

Best Of Greens™

Greens are perhaps the most important element of the USDA's new food pyramid. In fact, we need two to three servings each day!

Unfortunately, 95% of North Americans never come close. Green leafy vegetables typically contain 20 times more essential nutrients than other foods ounce for ounce.

Furthermore the nutrients in deep green vegetables actually make the nutrients found in other foods work more effectively. If we fail to eat quality green vegetables on a daily basis, many valuable cleansing, building and eliminative functions fail to work properly.

Each ingredient in Best of Greens has been selected for its unsurpassed purity, potency and ability to deliver specific phyto-nutrients uniquely designed by nature to activate metabolic function.



Best of Greens™ from Land & Sea



**100% Pure, non GMO
Gluten Free**

**Chlorophyll, Enzymes, Alkaline, Trace
Minerals from Cruciferous Vegetables,
Sea Vegetables, Cereal Grasses, Algae**

60 Servings (30 day supply)
150 grams (5.3 oz.)

Supplement Facts

Serving Size 1 tsp (2.5g). Servings Per Container: 60

	Amount Per Serving	% Daily Value
Calories	7	
Calories from fat	0	
Total Carbohydrates	1g	0%
Dietary Fiber	.5g	2%
Sugars	.2g	
Sodium	16.0mg	0%
Protein	.7g	
Organic Cereal Grass Blend containing Alfalfa Juice, Wheatgrass, Barleygrass, Oatgrass	1500mg	†
Cruciferous Vegetable Blend containing Broccoli, Cabbage, Parsley, Kale	350mg	†
Spirulina	166mg	†
Chlorella	166mg	†
Sea Vegetable Blend containing Kelp, Dulse	165mg	†
Dandelion Greens	83mg	†
Three Day Old Broccoli Sprouts	70mg	†

* Percentage Daily Values are based on a 2000-calorie diet.

† Daily value not established.

Manufactured and distributed by:
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Directions:

Mix 1 heaping teaspoon (2.5 grams) with 6 oz. of juice* or water on an empty stomach twice a day.

*Best mixed with carrot, apple or aloe vera juice.