

Swanson® GreenFoods

Formulas

Phytonutrient-Rich
Green Foods

Green Max

Dietary Supplement

with "green foods,"
herbs and more

180 veggie capsules



Swanson

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

SUGGESTED USE: As a dietary supplement, take six veggie capsules two times per day with water.

Supplement Facts

Serving Size 6 Veggie Capsules

Servings Per Container 30

Amount Per Serving	% Daily Value
Calories.....	20
Total Carbohydrate.....	3 g..... 1%†
Dietary Fiber.....	<1 g..... 2%†
Protein.....	<1 g
Iron††.....	4.8 mg..... 4%
Sodium††.....	60 mg..... <1%
Vitamin A (as naturally occurring beta-carotene.....	1,500 mcg RAE..... 28%
from <i>Blakeslea trispora</i>)	

Spirulina (<i>Arthrospira platensis</i>) (microalgae).....	678 mg
Apple Fiber (<i>Malus domestica</i>) (fruit).....	675 mg
Pines® Wheat Grass (<i>Triticum aestivum</i>) (aerial plant).....	222.5 mg
Alfalfa Leaf (<i>Medicago sativa</i>).....	217.5 mg
Barley Seed Powder (<i>Hordeum vulgare</i>).....	217.5 mg
Brown Rice.....	175 mg
Chlorella (<i>Chlorella vulgaris</i>) (broken cell wall).....	175 mg
Soy Sprout.....	175 mg
Beet Root (<i>Beta vulgaris</i>).....	167.5 mg
Probiotic Blend.....	12 billion viable organisms*
(L. acidophilus, L. bulgaris, B. bifidus, B. lactis, L. rhamnosus, L. casei, L. plantarum, B. brevis, L. salivarius)	
Bee Pollen.....	75 mg
Royal Jelly.....	75 mg
Acerola Cherry (fruit) (<i>Malpighia punicifolia</i>).....	57.5 mg
Barley Grass (<i>Hordeum vulgare</i>) (aerial plant).....	48.5 mg
Licorice Root (<i>Glycyrrhiza glabra</i>).....	30 mg
Dulse Seaweed (<i>Palmaria palmata</i>) (thallus).....	10 mg
Ginkgo biloba Leaf.....	10 mg
Grape Seed Extract (95% proanthocyanidins) (<i>Vitis vinifera</i>).....	10 mg
Green Tea Extract (95% polyphenols) (<i>Camellia sinensis</i>) (leaf).....	10 mg
Milk Thistle Seed Extract (80% silymarin) (<i>Silybum marianum</i>).....	10 mg
Astragalus Root (<i>Astragalus membranaceus</i>).....	5 mg
Bilberry (<i>Vaccinium myrtillus</i>) (fruit).....	5 mg
Echinacea purpurea (root).....	5 mg
Eleuthero Root (<i>Eleutherococcus senticosus</i>).....	5 mg

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

††Typical analysis. Nutrients are naturally occurring.

**At time of manufacture.

Other ingredients: Rice flour, hypromellose (vegetable capsule), maltodextrin, may contain one or both of the following: magnesium stearate, silica.
Contains wheat, milk and soy.

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TO REORDER, CALL TOLL FREE 1-800-437-4148 or visit our website at www.swansonvitamins.com

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