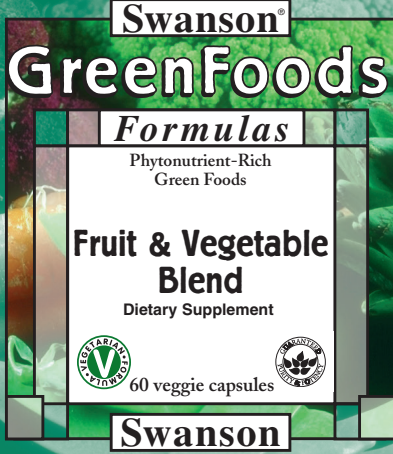




Swanson® GreenFoods

Formulas

Phytonutrient-Rich
Green Foods

Fruit & Vegetable Blend

Dietary Supplement




60 veggie capsules

Swanson

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one veggie capsule two times per day with water.

Supplement Facts

Serving Size 1 Veggie Capsule

Amount Per Serving

Tomato Fruit	148 mg*
Spirulina (Arthrospira platensis) (microalgae)	44 mg*
Apple Pectin Powder	36.8 mg*
Sunflower Lecithin	33 mg*
Carrot Root	29.4 mg*
Alfalfa Leaf Juice Concentrate	25.7 mg*
Broccoli (florets)	25.7 mg*
Chlorella	25.7 mg*
Parsley Leaf	25.7 mg*
Wheat Grass	25.7 mg*
Jerusalem Artichoke Root Extract	22 mg*
Spinach Leaf	22 mg*
Celery Stalk & Leaf	14.7 mg*
Grapefruit Pectin (peel)	14.7 mg*
Lime Fruit	14.7 mg*
Orange Fruit	14.7 mg*
Pea Legume	14.7 mg*
Atlantic Kelp	7.35 mg*

Amount Per Serving

Brown Rice Flour	7.35 mg*
Cabbage Leaf	7.35 mg*
Kale Leaf	7.35 mg*
Lemon Juice	7.35 mg*
Onion Bulb	7.35 mg*
Pineapple Fruit	7.35 mg*
Papaya Fruit	5 mg*
Cranberry Fruit	4.4 mg*
Garlic Bulb	4.4 mg*
Apricot Fruit	3.68 mg*
Squash Fruit	3.68 mg*
Black Cherry Fruit	3.1 mg*
Beet Juice	1.47 mg*
Elderberry Fruit Extract 4:1	1.47 mg*
Grape Skin Extract	1.47 mg*
Grape Seed Extract (Vitis vinifera) (standardized to 95% proanthocyanidins)	1.47 mg*
Cayenne Pepper (fruit)	820 mcg*

*Daily Value not established.

Other ingredients: Hypromellose (vegetable capsule), maltodextrin, rice flour, glucose, may contain one or both of the following: magnesium stearate, silica.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS** • Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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