

# Swanson® GreenFoods

## Formulas

Phytonutrient-Rich Green Foods

# Super Green Max Plus

Dietary Supplement

whole foods plus  
standardized herbs

Net Wt 9 oz (255 g)



Swanson

## Supplement Facts

Serving Size 1 Scoop (8 g)  
Servings Per Container 31

|                                           | Amount Per Serving | % Daily Value |
|-------------------------------------------|--------------------|---------------|
| Calories                                  | 20                 |               |
| Calories from Fat                         | 5                  |               |
| Total Fat                                 | 1 g                | 2%†           |
| Total Carbohydrate                        | 3 g                | 1%†           |
| Dietary Fiber                             | 0.5 g              | 2%†           |
| Sugars                                    | 1 g                |               |
| Protein                                   | 1 g                |               |
| Vitamin A                                 | 2,000 IU           | 41%**         |
| Vitamin C                                 | 18 mg              | 30%**         |
| Vitamin E (as d-alpha tocopheryl acetate) | 150 IU             | 300%*         |
| Vitamin K                                 | 9 mcg              | 11%**         |
| Riboflavin                                | 0.05 mg            | 3%**          |
| Niacin                                    | 0.35 mg            | 2%**          |
| Vitamin B12                               | 0.9 mcg            | 15%**         |
| Iron                                      | 0.9 mg             | 5%**          |
| Copper                                    | 2 mg               | 100%**        |
| Manganese                                 | 0.1 mg             | 5%**          |

|                                                                                  |        |   |
|----------------------------------------------------------------------------------|--------|---|
| Apple Fiber ( <i>Malus domestica</i> , fruit)                                    | 1 g    | * |
| Earthrise® Spirulina<br>( <i>Arthrospira platensis</i> ) (blue-green microalgae) | 1 g    | * |
| Barley Malt Extract (light dry malt and<br>barley extract)                       | 1 g    | * |
| Sunflower Lecithin                                                               | 1 g    | * |
| Barley Grass ( <i>Hordeum vulgare</i> ) (aerial plant)                           | 500 mg | * |
| Wheat Grass ( <i>Triticum aestivum</i> ) (aerial plant)                          | 500 mg | * |
| Brown Rice Bran                                                                  | 375 mg | * |
| Chlorella<br>( <i>Chlorella pyrenoidosa</i> ) (whole plant)                      | 300 mg | * |

|                                                                                                                                                             | Amount Per Serving | % Daily Value |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|
| Parsley Leaf ( <i>Petroselinum crispum</i> )                                                                                                                | 300 mg             | *             |
| Carob Powder                                                                                                                                                | 200 mg             | *             |
| GreenSelect® Green Tea Extract<br>( <i>Camellia sinensis</i> ) (dried leaves) (standardized to 60%<br>polyphenols, 40% EGCG (epigallocatechin-3-O-gallate)) | 200 mg             | *             |
| Beet Pollen                                                                                                                                                 | 150 mg             | *             |
| Licorice Root Extract ( <i>Glycyrrhiza glabra</i> )                                                                                                         | 150 mg             | *             |
| Royal Jelly (standardized to 4% 10-HDA)                                                                                                                     | 150 mg             | *             |
| Acerola Cherry Extract ( <i>Malpighia glabra</i> )<br>(fruit) (standardized to 17% vitamin C)                                                               | 100 mg             | *             |
| Eleuthero Extract 5:1 ( <i>Eleutherococcus<br/>senticosus</i> ) (root and rhizome)                                                                          | 100 mg             | *             |
| Ginkgo biloba Leaf Extract<br>(standardized to 24% flavone glycosides,<br>6% terpene lactones) (<5 ppm ginkgolic acid)                                      | 100 mg             | *             |
| MegaNatural® Gold Grape Seed Extract<br>( <i>Vitis vinifera</i> ) (standardized to 90% polyphenols)                                                         | 100 mg             | *             |
| Milk Thistle Seed Extract<br>(standardized to 80% silymarin)                                                                                                | 100 mg             | *             |

|                                                                                                                                                                                                                       |                              |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|---|
| Probiotic Blend<br>( <i>L. acidophilus</i> , <i>B. bifidum</i> , <i>L. brevis</i> , <i>L. bulgaricus</i> , <i>L. casei</i> ,<br><i>L. rhamnosus</i> , <i>L. plantarum</i> , <i>L. lactis</i> , <i>L. salivarius</i> ) | 400 million live organisms†† | * |
| Bilberry Extract 4:1 ( <i>Vaccinium myrtillus</i> ) (fruit)                                                                                                                                                           | 30 mg                        | * |
| Dulse Seaweed ( <i>Palmaria palmata</i> ) (thallus)                                                                                                                                                                   | 30 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.

inactive ingredients: Chlorophyllin (color),  
stevia leaf extract (*Stevia rebaudiana*),  
medium-chain triglycerides.

DISTRIBUTED BY  
**SWANSON HEALTH PRODUCTS**  
Fargo, ND 58104 USA  
TO REORDER, CALL TOLL FREE  
1-800-437-4148

or visit our website at [www.swansonvitamins.com](http://www.swansonvitamins.com)

GreenSelect® is a registered trademark of Indena S.p.A.

MegaNatural® Gold Grapeseed is a registered trademark of Polyphenolics, Inc.

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**SUGGESTED USE:** As a dietary supplement, briskly mix one scoop (8 g) per day with 4 to 8 ounces of your favorite juice. Scoop included.

**WARNING:** Do not take this product if you are pregnant or nursing. Consult your healthcare provider before use if you are taking any prescription medications, especially blood-thinning medications.

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

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