

To report a serious adverse event, or for
product information, contact 1-800-234-8686

Natural color variation may occur in this product.

Caution: Consult physician if pregnant/nursing, taking medication, or have
a medical condition (especially lupus).

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish
or tree nut ingredients. Produced in a GMP facility that processes other
ingredients containing these allergens.

Alfalfa is a green superfood that is abundant in vitamins, minerals, and
chlorophyll. It naturally has a balanced nutritional content and is an ex-
cellent source of Vitamin K. It has been consumed since ancient times
and has been used by herbalists world-wide for centuries. Its name, "Al-
falfa" comes from the Arabic language and means "Father of All Foods".

Suggested Usage: Take 3 tablets 3 times daily.

DOUGLAS



COOPER CO.

ALFALFA

Food Supplement

10 Grain

DIETARY SUPPLEMENT
500 Tablets

DISTRIBUTED BY:
DOUGLAS COOPER CO., CARMEL, IN 46032

Nutrition Facts

Serving Size 3 Tablets (2.1 g)
Servings Per Container 166

Amount Per Serving	
Calories 5	
% Daily Value*	
Total Fat 0 g	0%
Sodium 0 mg	0%
Total Carbohydrate 1 g	< 1%
Protein 0 g	0%
Vitamin C 6%	• Calcium 2%
Iron 4%	• Vitamin K 20%
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars or vitamin A.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Alfalfa, Dicalcium Phosphate, Cellulose, Stearic Acid (vegetable source), Silica and Magnesium Stearate (vegetable source).

650 mg Alfalfa per tablet.

1,950 mg Alfalfa per 3 tablet serving.

Store in a cool, dry place after opening.

Please Recycle.