

Swanson®
GreenFoods

Formulas

Phytonutrient-Rich Green Foods

**Green Max
Powder**

Dietary Supplement

with "green foods",
herbs and more

Net Wt 10.6 oz (300 g)



Swanson

Supplement Facts

Serving Size 1 Scoop (8.4 g)
Servings Per Container 35

Amount Per Serving	% Daily Value
Calories	35
Total Fat	1 g 1%†
Saturated Fat	0 g 0%
Trans Fat	0 g
Total Carbohydrate	5 g 2%†
Dietary Fiber	2 g 7%†
Protein	2 g
Vitamin A	3,000 mcg RAE 333%
(from natural mixed carotenoid complex)	
Iron**	2 mg 11%
Sodium**	20 mg <1%

Amount Per Serving	% Daily Value
Sunflower Lecithin	2 g *
(standardized to minimum 50% lecithin)	
(non-GMO)	
Spirulina	1.30 g *
Apple Fiber	1.30 g *
Wheat Grass	445 mg *
Alfalfa Leaf	435 mg *
Barley Bran	435 mg *
Brown Rice	350 mg *
Chlorella	350 mg *
(broken cell wall)	
Soy Sprout	350 mg *
Beet Root	335 mg *

Amount Per Serving	% Daily Value
Probiotic Blend	200 mg *
(5 billion CFU/g) (lactobacillus acidophilus,	
bifidobacterium bifidum, lactobacillus	
bulgaricus, lactobacillus casei, lactobacillus	
plantarum, lactobacillus rhamnosus,	
lactobacillus salivarius, lactococcus lactis)	
Bee Pollen	150 mg *
Royal Jelly	150 mg *
Acerola Cherry	115 mg *
Natural Mixed Carotenoids	105 mg *
Barley Grass	97 mg *
Licorice Root	60 mg *
Dulse Thallus	20 mg *
Ginkgo biloba Leaf	20 mg *

Amount Per Serving	% Daily Value
Grape Seed Extract	20 mg *
(standardized to minimum 95% proanthocyanidins)	
Green Tea Leaf Extract	20 mg *
(standardized to minimum 50% polyphenols)	
Milk Thistle Seed Extract	20 mg *
(standardized to 80% silymarin)	
Astragalus Root	10 mg *
Bilberry (fruit)	10 mg *
Echinacea Root	10 mg *
Eleuthero Root	10 mg *

†Percent Daily Values are based on a 2,000 calorie diet.
*Daily Value not established.
**Typical analysis. Nutrients are naturally occurring.

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Other Ingredients: Tricalcium phosphate, rice flour, natural mixed carotenoid beadlets (gelatin, sucrose, soybean oil, ascorbyl palmitate, mixed tocopherols, silica), sodium copper chlorophyllin.

Contains soy and wheat.

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Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

SUGGESTED USE: As a dietary supplement, mix 1 scoop (8.4 g) with 6 to 8 ounces of fruit juice or other beverage. Scoop included.

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

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