



SUPERFOOD GREENS

LEMON GINGER FLAVORED

VITAMINS + MINERALS + PROBIOTICS
help supply essential nutrients and
support immune health*



No artificial flavors or sweeteners, no synthetic colors

DIETARY SUPPLEMENT

30 SERVINGS – NET WT 12.70 OZ (360 G)



MINIMUM 45% RECYCLED CONTENT
POST-CONSUMER

LADDER

Ladder is more than just premium ingredients. Ladder works as hard as you do, so you don't just reach your goals—you blow past them. Because we're founded by NBA star **LeBron James** and **Arnold Schwarzenegger**, for the athlete in all of us.

OUR SUPERFOOD GREENS HELP:



Maintain
immune health*



Sustain
bone health*



Support
gut health*

DIRECTIONS: Mix 1 scoop into 8–12 oz of water. For more flavor, mix into coconut water or fruit juice, or add a squeeze of fresh citrus.

Learn more at [laddersport](https://laddersport.com) • [f](https://www.facebook.com/laddersport) [i](https://www.instagram.com/laddersport) [@laddersport](https://twitter.com/laddersport)

SUPPLEMENT FACTS

Serving size: 1 scoop (12 g)
Servings per container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	30	Vitamin B5 (as d-calcium pantothenate)	5 mg 100%
Total Carbohydrate	9 g 3% †	Calcium (as calcium citrate)	130 mg 10%
Dietary Fiber	6 g 21% †	Iron	0.5 mg 3%
Protein	<1 g	Magnesium (as magnesium citrate)	210 mg 50%
Vitamin C (as ascorbic acid)	67.5 mg 75%	Zinc (as zinc citrate)	10 mg 91%
Vitamin D (as cholecalciferol)	15 mcg 75%	Sodium	25 mg 1%
Vitamin K2 (as menaquinone-7)	30 mcg 25%	Potassium	40 mg <1%
Vitamin B1 (as thiamine mononitrate)	1.2 mg 100%	Matcha green tea (leaf)	2 g **
Vitamin B2 (as riboflavin)	1.3 mg 100%	Chlorella	400 mg **
Vitamin B3 (as niacinamide)	16 mg NE 100%	Spinach (leaf)	300 mg **
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg 100%	Rhodiola (root)	200 mg **
Folate (as methylfolate)	600 mcg DFE 150%	Organic broccoli (sprouted seed)	150 mg **
Vitamin B12 (as cyanocobalamin)	2.4 mcg 100%	<i>Bacillus coagulans</i> MTCC5856 (2B CFU)	15 mg **
Biotin	30 mcg 100%		

OTHER INGREDIENTS: Non-GMO soluble corn fiber, Natural flavors, Silica, Xanthan gum, Citric acid, Stevia leaf Reb M.

DISTRIBUTED BY: Openfit LLC, 400 Continental Blvd., Suite 400, El Segundo, CA 90245

STORAGE: Store in a cool, dry place.

WARNING: Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

Contains 40 mg of caffeine per serving, the equivalent of a cup of green tea.

*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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