SUGGESTED USE Each level scoop (approximately 1/4 teaspoon) contains the equivalent of one capsule of the encapsulated version of our Green Foods Complex. Consume one or more scoops daily or as recommended by your health care professional. You can add the benefits of this product to water, smoothies or a beverage of your choosing. It can also be used to enhance the nutrient content of yogurt, applesauce, oatmeal or more. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle. For questions about the

use of this product call 800.332.7799. This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents



GREEN FOODS COMPLEX

WHEAT & BARLEY GRASS · CHLORELLA SPIRULINA · BLUE-GREEN ALGAE



DIETARY SUPPLEMENT



ALL-SOLAR MANUFACTURING

10.85 oz (0.67 lbs) (307.8 g) • 600 Servings

Andrew Lessman's GREEN FOODS COMPLEX is a Gluten-Free blend of the most popularly supplemented green foods, including Wheat Grass and Barley Grass, as well as Spirulina, Chlorella and Blue Green Algae. These diverse green foods owe their rich color to the chlorophyll they contain and together these five ingredients deliver a comprehensive and concentrated array of vitamins, minerals, enzymes and phytonutrients. More than just natural anti-oxidants, the ingredients in Green Foods Complex help supply your body with protective compounds and building blocks necessary for tissue growth and maintenance, as well as the ingredients required to support a healthy liver. Rather than choose a single "green food," our Green Foods Complex is packed with 100 milligrams each of Barley Grass, Wheat Grass, Blue Green Algae, Chlorella and Spirulina. Green Foods Complex is a complementary blend of two Gluten-Free cereal grasses, along with the three most important microalgae to help support your cardiovascular, nervous, immune and detoxification systems. Each carefully chosen ingredient contributes the natural benefits of green foods

that are so lacking in our modern diet. Although we all try to do our best and eat our "greens" every day, we don't always succeed and our Green Foods Complex makes it convenient and easy to receive the wonderful goodness of those vital,

healthy "greens" every day. 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. CONTAINS NO Milk, soy, yeast, corn, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or

CONTAINS NO ADDITIVES OF ANY KIND.

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Serving Size 1 Scoop (513 mg) (1/4 teaspoon)

Servings Per Container 600 Amount Per Serving

† Daily Value not established.

Barley Grass, organic powder 100 mg Wheat Grass, organic powder 100 mg Blue-Green Algae, organic powder 100 mg Chlorella, powder 100 mg Spirulina, organic powder 100 mg

manufacturing additives.