

1 serving = 3 servings of vegetables (in antioxidant capacity)

Usage: Add 1 rounded teaspoon of powder to 5-6 oz. cold water or juice. Can also be added to protein powder drinks, such as whey, rice or soy protein. Mix or blend until smooth.

Jarrow FORMULAS® Daily 5™ is a certified organic mix of high quality fruits, vegetables and other plant ingredients. It is rich in antioxidants such as anthocyanins, ellagic acid, other polyphenols and chlorophyll. No added sugars or artificial flavors.

Daily 5™ Features:

- Flavonoids and other polyphenols (in berries) reduce oxidative stress and support healthy cell development, cardiovascular function and vision.*
- Phytonutrients such as sulforaphane and indoles (in cruciferous vegetables) and ellagic acid (in strawberries) promote healthy cell function and development.*
- Anthocyanins (in berries) are important phytonutrients for vision, capillary and circulatory health.*
- An extensive spectrum of phytonutrients.

Keep out of the reach of children.

ORAC Value (Oxygen Radical Absorbance Capacity) > 1120/Serving

* 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.

Best By:
Lot #:

ORGANIC

vegan



Total ORAC Value > 1120/Serving

Daily 5™

Organic Fruits, Vegetables & Greens
30 Servings

6.3 oz. (180 g) Powder
Dietary Supplement

Jarrow FORMULAS®

Supplement Facts

Serving Size 6 g (1 rounded teaspoon)
Servings Per Container 30

	Amount Per Teaspoon	% DV*
Calories	10	
Total Carbohydrate	2 g	2%
Fiber	<1 g	
Sugars	1 g	
Protein	0 g	†
Vitamin C	60 mg	100%

Phytonutrient-Rich 3,240 mg †

Fruit and Vegetable Blend

Organic Acerola Powder (*Malpighia glabra* L.)
Organic Apple Powder (*Malus sylvestris*)
Organic Strawberry Powder (*Fragaria vesca* L.)
Organic Blueberry Powder (*Vaccinium corymbosum*)
Organic Raspberry Powder (*Rubus idaeus* L.)
Organic Beet Powder (*Beta vulgaris*)
Organic Carrot Powder (*Daucus carota*)
Organic Mountain Cranberry (*Vaccinium vitis-idaea*)
Organic Broccoli Powder (*Brassicaceae oleracea*)
Organic Spinach Powder (*Spinacea oleracea* L.)

Organic Flax Seed Powder 1,720 mg †

Organic Greens 110 mg †

Organic Wheat Grass Juice Powder (*Triticum vulgare* L.)
Organic Barley Grass Juice Powder (*Hordeum vulgare* L.)
Organic Oat Grass Juice Powder (*Avena sativa* L.)

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

Other Ingredients: Organic acacia gum, tapioca (manioc) starch, organic rice flour, natural green apple flavor, stevia, and lecithin.



Certified Organic by Midwest
Organic Services Association.

Superior Nutrition and Formulation™ by
Jarrow FORMULAS®
Los Angeles, CA 90035-4317
www.Jarrow.com

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