

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 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, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing. No artificial colors or preservatives.

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.

Made without soy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes egg, soy, dairy, wheat, fish, shellfish and tree nuts.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.



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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Perfect Food®

Super Green Formula

Phytonutrient-Dense Superfoods
Fermented Whole Foods
Sprouted Ingredients
Probiotics

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	4% ¹
Protein	1 g	
Vitamin A (as beta-carotene)	750 mcg	83%
Vitamin C (from Acerola Cherry)	60 mg	67%
Calcium (from Algae)	60 mg	5%
Iron (naturally occurring)	3 mg	17%

Fermented 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*

¹ Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

Other ingredients: Vegetable Coating, Cellulose, Organic Sunflower Lecithin, Silica.
Probiotics are cultured in dairy, which is generally consumed during the fermentation process.

*Organic

Contains: Wheat (grass juice).

