

Perfect Food® Super Green Formula has more greens per serving than other green food supplement formulas. Made with vegetable, sprout and organic cereal grass ingredients, **Perfect Food®** provides your body the nutritional benefits of multiple servings of fruit and vegetables every day. **Perfect Food® Super Green Formula** supplement contains 10 probiotic strains to support digestive health, and spirulina to support healthy immune function.* An excellent source of natural vitamin A in the form of beta-carotene and natural vitamin C. **Perfect Food®** is great for those who are unable to eat enough green foods. Select ingredients are produced through the Garden of Life proprietary Poten-Zyme® fermentation process to make the nutrients more available to the body.

Suggested Use: Adults take 5 caplets 1 (or more) times per day with 8 ounces of water or juice. Start with 1-2 caplets daily and gradually work up to 5 caplets per day. May be taken with or without food. Not intended for children.

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.
 Contains no apple fiber, rice flour, artificial colors or preservatives.
 This product is made with natural ingredients, therefore color may vary from lot to lot.

† 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.

Distributed by **Garden of Life LLC**
 5500 Village Blvd., West Palm Beach, FL 33407 USA
 Made in the U.S.A. www.gardenoflife.com



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Perfect Food®

Super Green Formula

45 Phytonutrient-Dense Superfoods†
12 Sprouted Ingredients
Fermented Whole Food Ingredients
10 Probiotic Strains
Vegetarian

150 Vegetarian Caplets

Whole Food Dietary Supplement

Supplement Facts

Serving Size 5 Caplets
 Servings Per Container 30

Amount Per Serving	% Daily Value
Calories 20	
Total Carbohydrate 3 g	1%†
Dietary Fiber 1 g	6%†
Protein 1 g	2%†
Vitamin A (as beta-carotene) 2,500 IU	50%
Vitamin C 60 mg	100%
Calcium 60 mg	6%
Iron 3 mg	17%

Poten-Zyme® Whole Food Matrix 2.25 g +
 Barley Grass*, Oat Grass*, Amaranth Sprout, Quinoa Sprout, Millet Sprout, Buckwheat Sprout*, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Flax Seed Sprout*, Sunflower Seed Sprout, Pumpkin Seed Sprout*, Chia Seed Sprout, Sesame Seed Sprout*

Perfect Green Juice Blend 2 g +
 Barley Grass Juice*, Alfalfa Grass Juice*, Wheat Grass Juice*, Oat Grass Juice*

Perfect Protein-Mineral Blend 650 mg +
 Spirulina, Chlorella, Calcified Red Algae, Kelp

Acerola Cherry Extract (Fruit) 350 mg +
Perfect Veggie Juice Blend 250 mg +

Alfalfa* (Sprout), Beet* (Root), Carrot* (Root), Broccoli* (Flower & Stem), Tomato* (Fruit), Cucumber* (Gourd), Kale* (Leaf), Spinach* (Leaf), Parsley* (Leaf), Green Cabbage* (Leaf), Celery* (Stalk), Cauliflower* (Flower & Stem), Green Bell Pepper* (Fruit), Asparagus* (Flower & Stem), Brussels Sprout* (Leaf), Onion* (Bulb), Garlic* (Bulb), Ginger* (Root)

Probiotic Blend 7 mg +
 Lactobacillus plantarum, Bifidobacterium longum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus paracasei, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus

† Percent Daily Values are based on a 2,000 calorie diet.

+ Daily Value not established.

Other Ingredients: Cellulose, sodium croscarmellose, magnesium stearate (vegetable source), rice maltodextrin, silica, vegetable coating.
 Probiotics are cultured in dairy, which is generally consumed during the fermentation process.
 * Organic