



WHOLE FOOD DIETARY SUPPLEMENT
90 TABLETS

+MULTIVITAMIN



ANCIENT
NUTRITION

ORGANIC SUPER GREENS

Suggested Use: Adults take 3 tablets per day.

Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as beta-carotene from Greens, Veggie and Fruit Blend)	120 mcg	13%
Vitamin C (from Greens, Veggie and Fruit Blend)	9 mg	10%
Vitamin D3 (as Cholecalciferol from Organic Algae)	20 mcg	100%
Vitamin E (as d-alpha Tocopherol from Organic <i>Saccharomyces cerevisiae</i>)	1.5 mg	10%
Vitamin K2 (as menaquinone-7)	12 mcg	10%
Thiamin (from Greens, Veggie and Fruit Blend)	1.1 mg	92%
Riboflavin (from Greens, Veggie and Fruit Blend)	1 mg	77%
Niacin (from from Greens, Veggie and Fruit Blend)	1.7 mg	11%
Vitamin B6 (from Greens, Veggie and Fruit Blend)	1.1 mg	65%
Folate (from Greens, Veggie and Fruit Blend)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from Organic <i>Saccharomyces cerevisiae</i>)	2.4 mcg	100%
Biotin (from Organic <i>Saccharomyces cerevisiae</i>)	3 mcg	10%
Pantothenic Acid (from Greens, Veggie and Fruit Blend)	1.9 mg	38%
Iron (from Greens, Veggie and Fruit Blend)	2 mg	11%
Zinc (from Greens, Veggie and Fruit Blend)	1.1 mg	10%
Selenium (from Greens, Veggie and Fruit Blend)	55 mcg	100%
Manganese (Enzyme Activated)	2.3 mg	100%
Chromium (Enzyme Activated)	35 mcg	100%

Greens, Veggie and Fruit Blend

Organic Spirulina, Organic Beet Root, Organic Kale Leaf, Organic Chlorella, Organic Curry (*Murraya koenigii*) Leaf Extract, Organic Cordyceps Extract, Organic Reishi Extract, Organic Moringa (*Moringa oleifera*) Leaf, Organic Guava (*Psidium guajava*) Fruit and Leaf Extract, Organic Annatto Seed Extract, Organic Broccoli Stalk and Flower, Organic Lemon Fruit Extract, Organic Spinach Leaf, Organic Carrot Root, Organic Amla Berry Extract, Organic Holy Basil (*Oscimum tenuiflorum*) Leaf Extract, *Bacillus coagulans* SNZ-1969 or IDCC1201 (2 Billion CFU), Organic Mustard Seed Extract, Organic Wild Blueberry, Organic Pomegranate Fruit, Organic Goji Berry, Organic Noni Fruit, Organic Acai Berry, Organic Elderberry.

Regenerative Organic Fermented Superfood Blend

Organic Fermented Black Pepper Fruit, Organic Fermented Turmeric Root, Organic Fermented Ginger Root, Organic Fermented Guava (*Psidium guajava*) Whole Plant, Organic Fermented Beet Whole Plant, Organic Fermented Radish (*Raphanus raphanistrum*) Root, Organic Fermented Moringa (*Moringa oleifera*) Leaf, Organic Fermented Papaya Whole Plant, Organic Fermented Carrot Whole Plant, Organic Fermented Fig (*Ficus religiosa*) Whole Plant, Organic Fermented Holy Basil (*Oscimum tenuiflorum*) Leaf, Organic Fermented Avocado (*Persea americana*) Whole Plant, Organic Fermented Soursop (*Annona muricata*) Whole Plant, Organic Fermented Pomegranate Whole Plant.

+ Daily Value (DV) not established.

Other ingredients: Organic *Copernicia cerifera* wax, organic gum acacia, organic agave inulin, organic apple cider vinegar, organic rice hull concentrate, organic glycerin, organic sunflower lecithin, organic guar gum

¹At time of manufacture.

Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat,

sesame, shellfish, fish, egg.

WARNING: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement.

Do not use if inner safety seal is broken or missing. **Keep out of reach of children.** Color and odor may vary from lot to lot. Store in a cool, dry place. **NOTICE:** Use this product as a food supplement only. Do not use for weight reduction.

† 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.

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Manufactured for:

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Certified Organic by CCOF



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