ProGreens® Capsules

The same formulation as the ProGreens powder but prepared for those preferring the convenience of a capsule. ProGreens® is an all-natural blended variety of "superfoods" that provide broad-spectrum nutritional support from organic grasses and natural food factors not found in isolated vitamins or mineral concentrates.* In addition to the green grasses, sea vegetables (seaweed) and algae, ProGreens® contains adaptogenic herbs, active probiotics, fiber, and a variety of nutrient-rich "superfoods".* **Gluten-free**.

Suggested Use

As a dietary supplement, 2 to 4 capsules one to four times daily, or as directed by a healthcare practitioner.

Pregnant or lactating women considering taking more than 16 capsules per day should consult with their healthcare professional prior to use.

Variations in product color may occur. Keep refrigerated whenever possible, tightly capped.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

WARNING: Consuming this product can expose you to lead which is known to the State of California to cause birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

LactoSpore® is a registered trademark of Sabinsa Corporation.

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Formulated exclusively for Allergy Research Group®
Alameda, CA 94502 www.allergyresearchgroup.com
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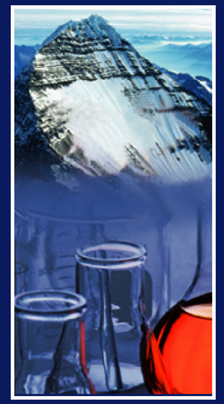
AllergyResearchGroup®

ProGreens®

with Advanced Probiotic Formula



Gluten Free!

dietary supplement

180 vegetarian capsules

Supplement Facts

Serving Size	4 Capsules
Servings Per Container	45

Amount Per Serving		
Calories	10	
		% Daily Value*
Total Carbohydrates	1.2 g	<2%
Vitamin E (D-alpha-Tocopheryl Acid Succinate)	28 IU	93%
Organic spirulina	285 mg	†
Flax Seed Powder	185 mg	†
Apple Pectin and Fiber	171 mg	†
Fructooligosaccharides (FOS)	143 mg	†
Organic wheat grass powder	100 mg	†
Organic barley grass powder	100 mg	†
Organic alfalfa grass powder	100 mg	†
Organic oat grass powder	100 mg	†
Chlorella (cracked cell)	100 mg	†
Acerola Berry Juice Powder	57 mg	†
Beet Juice Powder	57 mg	†
Spinach Powder (1.5% octacosanol)	43 mg	†
Royal Jelly (3X)	43 mg	†
Bee Pollen	43 mg	†
Eleuthero Root Extract	37 mg	†

Amount Per Serving	% Daily Value*
Licorice Root Powder	29 mg †
Suma Root Powder	17 mg †
Astragalus Root Extract	17 mg †
Echinacea purpurea aerial parts powder	17 mg †
Milk Thistle Seed Extract (80% Silymarin)	17 mg †
Dunaliella Extract	11 mg †
Dulse Powder	9 mg †
Ginkgo Leaf Extract (24% Ginkgo Flavonglycosides and 6% Terpene Lactones)	6 mg †
Green Tea Extract (60% Catechins)	6 mg †
Grape Seed Extract (92% Proanthocyanidins)	6 mg †
Bilberry Extract (25% Anthocyanidins)	6 mg †
Ginger Root Powder	1.4 mg †
Non-Dairy Probiotic Cultures	
LactoSpore® (Bacillus coagulans MTCC 5856)	2.0 Billion CFUs †
Bifidobacterium group (*B.longum, B.breve, B.bifidum*)	100 Million CFUs** †

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.
** Viable cell count at the time of manufacture.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, silicon dioxide, magnesium stearate.