

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 health 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.*

*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.

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



Since 1972



27407 Rev. 11/08

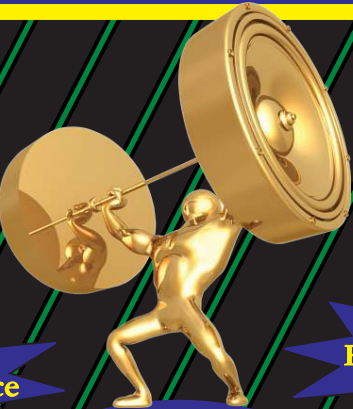
REFRIGERATE AFTER OPENING & USE WITHIN 90 DAYS!

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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. 13.33 OZ (375 G)

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

Supplement Facts

Serving Size: 3 level scoops (75g) Servings Per Container: 5

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 (as carbonate, citrate & malate)	405 mg 41%
Iron ⁴ (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%
Phosphorus (as di-potassium phosphate)	52 mg 5%
Iodine (from kelp) (Fucoidan)	128 mcg 85%
Magnesium (as magnesium citrate)	227 mg 57%
Zinc ⁴ (as zinc glycinate chelate)	13 mg 87%
Selenium ⁴ (as selenium chelate)	70 mcg 100%
Copper (as copper gluconate)	2 mg 100%
Manganese ⁴ (as manganese chelazome)	2 mg 100%
Chromium (as chromium picolinate)	214 mcg 178%

Amount per serving	% Daily Value*
Molybdenum ⁴ (as molybdate chelate)	86 mcg 115%
Sodium (as sodium ascorbate, WPC®)	113 mg 5%
Potassium (as citrate, Di-K Phosphate, WPC®)	456 mg 13%
Power Blend:	48 g †
Whey Protein Concentrate ⁵ , Creatine Monohydrate, Garcinia Cambogia, Glutamine Peptide, L-Carnitine, Choline Bitartrate, Inositol, L-Ornithine, Tribulus, Cholestatin, Alpha Lipoic Acid	
Superfood Blend:	3348 mg †
Organic Spirulina ³ , Broccoli, Organic Alfalfa Leaf ³ , Organic Barley Grass ³ , Organic Wheat Grass ³ , Chlorella, Organic Spinach Powder ³ , Kelp.	
Antioxidant Blend:	242 mg †
Beetroot Powder, Acerola Fruit, Rose Hips, Bilberry Extract, Grapeseed Extract, Green Tea Leaf Extract, Pine Bark Extract.	
Fiber Blend:	144 mg †
Flaxseed, Rice Bran, Apple Fiber.	
Plant-Based Digestive Enzymes	65 mg †
Protease, Amylase, Lipase, Cellulase, Lactase, Bromelain, Papain.	
Probiotic Blend¹	724 mg †
Lactobacillus Acidophilus, FOS/Inulin (Fructooligosaccharides).	
Herbal Blend:	359 mg †
Artichoke, Licorice Root DGL, Horsetail Grass, Eleuthero Rhizome, Ginkgo Biloba, Astragalus Root, Dandelion Root, Fo-Ti Root, Hawthorne Berry, Pau d'Arco, Rose Hips, Echinacea A Root, Ginger Root, Slippery Elm Bark, Burdock Root.	
Immune Enhancing Blend	158 mg †
Royal Jelly, Bee Pollen, Echinacea Extract, Boron, Maitake Mushroom, Reishi Mushroom, CoQ10, Octacosanol (wheat germ), Vanadium ⁴ .	

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other ingredients: Fructose, Natural Vanilla Flavor, Phosphatidyl Choline (Contains Soy), Maltodextrin⁵, Colloid Powder, Natural Strawberry Flavor, Carob, Silica, Stevia.

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

