

GIVE YOURSELF A NUTRITIONAL BOOST!

Greens First Boost® is a delicious, nutrient balanced & fortified whole food product. **Greens First Boost®** contains pure and wholesome blends that help to nourish, support & balance your body with a natural source of non-GMO brown rice & vegetable pea protein, super greens, healthy essential fatty acids, antioxidants, prebiotics, vitamins and minerals.

Your Entire
Body Will
Love It.
Taste Buds
Included!

EATING RIGHT JUST GOT EASIER—THE GREENS FIRST WELLNESS SHAKE!

Greens First Boost® (Chocolate & Vanilla) was created specifically to be mixed with **Greens First®** (Original or Berry) to make the delicious and nutritious **Wellness Shake**. The magic is in the mixing! **Greens First®** provides the certified organic fruits & vegetables and 49 super foods, while **Greens First Boost®** provide all 3 Food Groups (vegetarian/vegan brown rice & vegetable pea protein, good carbohydrates & healthy oils) that your body needs to fuel up for the day. It's the perfect "instant breakfast" or an anytime "energy booster" and part of **The Alkalize Now Program**.

DIRECTIONS FOR THE WELLNESS SHAKE:

Put 8 oz. of pure, cold water into shaker cup. Add **Greens First®** (Original or Berry). Then add **Greens First Boost®** (either Chocolate or Vanilla). Shake & enjoy! Follow with 6 oz of water.



Ceautamed Worldwide, LLC
1289 Clint Moore Road
Boca Raton, FL 33487

866-409-6262 • GreensFirst.com

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Part of the Alkalize Now-pH Balance Program
Mix & Match To Make The Wellness Shake



Greens First (Original or Berry) + GF Boost = Wellness Shake

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

**Mix With Greens First
To Make The Wellness Shake**

Greens FIRST®

DUTCH CHOCOLATE

Boost



TASTES GREAT!
GLUTEN FREE

Vegetarian/Vegan • Nutrient Balanced

CONTAINS:

- Non-GMO Brown Rice & Vegetable Pea Protein
- Super Greens & Prebiotics
- Essential Fatty Acids • Vitamins & Minerals

NO:

- Wheat • Dairy • Soy • MSG • Preservatives

Dietary Supplement

Net Weight 10.5 oz. (300 grams) Powder

Supplement Facts

Serving Size: 10 g (1 Scoop) Servings per Container: 30

	Amount per Serving	% Daily Value		Amount per Serving	% Daily Value
Total Calories	42		Vitamin B6 (Pyridoxine HCl)	.8 mg	40%
Calories From Fat	7.6		Folic Acid	40 mcg	10%
Total Fat	.9 g	1%	Vitamin B12 (Cyanocobalamin)	2.4 mcg	40%
Saturated Fat	.16 g	1%	Biotin	30 mcg	10%
Trans Fat	0 g	0%	Vitamin B5 (d-Calcium Pantothenate)	1 mg	10%
Cholesterol	0 g	0%	Calcium (Calcium Citrate and Hydrilla)	100 mg	10%
Sodium	47 mg	2%	Phosphorus (Magnesium Phosphate, Potassium Phosphate)	80 mg	8%
Total Carbohydrate	3.8 g	1%	Iodine (Potassium Iodide)	15 mcg	10%
Dietary Fiber	1.4 g	6%	Magnesium (as Phosphate)	50 mg	13%
Sugars	.3 g	†	Zinc (as Oxide)	1.8 mg	12%
Protein	4.5 g	9%	Selenium (Sodium Selenite)	7 mcg	10%
Vitamin A (as Acetate)	640 IU	13%	Copper (as Oxide)	.2 mg	10%
Vitamin C (as Sodium Ascorbate and Acerola Powder)	24 mg	40%	Manganese (as Sulfate)	.2 mg	10%
Vitamin E (as d-Alpha Tocopheryl Succinate)	4.5 IU	15%	Chromium (as Dinicotinate Glycinate)	12 mcg	10%
Vitamin D2 (as Ergocalciferol)	40 IU	10%	Molybdenum (Sodium Molybdate)	7.5 mcg	10%
Vitamin B1 (as Thiamin HCl)	.6 mg	40%	Potassium (as Potassium Phosphate, as Potassium Chloride)	104 mg	3%
Vitamin B2 (as Riboflavin)	.68 mg	40%			
Niacin (Niacinamide)	8 mg	40%			
Vegetable Protein Blend					
Non GMO Vegetarian/Vegan Blend of Vegetable Pea Protein Concentrate and Brown Rice Protein	5.7 g	†			
Complex Carbohydrate – Super Greens Blend					
Organic Cabbage Leaf, Organic Cauliflower, Organic Spirulina, Chlorella, Mustard Seed, Nettle Leaf, Alfalfa Leaf, Bitter Melon Fruit Extract, Broccoli Powder, Brussels Sprout Leaf	40 mg	†			
Healthy Oil – Essential Fatty Acid Blend					
Contains Omega 3.6 Fatty Acid, Olive Oil Powder, Safflower Oil Powder, Flaxseed Oil Powder	1560 mg	†			
Trace Mineral Blend					
ConcenTrace Alfalfa	400 mcg	†			
Flora Support and Enzyme Blend					
Inulin (natural food fiber), Guar Gum, Gum Acacia, Bromelain, Lipase and Protease	1100 mg	†			
Digestion Blend					
Olive Leaf Extract, Grape Leaf Extract, Pomegranate Fruit Extract	25 mg	†			
Anti-Oxidant and Energy Blend					
Organic Strawberry Fruit Powder, Organic Raspberry Fruit Powder, Green Tea Leaf Extract, Cinnamon Twig Extract, Licorice Root Extract, Polygonum Caspidatum (Reseveratrol), 5-HTP, Panax Ginseng Root Extract, Apple Pectin, Banana Fruit Powder, Cayenne Fruit, Chamomile Flower, Citrus Pectin, Ginkgo Leaf Extract, Jujube Fruit, Rhodiola Root Extract, Asian Ginseng Root and Peppermint Leaf	50 mg	†			

† Daily Value not established. Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Other Ingredients: Silica, Stevia, Chocolate and Natural Flavors, Cocoa Bean Powder.

No Nuts, No Peanuts.

Contents sold by weight not volume. Some settling will occur.

This product has been sealed for your protection. Do not use if seal on cap is broken.