

REFRIGERATE AFTER OPENING

DIRECTIONS: Use in the a.m. on an empty stomach. For best results place one (1) tablespoon (scoop included) of "Catie's Whole Plant Food" in 8 ounces of water, juice, rice or almond milk. Use a blender (with ice to make a shake) or shaker for optimum results. Add a scoop of Catie's Protein to make a complete meal. Keep container out of heat, light and close tightly.

This product does not contain any wheat, artificial sweeteners, alcohol, MSG, salt, dairy, egg, coloring, stabilizers.

Many blessings, health and happiness.

NON-GMO



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Catie's™

Whole Plant Food GREENS

With Organic Food
Plus Super Foods & Herbs

DIETARY SUPPLEMENT

11.53 oz. (327g)

Supplement Facts

Serving Size: 10.9 g (Approx. 1 Teaspoon)
Serving per container: Approx. 30

Amount per Serving	% Daily Value
Calories 20	
Total Fat	2 g
Total Carbohydrates	2 g
Dietary Fiber	2 g
Total Sugars	12 g
Protein	2 g
Vitamin A	600 IU
Vitamin C (as Ascorbic Acid)	75 mg
Vitamin E	30 IU
Vitamin B1	10 mg
Vitamin B2	10 mg
Vitamin B6	20 mg
Vitamin B12	20 mcg
Calcium	100 mg
Iron	10 mg
Magnesium	10 mg
Zinc	10 mg
Potassium	20 mg

Proprietary Blend 10.74 g
Organic Spirulina Powder, Organic Chlorophyll, Organic Barley Grass Powder, Organic Apple Fruit Powder, Organic Alfalfa Leaf Powder, Astragalus Root Powder, L-Lysine HCl, Carni Root Powder, Organic White Cat Grass, Barley Malt Powder, Acacia Berry/Fruit Powder, Wild Thistle Seed Extract, Maitake Mushroom Powder, Shiitake Mushroom Powder, Cordyceps Mushroom Powder, Chia Seed Powder, L-Proline, Beet Root (Juice) Powder, Dandelion Leaf Powder, Organic Collard Leaf Powder, Burdock Root Powder, Organic Parsley Leaf Powder, Asian Ginseng Root Powder, Green Tea Leaf Extract, Flax Seed Meal Powder, Organic Spinach Leaf Powder, Grape Seed Extract, Camu Camu Fruit Powder, Organic Blackberry Leaf Extract, Catapaw, Cassia (Organic) Bark Powder, Aniseed, Licorice, Polyphenols, Bromelain, Papain, Bilberry Fruit Powder, Alpha Lipoic Acid, Coenzyme Q10.

Probiotic Blend 100 mg
Lactobacillus plantarum, Lactobacillus paracasei, Lactobacillus salivarius, Lactobacillus thermophilus, Bifidobacterium infantis, Bifidobacterium lactis.

*Percent Daily Values(DV) are based on a 2000 Calorie diet.

**Daily Values(DV) Not Established.

Other Ingredients: Natural Flavors

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