

Super Seed® is a powerful, whole food blend of 14 sprouted seeds, grains and legumes that supplies your body with a nutrient-dense source of dietary fiber. Formulated with organic flax and chia seeds, probiotics and ingredients specifically chosen for their ability to support normal gut flora balance, regular-bowel function and overall health.†

Super Seed® is an excellent source of fiber - two servings provide nearly 50% of the Daily Value for fiber, plus 24% of the Daily Value for protein. It is also rich in naturally occurring omega-3 fatty acids, which are essential for good health.†

Super Seed® can add nutritional value and fiber to nearly any food or beverage. Mix in smoothies, vegetable or fruit juice, cereal or yogurt.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, 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.

This product is made with natural ingredients. Color and taste may vary from lot to lot.

Packaged by weight not volume. Settling may occur. Vegetarian.

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.



Super Seed®

Beyond Fiber

6 Grams of Fiber Per Serving
14 Sprouted Grains, Seeds & Legumes - Great Taste!
Provides Protein and Omega-3 Fatty Acids

Net Wt 1 lb 5 oz (600 g)

Whole Food Dietary Supplement

With Flax Seed Meal & Whole Chia Seed!



Supplement Facts

Serving Size 1 Scoop (Approx. 0.7 oz or 20 g)
Servings Per Container Approximately 30

Amount Per Serving	% Daily Value†
Calories 70	
Calories from Fat 25	
Total Fat 2.5 g	4%
Total Carbohydrate 9 g	3%
Dietary Fiber 6 g	24%
Soluble Fiber 1 g	
Insoluble Fiber 4 g	
Sugars 0 g	+
Protein 6 g	12%
Calcium (naturally occurring) 66 mg	6%
Iron (naturally occurring) 2 mg	10%
Perfect Fiber Blend 18 g	+
Organic Flax Seed Meal, Whole Chia Seed	
Poten-Zyme® Fermented Whole Food Fiber Blend 1.5 g	+
Amaranth Sprout, Quinoa Sprout, Millet Sprout, Organic Buckwheat Sprout, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Organic Flax Seed Sprout, Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Chia Seed Sprout, Organic Sesame Seed Sprout	
Omega 3 Fatty Acids (Alpha Linolenic Acid) 1.1 g	+
Organic Cinnamon 127 mg	+
Stevia Leaf Extract 20 mg	+
Proprietary Probiotic Blend 2 mg	+
Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus	

† Percent Daily Values are based on 2,000 calorie diet. + Daily Value not established.
Probiotics are cultured in dairy which is generally consumed during the fermentation process.

Suggested Use: Adults mix 1 scoop with any food or beverage one or more times per day. Children over 4 years old may take ½ scoop daily. Children should be supervised while consuming this product. Scoop included.



Distributed by Garden of Life LLC
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
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