

MET-Rx® Super Greens Power

Many athletes focus their nutritional programs on getting plenty of protein to support muscle, but may lose sight of the importance of nutrient-dense green foods and natural ingredients for overall health and recovery.* Super Greens Power is designed with whole food concentrates, green superfoods, herbal extracts and more to help you optimize performance and well-being while keeping the immune system strong so you can keep working hard in and out of the gym.* Super Greens Power is tested to provide over 2000 units of Oxygen Radical Absorbance Capacity (ORAC) per serving. The ORAC value determines how well a food or supplement is able to neutralize harmful free radicals.

7 SYNERGISTIC BLENDS FOR HEALTH & VITALITY*

Natural Green Grasses This blend combines the healthy properties and nutrients of wheat, barley, alfalfa and oat grass into one synergistic blend for overall health and vitality.*

Blue-Green and Sea Algae Provides trace nutrients from Spirulina, Chlorella and more such as vitamins, minerals and amino acids, plus important fatty acids and plant enzymes. Enzymes are protein molecules that serve as integral parts of many important reactions within the body.

Adaptogenic and Support Herbs Traditional adaptogenic herbs such as Echinacea and Eleuthero are included in this blend.* Perfect for use during stressful time periods at work and home or when increasing the intensity of the gym.

Nutrient-Rich Superfoods Provides important nutrients including Lecithin and Beet Juice. This blend is designed to support the nervous system and brain, which is important for mental function and for supporting your workouts - as the link between the mind and muscle can't be separated.*

Natural Fibers 2 scoops provides 3 grams total of natural Flax Seed, Apple Pectin and Fructooligosaccharides. High protein diets without sufficient fruits and vegetables may cause you to fall short of the daily recommended intake of fiber needed for intestinal health.*

Probiotic Cultures Provides billions of probiotic cultures from several different strains including Acidophilus. Probiotics create a favorable environment for nutrient uptake in the digestive system, to help you make the most of your diet plan whether your goal is to pack on muscle or get lean.* Probiotics also help keep the immune system strong.*

Standardized Herbal Extracts Each herb in this blend is standardized to ensure delivery of its important active components, including Silymarin from Milk Thistle and Polyphenols from Green Tea.

Directions: For adults, mix one (1) scoop (9 g) with 8 ounces of juice or water one to two times daily. If you have never taken bee products, start with a small serving per day and increase gradually in order to assess whether you are allergic. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to bees, bee products, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

*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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

MET-Rx® Manufactured in the USA by MET-Rx USA, Inc.
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com



MET-Rx® SUPER GREENS POWER

WITH WHOLE FOOD CONCENTRATES,
GREEN SUPERFOODS, PROBIOTICS,
HERBAL EXTRACTS, NATURAL FIBERS & MORE

- HELPS STRENGTHEN THE IMMUNE SYSTEM FOR RECOVERY*
- 7 SYNERGISTIC BLENDS FOR HEALTH & VITALITY*

DIETARY SUPPLEMENT

Net Wt. 9.24 oz. (262 g)



Supplement Facts

Serving Size 1 Scoop (9 g)
Servings Per Container about 29

Amount Per Serving	%Daily Value
Calories	40
Calories from Fat	10
Total Fat	1.5 g 2%**
Total Carbohydrate	5 g 2%**
Dietary Fiber	1 g 5%**
Sugars	<1 g
Protein	2 g
Vitamin A	298 IU 6%
Vitamin C	6.75 mg 11%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	100 IU 33%
Calcium	30 mg 3%
Iron	3 mg 17%
Sodium	20 mg 1%

NATURAL GREEN GRASSES

Wheat Grass Powder	350 mg	***
Barley Grass Powder	350 mg	***
Alfalfa Grass Powder	350 mg	***
Oat Grass Powder	350 mg	***

BLUE-GREEN AND SEA ALGAE

Spirulina (Spirulina platensis) (whole plant)	1,000 mg (1 g)	***
Chlorella (Chlorella vulgaris) (whole plant)	350 mg	***
Dunaliella (Dunaliella salina) (whole plant)	40 mg	***
Duke (Rhodomenia palmata) (whole plant)	30 mg	***

ADAPTOGENIC AND SUPPORT HERBS

Licorice (Glycyrrhiza glabra) (root)	100 mg	***
Eleuthero (Eleutherococcus senticosus) (root)	60 mg	***
Suma (Pfaffia paniculata) (root)	60 mg	***
Astragalus (Astragalus membranaceus) (root)	60 mg	***

Other Ingredients: Maltodextrin, Silica.
Contains milk, wheat and soy ingredients.

Echinacea (Echinacea purpurea) (aerial)	60 mg	***
Ginger (Zingiber officinale) (root)	5 mg	***

NUTRIENT-RICH SUPERFOODS

Soy Lecithin	2,000 mg (2 g)	***
Wheat Sprout Powder	350 mg	***
Acerola (Malpighia glabra) (fruit)	36 mg	***
Beet Juice Powder	200 mg	***
Spiraea Octacosanol	150 mg	***
Royal Jelly	150 mg	***
Bee Pollen	150 mg	***

PROBIOTIC CULTURES

(Total count: 5.0 billion, at time of manufacture)		
Lactobacillus Blend	3.5 billion	***
(L. acidophilus, L. rhamnosus A, L. casei, L. bulgaricus)		
Bifidobacterium Blend (B. longum, B. breve)	1.0 billion	***
Streptococcus thermophilus	500 million	***

NATURAL FIBERS

Flax Seed Meal	500 mg	***
Apple Pectin	500 mg	***
Fructooligosaccharides	500 mg	***

STANDARDIZED HERBAL EXTRACTS

Milk Thistle Extract (Silybum marianum) (seed)	60 mg	***
(Standardized to contain 80% Silymarin, 48 mg)		
Ginkgo Biloba Extract (Ginkgo biloba) (leaf)	20 mg	***
(Standardized to contain 24% Ginkgo Flavone Glycosides, 4.8 mg)		
Green Tea (Camellia sinensis) (leaf)	20 mg	***
(Standardized to contain 60% Polyphenols, 12 mg)		
Grape Seed Extract (Vitis vinifera)	20 mg	***
(Standardized to contain 92% Polyphenols, 18.4 mg)		
Bilberry Extract (Vaccinium myrtillus) (fruit)	20 mg	***
(Standardized to contain 25% Anthocyanidins, 5 mg)		

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

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