



Suggested Use: As a dietary supplement, mix 1 rounded tablespoon in 8 oz. of cold, pure water. For added flavor, try mixing with a few ounces of juice or milk. **Taste Tip:** For a chilled smoothie, add two ice cubes before mixing. Enjoy daily for optimal benefits.

Supplement Facts

Serving Size 12.16 grams (1 heaping tablespoon)

Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	50	Grape Seed Extract	179 mg †
Total Fat	0.5 g 1%*	Pineapple Juice Powder	116 mg †
Sodium	30 mg <2%*	Milk Thistle extract (seed)	89 mg †
Total Carbohydrate	9 g 3%*	Cranberry extract (fruit)	89 mg †
Dietary Fiber	3 g 11%*	Apple Fiber Pectin	89 mg †
Total Sugars	2 g †	Non-Dairy Probiotic Cultures	89 mg †
Protein	2 g 4%*	Lactobacillus acidophilus	
Iron	0.8 mg 4%	Bifido Bacterium longum	
Potassium	73 mg 2%	Lactobacillus casei	
		Lactobacillus rhamnosus	
Triple Greens® Fruit Proprietary Blend	1,459 mg †	Quercetin	67 mg †
Organic Papaya, Organic Pineapple, Banana Powder,		Red Grape Skin extract	100 mg †
Organic Bilberry Extract, Organic Strawberry Powder		Organic Raspberry Powder	45 mg †
Triple Greens® Vegetable Proprietary Blend	1,339 mg †	Aloe Leaf Powder	45 mg †
Organic Parsley Powder, Organic Celery Powder,		Brown Rice Bran	45 mg †
Organic Carrot Powder		Stevia extract (leaf)	112 mg †
Oat Beta Glucan	1,339 mg †	Bromelain	22 mg †
Digestion Resistant Maltodextrin (Fibersol®-2)	1,357 mg †	Papain	22 mg †
Milled Flaxseed	893 mg †	Protease	22 mg †
Acerola	446 mg †	Amylase	22 mg †
Organic Green Tea Powder	446 mg †	Lipase	22 mg †
Organic Hawaiian Spirulina	902 mg †	Lactase	22 mg †
Organic Blueberry Powder	400 mg †	Cellulase	22 mg †
Organic Broccoli	268 mg †	Turmeric (<i>Curcuma longa</i>) extract (root)	9 mg †
Organic Cauliflower	268 mg †		
Soy Lecithin	268 mg †		
Sprouted Barley Malt	223 mg †		
Alfalfa Leaf Powder	179 mg †		

† Daily Values not established.
* Percent Daily Values based on a 2,000 calorie diet.

Other Ingredients: Natural strawberry flavor, pineapple juice powder, natural raspberry flavor, raspberry powder, natural apple flavor, blueberry flavor, natural cinnamon powder, natural cherry flavor, vanilla flavor, spearmint flavor.

Warning: If you are pregnant or nursing, see your health care professional before taking this product. Fibersol® is a registered Trademark of ADM/Matsutani LLC and Matsutani Chemical Industry Co. LTD. Fibersol®-2 is a soluble dietary fiber produced by ADM/Matsutani LLC.

Contains soy.