



GREENS+ CONTAINS NO ADDED yeasts, sugars, salt, egg, coloring, fats, oils, flavors, irradiation, gluten, preservatives, MSG, corn, or dairy products.

DIRECTIONS: Take 8 capsules daily. You may choose to take 4 capsules twice daily between meals. For best results, take **GREENS+** on an empty stomach and drink at least 8 glasses of quality water a day.

Yes, **GREENS+** can be taken more than once a day.

ONCE OPENED, GREENS+ IS BEST STORED IN THE REFRIGERATOR. TAMPER-PROOF OUTER SEAL. (DO NOT USE IF BROKEN OR REMOVED.)

† These supplements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



MR12

Original Superfood

VEGGIE CAPSULES

The Power of the PLUS®
Dietary Supplement

An Award-Winning
Blend of Green
Superfoods And
High-Energy
Herbal Extracts!

Supports: Whole
Body Detoxifica-
tion Energy Levels†
Immune Function†
Healthy Aging†
Alkalinity†

100%
SOY
DAIRY
GLUTEN
FREE

Vegan

240 Veggie Capsules (30 Day Supply)



SUPPLEMENT FACTS

Serving Size 8 capsules

Servings per Container 30

Amount Per Serving	%DV**
Calories 10	
Total Fat 0g	0%
Sodium 24mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Protein 1g	2%
Vitamin A (Beta-carotene) 4265iu	85%
Vitamin C 5mg	8%
Vitamin D (Cholecalciferol) 265iu	67%
Vitamin E (d-alpha-tocopherol succinate) 65iu	222%
Vitamin K 25mcg	33%
Thiamin 1.6mg	107%
Riboflavin (Vitamin B2) 1.6mg	94%
Niacin (Vitamin B3) 2.3mg	12%
Vitamin B6 1.7mg	87%
Folate (Vitamin B9) 50mcg	13%
Vitamin B12 1mcg	11%
Pantothenic Acid 2.7mg	27%
Calcium 89mg	9%
Iron 1.8mg	10%
Phosphorus 4mg	<1%
Magnesium 5mg	2%
Manganese 130mg	7%
Potassium 55mg	2%
Greens Plus Superfood MultiVitamin Blend (2020 mg)	Per Serving
Organic Barley Grass	1000mg*
Organic Alfalfa Grass	433mg*
Organic Wheat Grass	333mg*
Lecithin (from GMO-Free Sunflower)	153mg*
Organic B-Complex (from Guava, Holy Basil & Lemon Extracts)	67mg*
Organic Red Beet (Beta vulgaris)	34mg*
Greens Plus Sea Vegetable MultiMineral Blend (1181 mg)	Per Serving
Organic Spirulina (Arthrospira platensis)	667mg*
Algae Plant Calcium (Algae calcareosa)	233mg*
Organic Chlorella (Chlorella vulgaris)	233mg*
Dunaliella Salina Algae	18mg*
Organic Fulvic and Humic Acids	17mg*
Organic Dulce (Palmeria palmata)	13mg*
High-ORAC* Antioxidant Fruit Extracts 979mg)	Per Serving
Organic Apple Fiber (Malus domestica)	882mg*
Camu Camu Berry Extract (Myrciaria dubia)	72mg*
Grape Seed Extract (Vitis vinifera)	13mg*
Bilberry Extract (Vaccinium myrtillus)	7mg*
Standardized Herbal Extracts (173mg)	Per Serving
Astragalus Root Extract (Astragalus membranaceus)	40mg*
Milk Thistle Seed Extract (Silybum marianum)	40mg*
Siberian Eleuthero Root Extract (Eleutherococcus senticosus)	40mg*
Licorice Root Extract (Glycyrrhiza glabra)	40mg*
Green Tea Leaf Extract (Camellia sinensis)	13mg*
Dairy-free Probiotic Cultures (133mg)	Per Serving
L. Acidophilus, L. Casei, L. Plantarum, L. Rhamnosus,	133mg*
Bifidobacterium Breve and Longum with Fructo-Oligosaccharides	(1.7 billion)

** Percent Daily Values based on a 2000 calorie diet.
* Daily Values Not Established.
† Oxygen Radical Absorbance Capacity is the standard testing method used to measure antioxidant-rich foods. Higher numbers have a greater capacity to neutralize free radicals.

Other Ingredients: Silicon Dioxide, Veggie Capsule.

Formulated & Distributed by: **Greens Plus, LLC**
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