

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 · Vegan  
Free from these Common Allergens: Dairy, Lactose and Gluten



Net Weight 1 lb. 0.4 oz. (465 grams)

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



Stock No. 3090  
Distributed Exclusively by:  
**NATURE'S SUNSHINE PRODUCTS, INC.**  
Spanish Fork, Utah 84660 1-800-223-8225  
www.naturessunshine.com

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, 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 only the strictest traditional methods. The EGCG of matcha offers high amounts of catechins, which act as 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 two level scoops of powder (31 grams) in approximately 8 oz. of water, or to taste, then shake vigorously and enjoy.

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

Scoop Included

Product of U.S.A.

## Nutrition Facts

15 servings per container  
**Serving size** **2 scoops (31g)**

**Amount per serving**  
**Calories** **120**

|                                          | % Daily Value** |
|------------------------------------------|-----------------|
| <b>Total Fat</b> 3.5g                    | <b>4%</b>       |
| Saturated Fat 0.5g                       | <b>3%</b>       |
| Trans Fat 0g                             |                 |
| <b>Cholesterol</b> 0mg                   | <b>0%</b>       |
| <b>Sodium</b> 390mg                      | <b>17%</b>      |
| <b>Total Carbohydrate</b> 10g            | <b>4%</b>       |
| Dietary Fiber 0g                         | <b>0%</b>       |
| Total Sugars 3g                          |                 |
| Includes 3g Added Sugars                 | <b>6%</b>       |
| <b>Protein</b> 13g                       | <b>26%</b>      |
| Vitamin D 15mcg                          | 80%             |
| Calcium 20mg                             | 2%              |
| Iron 3mg                                 | 15%             |
| Potassium 100mg                          | 2%              |
| Vitamin A 300mcg                         | 35%             |
| Vitamin C 70mg                           | 80%             |
| Thiamin 0.9mg                            | 80%             |
| Riboflavin 1mg                           | 80%             |
| Niacin 12mg                              | 80%             |
| Vitamin B <sub>6</sub> 1.3mg             | 80%             |
| Folate 200mcg DFE<br>(120mcg folic acid) | 50%             |
| Vitamin B <sub>12</sub> 1.8mcg           | 80%             |
| Biotin 23mcg                             | 80%             |
| Pantothenic Acid 4mg                     | 80%             |
| Iodine 113mcg                            | 80%             |
| Zinc 9mg                                 | 80%             |
| Selenium 42mcg                           | 80%             |
| Copper 0.7mg                             | 80%             |
| Manganese 1.8mg                          | 80%             |
| Chromium 27mcg                           | 80%             |
| Molybdenum 34mcg                         | 80%             |

\*\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Pea protein isolate, sunflower oil, fructose, amaranth, brown rice, natural flavors, soluble vegetable fiber, flax seed, spirulina, fructooligosaccharides, quinoa, medium chain triglycerides, potassium citrate, flax lignans, chia seed, chlorella, millet seed, xanthan gum, salt, matcha green tea, alfalfa, pea fiber, bamboo fiber, carrot, ascorbic acid, rice bran, sodium citrate, watermelon, goji, mangosteen, steviol glycosides, broccoli, lemongrass, papaya, brown rice syrup, rice protein, protease, artichoke, spinach, cranberry, grape seed extract, borage oil, asparagus, kale, sodium selenate, black bean, beet juice, blueberry, niacinamide, zinc oxide, inulin, ergocalciferol, manganese sulfate, d-calcium pantothenate, vitamin A palmitate, copper gluconate, bromelain, horsetail, acerola extract, biotin, potassium iodide, adzuki bean, pyridoxine hydrochloride, parsley, lemon bioflavonoid extract, sodium copper chlorophyllin, folic acid, thiamine hydrochloride, riboflavin, sodium molybdate, pomegranate, cyanocobalamin, grape skin extract, garbanzo bean, beta glucans, chromium chloride.

Made in a facility that processes milk, soy, wheat and egg. Produced in a GMP facility with an allergy control plan. The possibility of contact with allergenic ingredients has been minimized.