



Super Sprouts & Seeds

NATURAL MULTI SEED BLEND

Flax, Pumpkin, Hemp, Chia,
Buckwheat, Sunflower and Quinoa

Sprouted Ancient Grains
Omega-3 600 mg

RICH IN TRACE MINERALS
& FATTY ACIDS

4G
FIBER

NET WT 16 OZ (450 g)

NON
GMO
GLUTEN
FREE
100%
VEGAN

ITEM # N9241



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MADE IN THE U.S.A.



Super Sprouts & Seeds

ORGANIC MULTI SEED BLEND

Garden Greens™ Super Sprouts & Seeds is nature's superfood with Quinoa, Buckwheat, Flax, Pumpkin, Hemp, Chia and more. These sprouts and seeds are full of plant-based protein, fiber and omega-3 fatty acids (ALA). Boost your nutrition with only 1 scoop and feel the energy from these functional, powerful and nutritious sprouts and seeds. Super Sprouts & Seeds can help support your body's nutritional needs. Sprinkle on your favorite foods or stir into your favorite beverage.†

Nutrition Facts

Serving Size: 1 tablespoon (5.3 g)

	Amount Per Serving	%DV
Calories	25	
Calories from fat	9	
Total fat	1 g	2%*
Saturated fat	0 g	0%
Polyunsaturated fat (including Linoleic acid, Omega 6)	180 mg	†
Monounsaturated fat (including oleic acid, Omega 9)	210 mg	†
Total Carbohydrates	3 g	1%*
Dietary fiber	4 g	16%*
Sugars	0 g	†
Protein	<1 g	†
Proprietary Fiber Whole Foods Blend:	5,270 mg	†
Perfect Fiber Blend		
Organic Flaxseed, Chia, Organic Hemp, Pumpkin, Sunflower, Sesame		
Whole Foods Fiber Sprout Blend		
Organic Amaranth sprouts, Organic Quinoa sprouts, Organic Millet sprouts, Organic Buckwheat sprouts, Organic Adzuki sprouts, Organic Mustard sprouts, Wheat sprouts, Alfalfa sprouts,		
Omega 3 fatty acid (as alpha linolenic acid)	600 mg	†

*Percent Daily values (DV) are based on a 2,000 calorie diet. † Daily value not established.

DIRECTIONS: Mix one tablespoon with 8 fl. oz. of water or your favorite beverage and stir or sprinkle on food as a dietary supplement or as directed by a healthcare professional.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not purchase if inner seal is broken.

†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.

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