**DIRECTIONS:** Take Greens Today® POWERHOUSE Formula once daily on an empty stomach before or after exercising/training. Pour 8-12 ounces of water (best choice), juice, soy, rice or almond milk into a blender or shaker with cover. Add in three level scoops. (Many users find that one tablespoon is enough to enjoy the benefits of this Powerful Formula.) 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® POWERHOUSE Formula is an unsurpassed, advanced, phyto-nutrient Super Food which contains 72 uniquely combined nutraceutical ingredients, including organic spirulina, organic alfalfa, organic barley grass, organic wheat grass, organic spinach, 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. This formula features NON-GMO Whey Protein, Glutamine, Creatine, L-Carnitine, L-Ornithine, Tribulus, Bee Pollen, Royal Jelly and other nutritional factors which maximize nutritional support while exercising.

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

WARNING: If you are pregnant or nursing, seek the advice of a health professional before using this product.

\*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.

## **REFRIGERATE AFTER OPENING & USE WITHIN 90 DAYS!**

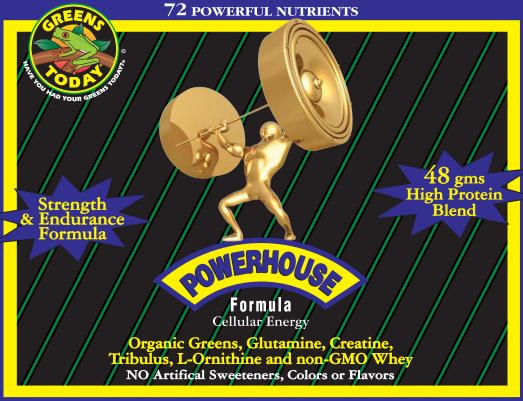
FORMULATED & DISTRIBUTED BY NATURES ANSWER® 85 COMMERCE DRIVE, HAUPPAUGE, NY 11788 1-800-439-2324 • FAX 631-273-4394 PRODUCT OF U.S.A.

ANSWER° Since 1972



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27406 Rev. 11/08



Dietary Supplement • Net Wt. 2 lbs. 8 oz. (1125 G)

A proprietary formula containing in each 75 gram serving, the following:

## Supplement Facts Serving Size: 3 level scoops (75g) Servings Per Container: 15

Amount per serving	%	Daily	Value
Calories	215		
Calories from fat	35		
Total Fat	4	g	6
Saturated Fat	2	g	10
Cholesterol	43	mg	14
Total Carbohydrate	9	g	3
Sugars	8	g	
Protein	35	g	70
Vitamin A (as beta carotene)	5000	IU	100
Vitamin C (as sodium ascorbate)	215	mg	358
Calcium	405	mg	41
(as carbonate, citrate & malate	)		
Iron4 (as Ferrochel®2)	6	mg	33
Vitamin D3 (as cholecalciferol)	800	IU	200
Vitamin E (as d-alpha tocopheryl succinate)	170	IU	567
Vitamin K (phytonadione)	10	mcg	13
Vitamin B1 (as thiamine)	3	mg	200
Vitamin B2 (as riboflavin)	2	mg	118
Niacin (as niacinamide)	17	mg	85
Vitamin B6 (as pyridoxine HCl)	4	mg	150
Folic Acid	400	mcg	100
Vitamin B12 (cyanocobalamin)	30	mcg	500
Biotin	257	mcg	86
Pantothenic Acid	10	mg	100
10			

Amount per serving	% Daily Value*		
Phosphorus (as di-potassium phosphate)	52 mg	5%	
lodine (from kelp) (Fucoidan)	128 mcg	85%	
Magnesium (as magnesium citrate)	227 mg	57%	
Zinc4 (as zinc glycinate chelate)	13 mg	87%	
Selenium <sup>4</sup> (as selenium chelate)	70 mcg	100%	
Copper (as copper gluconate)	2 mg	100%	
Manganese <sup>4</sup> (as manganese chelazome)	2 mg	100%	
Chromium (as chromium picolinate)	214 mcg	178%	
Molybdenum <sup>4</sup> (as molybdate chelate)	86 mcg	115%	
Sodium (as sodium ascorbate, WPC6)	113 mg	5%	
Potassium (as citrate, Di-K Phosphate, WPC <sup>6</sup> )	456 mg	13%	
Power Blend: Whey Protein Concentrate <sup>5</sup> , Creatine Monohydrate, Garcinia ( Glutamine Peptide, L-Carnitine, I Bitartrate, Inositol, L-Ornithine, Ti Cholestatin, Alpha Lipoic Acid	Choline	1	
	33/18 ma		

Grass<sup>3</sup>, Organic Wheat Grass<sup>3</sup>, Chlorella

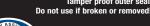
<sup>1</sup>Probiotic Blend provides a total of 1.2 billion organisms

<sup>6</sup>WPC Whey Protein Concentrate

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



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





Amount per serving

Antioxidant Blend:

Fiber Blend:

Beetroot Powder, Acerola Fruit, Rose

Flaxseed, Rice Bran, Apple Fiber Plant-Based Digestive Enzymes

Lactase, Bromelain, Papain, Probiotic Blend 1

(Fructoligosaccharides)

Elm Bark, Burdock Root,

Protease, Amylase, Lipase, Cellulase

Lactobacillus Acidophilus, FOS/Inulir

Artichoke, Licorice Root DGL, Horseta Grass, Eleuthero Rhizome, Ginkgo Biloba Astragalus Root, Dandelion Root, Fo-Ti Root

lawthorne Berry, Pau d'Arco, Rose Hips

Echinacea A Root, Ginger Root, Slippery

Royal Jelly, Bee Pollen, Echinacea

Extract. Boron. Maitake Mushroom. Reishi Mushroom, CoQ10 Octacosanol (wheat germ). Vanadiur

Hips, Bilberry Extract, Grapeseed Extract

Green Tea Leaf Extract, Pine Bark Extract



% Daily Value\*

242 ma

144 ma

359 ma

<sup>&</sup>lt;sup>2</sup>Ferrochel® (ferrous bisglycinate) is a registered trademark of Albion Advanced Nutrition Inc.

<sup>&</sup>lt;sup>3</sup>Certified Organic by Quality Assurance International <sup>4</sup>Albion Chelavites, Albion Advanced Nutrition Inc.