

GNC SuperFoods Whole Foods Blend is a convenient, delicious way to enjoy the best whole foods nature has to offer! This robust formula is loaded with a powerful blend of nutrient- and antioxidant-dense super foods to help you fill your nutritional gaps and support good health.* With an assortment of ingredients and essential nutrients derived from over 30 beneficial whole foods, each serving of Whole Foods Blend provides an impressive 2 full servings of wholesome fruits and vegetables.^ Whole Foods Blend gives you a hearty helping of natural goodness in every easy-to-mix, great-tasting serving.

SUPER GREENS BLEND
Provides 5g of nutrient-dense garden and sea greens including alfalfa, spinach, and kelp.

EXOTIC SUPER FRUITS BLEND
Delivers 9.3g of antioxidant-rich super fruits including acai, papaya, and pomegranate.

NATURAL PROTEIN BLEND
Contains 4g of protein derived from naturally protein-rich ingredients such as buckwheat, brown rice, and flaxseed.

NATURAL DIGESTIVE ENZYME BLEND
Features 100mg of digestive enzymes from natural sources including bromelain from pineapples and papain from papaya to help improve digestion of protein, fat and carbohydrates.

To ensure a complete nutritional program, take daily with these GNC products:

- Mega Men® or Women's Ultra Mega® multivitamin
- Triple Strength Fish Oil
- Ultra Probiotic Complex 25

*Based upon air dried fruits and vegetables.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



For More Information:
1-888-462-2548
SHOP NOW @ GNC.COM
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Pittsburgh, PA 15222



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GNC
SUPERFOODS

WHOLE FOODS BLEND

GLUTEN-FREE & NUTRIENT-DENSE

- *Delivers 2 wholesome servings of fruits and vegetables per serving^*
- *Loaded with 5 grams of natural fiber, essential whole food-based protein, vitamins and minerals*
- *Provides key nutrients found in all food groups*

NEW

KMG
CODE 762306
Directions: Mix desired amount with 8 fl oz of cold water or preferred cold beverage. Stir briskly or shake well in a closed container until completely mixed. The amount of liquid may vary depending on thickness desired.

Age	Daily Dose	Servings Fruits and Vegetables	Fiber
5-12	1 scoop	1	2.5g
13-18	2 scoops	2	5g
18 +	2-4 scoops	2-4	5-10g

Supplement Facts	Amount Per Serving	% Daily Value
Serving Size Two Level Scoops (27g) Servings Per Container 30	Natural Protein Blend 4 g	*
	Soy Protein Isolate, Hemp Protein, Pea Protein, Buckwheat, Organic Brown Rice, Flaxseed Powder	
Amount Per Serving	Fatty Acid Blend 200 mg	*
	Soy Lecithin Oil, High Oleic Sunflower Oil, Borage Oil	
Calories 100	Exotic Super Fruits Blend 9.3 g	*
Calories from Fat 0	Prune Powder, Agave Powder, Papaya Fruit Powder, Aronia Berry Powder, Maqui Berry Powder, Coffee Berry Powder, Lychee Berry Powder, Brown Seaweed, Baobab Leaf Powder, Alma Berry Extract, Tart Cherry Powder, Acai Fruit Powder, Mangosteen Fruit Powder, Goji Berry Powder, Pomegranate Fruit Powder, Mulberry Fruit Powder, Camu Camu Fruit Powder, Sea Buckthorn Berry Powder, Cupuacu Fruit Powder	
Total Fat 1 g	1%	
Total Carbohydrate 17 g	5%	
Dietary Fiber 5 g	20%	
Sugar 5 g		
Protein 4 g		
Vitamin A (as Beta Carotene)	1250 IU	25%
Vitamin C (as Ascorbic Acid)	80 mg	130%
Vitamin D (as Ergocalciferol D-2)	100 IU	25%
Vitamin E (as Natural Vitamin E Acetate)	7.5 IU	25%
Thiamin (as Thiamine HCL)	0.375 mg	25%
Riboflavin	0.425 mg	25%
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-6 (as Pyridoxine HCL)	0.5 mg	25%
Folic Acid	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin)	2 mcg	30%
Pantothenic Acid (as Calcium Pantothenate)	2.5 mg	25%
Calcium	100 mg	10%
Iron	3.5 mg	20%
Manganese (as Manganese Rice Protein Chelate)	2 mg	100%
Chromium (as Chromium Rice Protein Chelate)	24 mcg	20%
Sodium	60 mg	2%
Potassium	250 mg	7%
	Super Greens Blend 5 g	*
	Zucchini Powder, Alfalfa Juice Powder, Organic Parsley Powder, Broccoli Sprout Powder, Spinach Powder, Kale Powder, Chlorella Algae, Spirulina Algae, Kelp	
	Whole Grains 500 mg	*
	Amaranth, Buckwheat, Oat Powder	
	Natural Digestive Enzyme Blend 100 mg	*
	Bromelain, Papain, Cellulase, Lipase	
† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
* Daily Value not established.		
Calories per gram:		
Fat 9	Carbohydrates 4	Protein 4

Other Ingredients: Beet Juice Powder, Natural Berry Flavor, Brewer's Yeast, Stevia Leaf Powder.

CONTAINS: Soybeans.

Manufactured on equipment which processes products containing milk, egg, soybeans, wheat, shellfish, fish oil, tree nuts and peanut flavor.

WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.

No Added Sugar, No Artificial Colors or Flavors, No Dairy, No Gluten.

NOTICE: Significant product settling may occur.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

