one scoop (adults) or half-scoop (children) of Greens Today® Powder. Cover, blend or shake well, and enjoy!

This product is sold by weight, not volume. Settling of contents may occur during shipping and handling.

Greens Today® Original Formula is an unsurpassed, advanced phyto-nutrient Superfood which contains 72 uniquely combined nutraceutical ingredients, including organic spirulina, powerful antioxidants, digestive enzymes, plant fibers, probiotics, FOS, standardized herbal extracts, plant sterols, vegetables and naturally occurring whole food source vitamins and macro and trace minerals, that work synergistically to provide optimally balanced nutritional support.

Greens Today® Original Formula is specifically designed to provide a Health Promoting, Energizing, Cleansing, Immune Enhancing, Alkaline Promoting, Complete Daily Nutritional Supplement.



Since 1972

REFRIGERATE AFTER OPENING & USE WITHIN 90 DAYS!

DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FORMULATED & DISTRIBUTED BY NATURES ANSWER®
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www.naturesanswer.com
& www.greentoday.com



27401 Rev. 7/07

Superfood For Everyday Health

1500 mg Organic Spirulina per Serving

GREAT TASTE

ORIGINAL

1000 mg Broccoli Powder per serving

Formula

72 POWERFUL NUTRIENTS

Dietary Supplement • Net Wt. 4.2 OZ (119 G)

A proprietary formula containing in each 17 gram serving, the following:

Tamper proof outer seal.
Do not use if broken or removed!

Supplement Facts

Serving Size: 1 scoop (17g/.60 oz) Servings Per Container: 7

Amount per serving	% Daily Value
Calories	45
Calories from fat	5
Total Fat	0.5 g <1%*
Total Carbohydrates	9 g 3%*
Dietary Fiber	1 g 2%*
Sugars	1 g †
Protein	<2 g 2%*

Vitamin A (as beta carotene)	5000 IU	100%
Vitamin C (as sodium ascorbate)	250 mg	417%
Calcium (as calcium carbonate)	500 mg	50%
Iron (as ferrous fumarate)	6 mg	33%
Vitamin D (as cholecalciferol)	1000 IU	250%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K (phytonadione)	10 mcg	13%
Vitamin B1 (thiamine)	3 mg	200%
Vitamin B2 (riboflavin)	2 mg	118%
Niacin ¹ (as nicotinic acid)**	10 mg	50%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B12 (cyanocobalamin)	25 mcg	417%

Amount per serving	% Daily Value
Biotin	300 mcg 100%
Pantothenic Acid	10 mg 100%
Phosphorus	55 mg 55%
Iodine (from kelp)	150 mcg 100%
Magnesium (as magnesium oxide)	260 mg 65%
Zinc (as zinc oxide)	15 mg 100%
Selenium (as selenomethionine)	70 mcg 100%
Copper (as copper gluconate)	2 mg 100%
Manganese (as manganese sulfate)	2 mg 100%
Chromium (as chromium picolinate)	200 mcg 167%
Molybdenum (as molybdate)	75 mcg 100%
Sodium (as sodium ascorbate)	43 mg <2%
Potassium (as potassium citrate)	365 mg 10%

Superfood Blend:	4040 mg †
Organic Spirulina ³ , Broccoli, Kale Powder, Wheat Grass Powder, Beet Powder, Dulse Seaweed Powder, Spinach Powder, Alfalfa Leaf Concentrate, Barley Concentrate, Chlorella, Sea Kelp.	
Antioxidant Blend:	780 mg †
Carrot Powder, Tomato Powder, Acerola Fruit, Lemon Bioflavonoids, Cherry Powder, Bilberry Extract, Green Tea Leaf Extract, Pine Bark Extract.	

Amount per serving	% Daily Value
Fiber Blend:	822 mg †
Brown Rice Bran, Apple Fiber, Oat Fiber, Flaxseed.	
Plant-Based Digestive Enzymes	75 mg †
Protease, Amylase, Lipase, Cellulase, Lactase, Bromelain, Papain.	
Probiotic Blend¹	117 mg †
Lactobacillus Acidophilus, Bifidobacterium Lactis, Lactobacillus Sporogenes, FOS.	

Herbal Blend:	610 mg †
Artichoke, Licorice Root, Eleuthero Rhizome, Astragalus Root, Dandelion Root, Fo-Ti Root, Pau d'Arco, Burdock Root, Ginger Root, Rose Hips, Hawthorne Berry, Slippery Elm Bark, Horsetail, Milk Thistle, Echinacea A Root, Ginkgo Biloba.	

Immune Enhancing Blend	1194 mg †
Lecithin, Bee Pollen, Reishi Mushroom, Cholestatin ^{®2} , Trace Minerals, Royal Jelly, Maitake Mushroom, Boron, CoQ10, Vanadium, Octacosanol (wheat germ).	

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

**Niacin may cause flushing, tingling and skin reddening.

Other ingredients: Maltodextrin, carob, guar gum, stevia, sucrose, silica, corn starch. [Mannitol, beadlet preservatives].

Contains Soy.

¹Probiotic Blend provides a total of 255 million organisms.

³Certified Organic by Quality Assurance International.

²Cholestatin[®] is a registered trademark of Degussa Bioactives.

Call 1-800-439-2324 for product information, or access our website: www.greentoday.com

