

**GLUTEN
FREE**



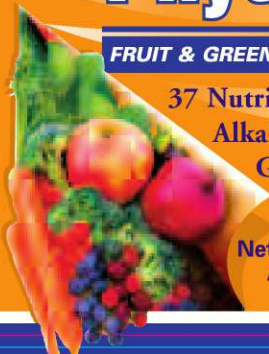
Fruit & Greens™ PhytoFoods

FRUIT & GREENS SUPERFOOD BLEND

**37 Nutrient Rich Ingredients
Alkalizing Food Sources*
Great Berry Taste**

Net Wt. 2 lbs. (907 g)

A Dietary Supplement
Vegetarian Formula



Fruit and Greens™ PhytoFoods is a celebration of everything that nature has blessed us with. From the berries and other fruits bursting with cell-protecting antioxidants, to the vegetables and green foods that deliver additional vitamins, minerals, and dietary fiber, these natural foods remain our most popular and unblemished source of perfect nourishment helping to naturally support healthy pH levels.*

NOW® Fruit and Greens™ PhytoFoods Powder is gluten-free, 100% vegetarian, and formulated to deliver nutrients just as they occur in healthy, natural foods. Each serving provides a typical ORAC antioxidant value of 10,000 units. Two servings provide a typical ORAC value equivalent to eating 6 servings of fresh fruits and vegetables (An example is eating one serving each of fresh blueberries, cranberries, raspberries, broccoli, carrots, and spinach, combined).

Supplement Facts

Serving Size 2 Level Tablespoons (16 g)
Servings Per Container 56

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Saturated Fat	0 g	0%*
Trans Fat	0 g	†
Cholesterol	0 mg	0%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	2 g	8%*
Sugars	5 g	†
Protein	2 g	4%*
Vitamin C (from Organic Amla Extract)	60 mg	100%*
Greens Blend:	2.05 g (2,050 mg)	†
Alfalfa Juice Concentrate, Organic Spirulina, Organic Chlorella (Broken Cell Wall), Kelp		
Antioxidant Fruit Blend:	1.4 g (1,400 mg)	†
Organic Acai, Pomegranate Extract, Goji Berry, Mangosteen Extract, Organic Blueberry, Cranberry, Raspberry		
Vegetable Blend:	1.25 g (1,250 mg)	†
Carrot, Spinach, Broccoli, Beet		
Fiber Blend:	1.3 g (1,300 mg)	†
Brown Rice Bran, Apple Fiber, Apple Pectin		
Soy Lecithin Granules	1.8 g (1,800 mg)	†
Plant Multi-Enzyme Blend	200 mg	†
(Protease, Acid-Stable Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Bromelain)		
<i>Polygonum cuspidatum</i> Extract (Root)	200 mg	†
(50% Natural Trans-Resveratrol - 100 mg)		
Organic Raw Maca Root	150 mg	†
(<i>Lepidium meyenii</i>) (Low Starch 6:1 Concentrate)		
Organic Amla Extract (Fruit)	120 mg	†
(<i>Phyllanthus emblica</i>)		

	Amount Per Serving	% Daily Value
White Chia Seed Meal (Cold-Fractured) (<i>Salvia hispanica</i>)	100 mg	†
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf) (min. 40% Catechins) (approx. 4 mg of naturally occurring caffeine)	100 mg	†
Organic Inulin (FOS)	100 mg	†
Trace Mineral Concentrate	100 mg	†
Blend of 2 Probiotic Strains (Freeze-Dried) (Dairy-Free)	20 mg	†
<i>Lactobacillus acidophilus</i>	1 Billion**	
<i>Bifidobacterium bifidum</i>	1 Billion**	

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

Other ingredients: Organic Brown Rice Syrup Solids (complex carbohydrate), Natural Vanilla and Berry Flavors with other Natural Flavors, Chlorophyll.

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108
Made in the U.S.A. www.nowfoods.com

Contains no salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives. **Vegetarian/Vegan Product.**

** At the time of manufacture.

SUGGESTED USAGE: As a dietary supplement, mix 2 level tablespoons daily into 8 oz. of water or your favorite beverage. Tastes great and mixes easily in water.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**



CODE 2713

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