CODE 2614

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SUGGESTED USAGE: Add 1 rounded tablespoon of alfalfa powder to 12 ounces of your favorite juice and stir vigorously or use a blender. Tomato or carrot juice is suggested. You may also add this to fruit smoothie blender drinks to increase the nutritional content.

Centuries ago, the Arabs used nutrient-rich alfalfa as feed for their horses because they claimed that it made the animals swift and strong. They eventually became so convinced of its benefits to their own health that they named the grass "Al-Fal-Fa", which means "Father of Foods".

Alfalfa powder is a supplement which can be taken blended into vegetable juices, used in baking or in vegetarian dishes. Alfalfa powder is 20% protein and 20% fiber; plus it contains 16 amino acids, 13 trace minerals and 13 vitamins. It is a whole food supplement, valued for its nutrition, that may even have positive effects on "healthy" people.

This Product is sold by weight not volume.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108
Visit us at www.nowfoods.com

NOW®

Alfalfa Powder

100% Pure Whole Food

GMP

Net Wt. 16 oz. (454g)

An Herbal Dietary Supplement

This seal certifies that the manufacturer of this product uses quality systems and procedures that comply with NNFA's Dietary Supplement GMP standards. The quality of individual ingredients, however, has not been certified.

Nutrition Facts

Serving Size 1 Rounded Tablespoon (10g)
Servings Per Container 45

Amount Per Serving	%Daily Value*
Calories 18	
Calories from fat 0	
Total Fat 0 g	0%
Sodium 10 mg	<1%
Potassium 214 mg	6%
Total Carbohydrate 6 g	2%
Dietary Fiber 1.5 g	6%
Protein 2 g	4%
Vitamin A ..... (100% as Beta-Carotene)	4%
Vitamin C 25%	• Magnesium 10%
Vitamin K 110%	• Zinc 2%
Calcium 10%	• Copper 4%
Iron 20%	• Manganese 30%

*Percent Daily Values are based on a 2,000 calorie diet.
Not a significant source of saturated fat, cholesterol, sodium