

Perfect Food® Super Green Formula has more greens per serving than other green food supplement formulas. Made with vegetable, sprout and organic cereal grass juice ingredients, **Perfect Food®** is great for those who are unable to eat enough green foods.

Suggested Use: Adults take 5 caplets 1 (or more) times per day with 8 ounces of water. Start with 1-2 caplets daily and gradually work up to 5 caplets per day. May be taken with or without food. Not intended for children.

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Keep out of reach of children.

Store in a cool, dry place. Do not use if safety seal is broken or missing. Contains no apple fiber, rice flour, artificial colors or preservatives. This product is made with natural ingredients, therefore color may vary from lot to lot.



We Buy 100% Certified
Renewable Energy



Recyclable
Bottle

Distributed by Garden of Life LLC

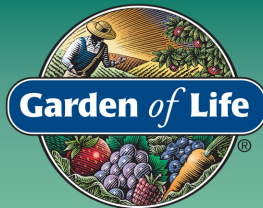
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA

Made in the U.S.A.

www.gardenoflife.com

© 2003 Garden of Life LLC

PFC150L-090815



Perfect Food®

Super Green Formula

45 Phytonutrient-Dense Superfoods

12 Sprouted Ingredients

Fermented Whole Food Ingredients

10 Probiotic Strains

Vegetarian

150 Vegetarian Caplets

Whole Food Dietary Supplement

Supplement Facts

Serving Size 5 Caplets
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	3 g	1% ¹
Dietary Fiber	1 g	6% ¹
Protein	1 g	2% ¹
Vitamin A (as beta-carotene)	2,500 IU	50%
Vitamin C	60 mg	100%
Calcium	60 mg	6%
Iron	3 mg	17%

Poten-Zyme® Whole Food Matrix 2.25 g +
Barley Grass*, Oat Grass*, Buckwheat Sprout*, Amaranth Sprout, Quinoa Sprout, Millet Sprout, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Flax Seed Sprout*, Sunflower Seed Sprout, Pumpkin Seed Sprout*, Chia Seed Sprout, Sesame Seed Sprout*

Perfect Green Juice Blend 2 g +
Barley Grass Juice*, Alfalfa Grass Juice*, Wheat Grass Juice*, Oat Grass Juice*

Perfect Protein-Mineral Blend 670 mg +
Spirulina, Chlorella, Calcified Red Algae, Kelp

Acerola Cherry Extract (Fruit) 350 mg +

Perfect Veggie Juice Blend 250 mg +

Alfalfa* (Sprout), Beet* (Root), Carrot* (Root), Broccoli* (Flower & Stem), Tomato* (Fruit), Cucumber* (Gourd), Kale* (Leaf), Spinach* (Leaf), Parsley* (Leaf), Green Cabbage* (Leaf), Celery (Stalk), Cauliflower (Flower & Stem), Green Bell Pepper* (Fruit), Asparagus (Flower & Stem), Brussels Sprout* (Leaf), Onion* (Bulb), Garlic* (Bulb), Ginger* (Root)

Probiotic Blend 7 mg +
Lactobacillus plantarum, *Bifidobacterium longum*, *Bifidobacterium lactis*, *Bifidobacterium bifidum*, *Lactobacillus rhamnosus*, *Bifidobacterium breve*, *Lactobacillus paracasei*, *Lactobacillus casei*, *Lactobacillus salivarius*, *Lactobacillus acidophilus*

¹Percent Daily Values are based on a 2,000 calorie diet.

+Daily Value not established.

Other ingredients: Cellulose, silica, vegetable coating, magnesium stearate (vegetable source).

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

* Organic