

Plant Head® Men's Formula

helps keep men energized and happy!*

SUGGESTED USE: As a dietary supplement, add in one (1) level scoop (31g) of Plant Head® Men's Formula to 8-12 oz. of water, juice, soy, rice or almond milk. Cover, blend or shake well, and enjoy! Drink our Plant Head® Men's Formula once daily on an empty stomach or with a light meal.

Plant Head® Men's Formula is an unsurpassed, advanced phytonutrient superfood which supplies uniquely combined nutraceutical ingredients including pea protein, greens, fiber & much more.



Men's Formula
15 Servings

Store in a cool, dry place. This product is sold by weight, not volume. Settling of contents may occur during shipping and handling.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

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

NEXT GENERATION NUTRACEUTICALS
VEGAN • NO ARTIFICIAL COLORS OR FLAVORS



20 grams of PEA PROTEIN/Per Serving

3 grams of GREEN SUPERFOODS BLEND/Per Serving
Alfalfa Grass, Barley Grass, Wheat Grass & Oat Grass!

Dietary Supplement Net Wt. 16.4oz (465 g)

New
Improved Formula!
Formerly known as
GREENS TODAY®

Supplement Facts

Serving Size 1 Level Scoop (31g)
Servings Per Container 15

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	110	Iodine (as Potassium Iodide)	38 mcg 25%
Total Fat	2 g 2%*	Magnesium (as Magnesium Phosphate)	105 mg 25%
Total Carbohydrate	7 g 3%*	Zinc (as Zinc Sulfate)	3 mg 25%
Dietary Fiber	5 g 18%*	Selenium (as Sodium Selenite)	14 mcg 25%
Total Sugars	1 g	Copper (as Copper Sulfate)	0.2 mg 25%
Protein	17 g 34%*	Manganese (as Manganese Sulfate)	0.6 mg 25%
Vitamin A (as Vitamin A Palmitate)	900 mcg 100%	Chromium (as Chromium Chloride)	9 mcg 25%
Vitamin C (as Ascorbic Acid)	90 mg 100%	Molybdenum (as Sodium Molybdate)	11 mcg 25%
Vitamin D3 (as Cholecalciferol)	420 mcg 100%	Sodium	230 mg 10%
Vitamin E (as Vitamin E Acetate)	15 mg 100%	Potassium	113 mg 2%
Vitamin K (as Phylloquinone)	120 mcg 100%	Plant Protein	20 g †
Thiamin (as Thiamin Hydrochloride)	1.2 mg 100%	Pea Protein	
Riboflavin	1.3 mg 100%	Fiber Blend	3.3 g †
Niacin (as Niacinamide)	16 mg 100%	Flaxseed Fiber, Gum Acacia, Inulin	
Vitamin B6(as Pyridoxine HCl)	1.7 mg 100%	Greens Superfood Blend	3 g †
Folate (as Folic Acid)	400 mcg DFE 100% (240 mcg folic acid)	Barley Grass, Alfalfa Grass, Wheatgrass, Oat Grass	
Vitamin B12 (as Cyanocobalamin)	2.4 mcg 100%	Antioxidant Fruit and Veggie Blend	2 g †
Biotin (as D-Biotin)	30 mcg 100%	Apple (fruit), Beet Root, Broccoli (flower), Cabbage (leaf), Carrot (root), Kale (leaf), Spinach (leaf), Parsley(leaf), Blueberry (fruit), Raspberry (fruit), Strawberry (fruit), Tomato (fruit)	
Pantothenic Acid (as D-Calcium Pantothenate)	5 mg 100%	Herbal Blend	200 mg †
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	325 mg 25%	Milk Thistle Seed Extract, Turmeric Rhizome, Rhodiola Root Extract	
Iron (as Ferric Orthophosphate)	5 mg 25%		
Phosphorus (as Dicalcium Phosphate, 313 mg Ferric Orthophosphate and Magnesium Phosphate)	25%		

*Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Rebaudioside A (from *Stevia rebaudiana* Leaf).
Contains: Wheat (Wheatgrass)



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