

Swanson®

GreenFoods

Formulas

Phytonutrient-Rich Green Foods

Vegan Protein with Probiotics

Dietary Supplement

Natural Vanilla Flavor

Net Wt 25 oz (1 lb 9 oz) (708 g)

500 million
CFU^{††}



Swanson

Supplement Facts

Serving Size 3 Scoops (47.2 g)
Servings Per Container 15

	Amount Per Serving	% Daily Value
Calories	190	
Total Fat	1 g	2%*
Total Carbohydrate	26 g	9%*
Dietary Fiber	5 g	20%*
Sugars	20 g	
Protein	18 g	
Vitamin A (as vitamin A acetate)	1,500 IU	30%
Vitamin C (as ascorbic acid)	21 mg	35%
Calcium†	300 mg	30%
Vitamin E (as d-alpha tocopheryl succinate)	10.5 IU	35%
Thiamin (vitamin B-1) (as thiamin mononitrate)	0.53 mg	35%
Riboflavin (vitamin B-2)	0.51 mg	30%
Niacin (from niacinamide)	7 mg	35%
Vitamin B-6 (as pyridoxine HCl)	0.5 mg	25%
Folic Acid	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	5 mcg	100%
Biotin	105 mcg	35%
Sodium†	214 mg	9%
Potassium†	75 mg	2%

Other ingredients: Brown rice syrup solids, stevia, natural vanilla flavor, guar gum, dicalcium phosphate.

	Amount Per Serving	% Daily Value
Pea Protein	21 g	**
Organic Agave Inulin	5 g	**
Organic Alfalfa Grass	20 mg	**
Organic Broccoli (head)	20 mg	**
Organic Chlorella (broken cell wall) (whole plant)	20 mg	**
Organic Hemp Protein	20 mg	**
Organic Spirulina	20 mg	**
Organic Rice Protein	13 mg	**
Organic Spinach Leaf	10 mg	**
Protease 4.5	8,568 HUT	**
Peptidase	2,610 HUT	**
Bromelain	270,000 FCCPU	**
Protease 6.0	4,050 HUT	**
Protease 3.0	14 ASPU	**
Lactobacillus Plantarum	450 million viable organisms††	**
Bifidobacterium Bifidum	50 million viable organisms††	**

*Percent Daily Value is based on a 2,000 calorie diet.

**Daily Value not established.

†Typical Analysis. Nutrients are naturally occurring.

††At the time of manufacture.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
Fargo, ND 58104 USA
TO REORDER, CALL TOLL FREE 1-800-427-0148
or visit our website at www.swansonvitamins.com

SUGGESTED USE: As a dietary supplement, mix three scoops (47.2 g) once per day with milk or water. Scoop included.

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

SWR066

