

NATURE'S SUNSHINE®

Since 1972



Nature's Harvest

Green, Whole-Food and Super-Food Instant Beverage Mix

Whole Foods · Green Foods · Vegetable Protein
Antioxidant Blend · Essential Fatty Acids · Herbs ·
Enzymes · Fiber · Vegan · Dairy-Free · Lactose Free ·
Free from Common Allergens



Net Wt. 1.1 oz. (31 grams)

Green, Whole-Food and Super-Food Instant Beverage Mix



Stock No. 3290-2
Distributed Exclusively by:
NATURE'S SUNSHINE PRODUCTS, INC.
Spanish Fork, Utah 84660 1-800-223-8225
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Nature's Sunshine's **Nature's Harvest** instant beverage mix contains some of the Earth's most nutrient-dense and healthful plants, fruits and herbs. This unique combination offers vegetable proteins, whole foods, greens, antioxidants, fatty acids, herbs, fibers, and other beneficial ingredients that offer a wide array of health benefits.*

The matcha used in this product is ceremonial grade, and is grown and harvested in Japan using the strictest traditional methods. The EGCG of matcha is approximately 10 times that of regular green tea, and offers high amounts of catechins, which act as powerful antioxidants.*

Nature's Harvest instant beverage mix is formulated to be simply mixed with water, or blended with fruits, liquids or your favorite smoothie ingredients.

Recommendation: Mix entire packet (31 grams) in approximately 8 oz. of water, shake vigorously and enjoy. Best when shaken in the NSP Power Shaker, Stock No. 2877-5.

*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.

This packet has been sealed for your protection. Do not use if the seal is open or damaged. The weight stated on the packet is correct; product settles during shipping. Nature's Sunshine uses natural source materials in its products that are subject to color variation.

Product of U.S.A.

Nutrition Facts

Serving Size 1 Packet (31g)

Amount Per Serving	% Daily Value*
Calories	110
Calories from Fat 25	
Total Fat 2.5 g	4%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 190 mg	8%
Potassium 100 mg	3%
Total Carbohydrate 10 g	3%
Dietary Fiber 2 g	8%
Sugars 3 g	
Other Carbohydrates 4 g	
Protein 13 g	
Vitamin A 75%	•Vitamin C 75%
Calcium 2%	•Iron 0%
Vitamin D 75%	•Thiamine 75%
Riboflavin 75%	•Niacin 75%
Vitamin B ₆ 75%	•Folate 75%
Vitamin B ₁₂ 75%	•Biotin 75%
Pantothenic Acid 75%	•Iodine 75%
Zinc 75%	•Selenium 75%
Copper 75%	•Manganese 75%
Chromium 75%	•Molybdenum 75%

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

INGREDIENTS: **Vegetable Protein Blend** (pea protein [from split yellow peas], adzuki beans, black beans, garbanzo beans, rice protein [from brown rice]), **Green and Whole Food Blend** (amaranth, brown rice grain, spirulina, quinoa, flax seed hull lignans, chia, chlorella, millet, alfalfa, carrot, broccoli, rice bran and rice germ, artichoke, spinach, asparagus, kale, beet, parsley, chlorophyll), sunflower oil, **Natural Sweeteners** (fructose, stevia, brown rice syrup), **Fiber Blend** (short chain fructooligosaccharides [scFOS], soluble dietary vegetable fiber, pea fiber, bamboo fiber), natural flavors, **Essential Fatty Acid Blend** (flax seed, borage oil), **Antioxidant Fruit Blend** (mangosteen, goji, watermelon, blueberry, cranberry, grape skin, grape seed, pomegranate, acerola, lemon bioflavonoid), medium chain triglycerides, **Herbal Blend** (ceremonial grade matcha, lemongrass, chicory, horsetail), potassium citrate, sodium chloride, sodium citrate, **Enzyme Blend** (papaya, plant-derived proteolytic enzyme, bromelain), mono and diglycerides, ascorbic acid, maltodextrin, beta glucans, xanthan gum, guar gum, carrageenan (irish moss extract), sodium selenate, biotin, niacinamide, vitamin A palmitate, zinc oxide, copper gluconate, d-calcium pantothenate, manganese, vitamin D, folic acid, potassium iodide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamine hydrochloride (vitamin B₁), sodium molybdate, cyanocobalamin (vitamin B₁₂), chromium chloride.

