

**Super Seed®** is a powerful, whole food blend of 14 sprouted seeds, grains and legumes that supplies your body with a nutrient-dense source of dietary fiber. Formulated with organic flax and chia seeds, probiotics and ingredients specifically chosen for their ability to support normal gut flora balance, regular bowel function and overall health.<sup>†</sup>

**Super Seed®** can add nutritional value and fiber to nearly any food or beverage. Mix in smoothies, vegetable or fruit juice, cereal or yogurt.

**CAUTION:** As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Made without soy ingredients, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives. Manufactured in a facility that also processes egg, milk, soy, wheat and tree nuts.

#### MINIMUM FILL LINE

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.

**Keep out of reach of children.**

Do not use if safety seal is broken or missing. Store in a cool, dry place. **VEGETARIAN.**

Distributed by Garden of Life LLC  
4200 Northcorp Parkway,  
Palm Beach Gardens, FL 33410 USA  
Made in the U.S.A. from foods grown  
in the U.S.A. and other countries.

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**With Flax  
Seed Meal  
& Whole  
Chia Seed!**

# Super Seed®

## Beyond Fiber

**6 Grams of Fiber Per Serving**  
**14 Sprouted Grains, Seeds & Legumes - Great Taste!**  
**Provides Protein and Omega-3 Fatty Acids**



**10 SERVINGS**  
**Net Wt 7 oz (200 g)**

**Whole Food Dietary Supplement**

**Suggested Use:** Adults mix 1 scoop (scoop included) with any food or beverage one or more times per day. Children over 4 years old may take ½ scoop daily. Children should be supervised while consuming this product.

## Supplement Facts

Serving Size 1 Scoop (About 20g)

Servings Per Container 10

|                                                                                                                                                                                                                                                                              | Amount Per Serving | %Daily Value     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|------------------|
| Calories                                                                                                                                                                                                                                                                     | 70                 |                  |
| Total Fat                                                                                                                                                                                                                                                                    | 2.5 g              | 3% <sup>1</sup>  |
| Total Carbohydrate                                                                                                                                                                                                                                                           | 9 g                | 3% <sup>1</sup>  |
| Dietary Fiber                                                                                                                                                                                                                                                                | 6 g                | 21% <sup>1</sup> |
| Soluble Fiber                                                                                                                                                                                                                                                                | 1 g                |                  |
| Insoluble Fiber                                                                                                                                                                                                                                                              | 4 g                |                  |
| Total Sugars                                                                                                                                                                                                                                                                 | 0 g                | +                |
| Protein                                                                                                                                                                                                                                                                      | 6 g                |                  |
| Calcium                                                                                                                                                                                                                                                                      | 66 mg              | 5%               |
| Iron                                                                                                                                                                                                                                                                         | 2 mg               | 11%              |
| Omega 3 Fatty Acids (Alpha Linolenic Acid)                                                                                                                                                                                                                                   | 1.1 g              | +                |
| <b>Perfect Fiber Blend</b>                                                                                                                                                                                                                                                   | 18 g               | +                |
| Organic Flax Seed Fiber, Whole Chia Seed                                                                                                                                                                                                                                     |                    |                  |
| <b>Poten-Zyme® Fermented Whole Fiber Blend</b>                                                                                                                                                                                                                               | 1.5 g              | +                |
| Organic Amaranth Sprout, Organic Quinoa Sprout, Millet Sprout, Organic Buckwheat Sprout, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Organic Flax Seed Sprout, Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Chia Seed Sprout, Organic Sesame Seed Sprout |                    |                  |
| Organic Cinnamon                                                                                                                                                                                                                                                             | 127 mg             | +                |
| <b>Probiotic Blend</b>                                                                                                                                                                                                                                                       | 2 mg               | +                |
| <i>Lactobacillus plantarum</i> , <i>Bifidobacterium lactis</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium breve</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus salivarius</i> , <i>Lactobacillus acidophilus</i>            |                    |                  |

<sup>1</sup>Percent Daily Values are based on 2,000 calorie diet.

+Daily Value not established.

**Other Ingredients:** Stevia extract (leaf).

Probiotics cultured in dairy, which is generally consumed during the fermentation process.



We Buy 100% Certified Renewable Energy

