

Swanson®

GreenFoods

Formulas

Phytonutrient-Rich Green Foods

Fruit & Vegetable Powder

Dietary Supplement

Net Wt 8.11 oz (230 g)



Swanson

Supplement Facts

Serving Size 2 Rounded Teaspoons (8 g)
Servings Per Container 28

Amount Per Serving	% Daily Value
Calories	35
Total Fat	1 g 1%
Total Carbohydrate	6 g 2%
Dietary Fiber	2 g 7%
Protein	1 g
Calcium**	20 mg 2%
Sodium**	80 mg 3%
Tomato Fruit	1,800 mg
Spirulina	540 mg
(Arthrospira platensis) (microalgae)	
Apple Pectin Powder	450 mg
Sunflower Lecithin	405 mg
(non-GMO)	
Carrot Root	360 mg
Alfalfa Leaf Juice	315 mg
Concentrate	
Broccoli (florets)	315 mg

Amount Per Serving	% Daily Value
Chlorella	315 mg
Parsley Leaf	315 mg
Wheat Grass	315 mg
Jerusalem Artichoke	270 mg
Leaf Extract	
Spinach Leaf	270 mg
Celery Stalk & Leaf	180 mg
Grapefruit Pectin (peel)	180 mg
Lime Fruit	180 mg
Orange Fruit	180 mg
Pea Legume	180 mg
Atlantic Kelp	90 mg
Brown Rice Bran	90 mg
Cabbage Leaf	90 mg
Kale Leaf	90 mg
Lemon Juice	90 mg
Onion Bulb	90 mg
Pineapple Fruit	90 mg

Amount Per Serving	% Daily Value
Papaya Fruit	81 mg
Cranberry Fruit	54 mg
Garlic Bulb	54 mg
Apricot Fruit	45 mg
Squash Fruit	45 mg
Black Cherry Fruit	36 mg
Beet Juice	18 mg
Elderberry Fruit Extract 4:1	18 mg
Grape Skin Extract	18 mg
Grape Seed Extract	18 mg
(Vitis vinifera) (standardized to 95% procyanidin)	
Cayenne Pepper (fruit)	10 mg
Percent Daily Values are based on a 2,000 calorie diet.	
*Daily Value not established.	
**Typical Analysis (Nutrients are naturally occurring).	

Inactive ingredients: Tricalcium phosphate, maltodextrin, rice flour, glucose.

Contains wheat.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-437-8148
or visit our website at www.swansonvitamins.com**SUGGESTED USE:** As a dietary supplement, mix 2 rounded teaspoons (8 g) with 8 ounces of water or juice. Shake briskly for ten seconds.

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

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