Super Seed® is a powerful, whole food blend of sprouted seeds, grains and legumes that supplies your body with a nutrient-dense source of dietary fiber. ***Super Seed®*** is formulated with organic flax seed and probiotics, along with Garden of Life's proprietary Poten-Zyme® Whole Food Fiber Blend, including sprouts of flax, sunflower, chia, sesame and pumpkin seeds, adzuki beans, millet, quinoa, garbanzo beans, buckwheat, amaranth and red lentils. ***Super Seed®*** contains ingredients specifically chosen for their ability to support normal gut flora balance, regular bowel function and overall health.† An excellent source of fiber, two servings of ***Super Seed®*** provide nearly 50% of the Daily Value for fiber, plus 24% of the Daily Value for protein.

Super Seed® also provides naturally occurring omega-3 fatty acids, essential for good health. Low fat diets rich in fiber-containing grain products, fruits and vegetables may reduce the risks of some types of cancer, a disease associated with many factors.†

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

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.

Store in a cool, dry place.
Do not use if safety seal is broken or missing. **Keep out of reach of children.**

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.**

Garden of Life®

Super Seed®

Beyond Fiber

6 Grams of Fiber Per Serving
14 Sprouted Grains, Seeds & Legumes - Great Taste!
Also 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!

Suggested Use: Adults mix 1 scoop with any food or beverage one or more times per day. Children over 4 years old may take 1/2 scoop daily. Children should be supervised while consuming this product. Scoop included.

Supplement Facts

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

Amount per Serving	% Daily Value
Calories 70	
Calories from Fat 25	
Total Fat 2.5 g	4%†
Saturated Fat 0.5 g	3%†
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	7%
Iron (naturally occurring) 2 mg	11%
Perfect Fiber Blend 18 g	+
Organic Flax Seed Meal, Whole Chia Seed	
Poten-Zyme® 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 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.

Other ingredients: Rice maltodextrin.
Probiotics are cultured in dairy which is generally consumed during the fermentation process.

Recyclable Bottle

Distributed by **Garden of Life LLC**
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West Palm Beach, FL 33407 USA
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