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CODE
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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.

HOW IT WORKS: Ongoing research has validated the beneficial health effects of high-ORAC antioxidants in supporting optimal health through its ability to inhibit the cellular damage caused by free radicals and oxidation.* Even in individuals leading healthy lifestyles, free radicals are formed from stress, UV rays, physical activity, and inadvertent exposure to environmental pollutants. Furthermore, studies have also shown that the synergistic potential of high-ORAC antioxidants increases when provided from multiple food sources. Phyto Fruit & Greens™ is formulated with 37 nutrient-rich ingredients, including alkalizing food sources, such as antioxidant-rich fruit extracts, green superfoods, and a fresh vegetable blend. For enhanced digestive support, 1.3 grams of soluble fiber, 200 mg of multi-plant enzymes, and 2 probiotic strains have been included.* Each serving of Phyto Fruit & Greens™ provides an estimated 10,000 ORAC value, from a full spectrum of high potency, natural nutrients. †

For more information on this product go to www.protocolforlife.com/P2711.

PROTOCOL
FOR LIFE BALANCE™

GLUTEN FREE

Phyto Fruit & Greens™

- 37 Nutrient Rich Ingredients
- Alkalizing Food Sources*
- 10,000 ORAC Value/Serving†
- Great Berry Taste

Net Wt. 10 oz. (284 g)

A Dietary Supplement
Vegetarian Formula



Supplement Facts

Serving Size 2 Level Tablespoons (16 g)
Servings Per Container 17

	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)		
Polygonum cuspidatum Extract (Root)	200 mg	†
(50% Natural Trans-Resveratrol - 100 mg)		
Organic Raw Maca Root	150 mg	†
(Lepidium meyenii) (Low Starch 6:1 Concentrate)		
Organic Amla Extract (Fruit)	120 mg	†
(Phyllanthus emblica)		

	Amount Per Serving	% Daily Value
White Chia Seed Meal (Cold-Fractured)	100 mg	†
(Salvia hispanica)		
Green Tea Extract (Camellia sinensis) (Leaf)	100 mg	†
(min. 40% Catechins) (4 mg of naturally occurring caffeine)		
Organic Inulin (FOS)	100 mg	†
Trace Mineral Concentrate	100 mg	†
Blend of 2 Probiotic Strains (Freeze-Dried) (Dairy-Free)	20 mg	†
Lactobacillus acidophilus	1 Billion **	
Bifidobacterium bifidum	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 NHG, P.O. Box 2203
Sparks, NV 89431, Made in the U.S.A.

Contains no salt, yeast, wheat, gluten, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.

** At the time of Manufacture.

This product is sold by weight not volume.

Store in a cool, dry place. Please Recycle.

Formulated by doctors and clinical scientists exclusively for licensed healthcare practitioners.

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