

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.



Since 1972



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www.greentoday.com

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72 POWERFUL NUTRIENTS

**Strength
& Endurance
Formula**



**48 gms
High Protein
Blend**

POWERHOUSE
Formula
Cellular Energy

**Organic Greens, Glutamine, Creatine,
Tribulus, L-Ornithine and non-GMO Whey**
NO Artificial Sweeteners, Colors or Flavors

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*	Amount per serving	% Daily Value*	Amount per serving	% Daily Value*
Calories	215	Phosphorus (as di-potassium phosphate)	52 mg 5%	Antioxidant Blend:	242 mg †
Calories from fat	35	Iodine (from kelp) (Fucoidan)	128 mcg 85%	Beetroot Powder, Acerola Fruit, Rose	
Total Fat	4 g 6%	Magnesium (as magnesium citrate)	227 mg 57%	Hips, Bilberry Extract, Grapeseed Extract,	
Saturated Fat	2 g 10%	Zinc ⁴ (as zinc glycinate chelate)	13 mg 87%	Green Tea Leaf Extract, Pine Bark Extract.	
Cholesterol	43 mg 14%	Selenium ⁴ (as selenium chelate)	70 mcg 100%	Fiber Blend:	144 mg †
Total Carbohydrate	9 g 3%	Copper (as copper gluconate)	2 mg 100%	Flaxseed, Rice Bran, Apple Fiber.	
Sugars	8 g †	Manganese ⁴ (as manganese chelazome)	2 mg 100%	Plant-Based Digestive Enzymes	65 mg †
Protein	35 g 70%	Chromium (as chromium picolinate)	214 mcg 178%	Protease, Amylase, Lipase, Cellulase,	
Vitamin A (as beta carotene)	5000 IU 100%	Molybdenum ⁴ (as molybdate chelate)	86 mcg 115%	Lactase, Bromelain, Papain.	
Vitamin C (as sodium ascorbate)	215 mg 358%	Sodium (as sodium ascorbate, WPC ⁶)	113 mg 5%	Probiotic Blend¹	724 mg †
Calcium (as carbonate, citrate & malate)	405 mg 41%	Potassium (as citrate, Di-K Phosphate, WPC ⁶)	456 mg 13%	Lactobacillus Acidophilus, FOS/Inulin (Fructooligosaccharides).	
Iron ⁴ (as Ferrochel ²)	6 mg 33%	Power Blend:	48 g †	Herbal Blend:	359 mg †
Vitamin D3 (as cholecalciferol)	800 IU 200%	Whey Protein Concentrate ⁵ ,		Artichoke, Licorice Root DGL, Horsetail	
Vitamin E (as d-alpha tocopheryl succinate)	170 IU 567%	Creatine Monohydrate, Garcinia Cambogia,		Grass, Eleuthero Rhizome, Ginkgo Biloba,	
Vitamin K (phytonadione)	10 mcg 13%	Glutamine Peptide, L-Carnitine, Choline		Astragalus Root, Dandelion Root, Fo-Ti Root,	
Vitamin B1 (as thiamine)	3 mg 200%	Bitartrate, Inositol, L-Ornithine, Tribulus,		Hawthorne Berry, Pau d'Arco, Rose Hips,	
Vitamin B2 (as riboflavin)	2 mg 118%	Cholestatin, Alpha Lipoic Acid		Echinacea A Root, Ginger Root, Slippery	
Niacin (as niacinamide)	17 mg 85%	Superfood Blend:	3348 mg †	Elm Bark, Burdock Root.	
Vitamin B6 (as pyridoxine HCl)	4 mg 150%	Organic Spirulina ³ , Broccoli,		Immune Enhancing Blend	158 mg †
Folic Acid	400 mcg 100%	Organic Alfalfa Leaf ³ , Organic Barley		Royal Jelly, Bee Pollen, Echinacea	
Vitamin B12 (cyanocobalamin)	30 mcg 500%	Grass ³ , Organic Wheat Grass ³ , Chlorella		Extract, Boron, Maitake Mushroom,	
Biotin	257 mcg 86%	Organic Spinach Powder ³ , Kelp.		Reishi Mushroom, CoQ10,	
Pantothenic Acid	10 mg 100%			Octacosanol (wheat germ), Vanadium ⁴ .	

¹Probiotic Blend provides a total of 1.2 billion organisms.
²Ferrochel® (ferrous bisglycinate) is a registered trademark of Albion Advanced Nutrition Inc.
³Certified Organic by Quality Assurance International.
⁴Albion Chelavites, Albion Advanced Nutrition Inc.
⁵GMO-FREE
⁶WPC Whey Protein Concentrate

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



Tamper proof outer seal.
Do not use if broken or removed!
**GUARANTEED
FOR
PURITY**