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General Nutrition Corporation
Pittsburgh, PA 15222

SuperFoods Maximum Greens™ Complete is a convenient, delicious blend of essential nutrients derived from some of the most beneficial foods nature has to offer! This nutrient-dense formula includes more than 26 super foods per serving and provides more antioxidant capacity than 6 standard servings of vegetables, supplying key nutrition necessary for maintaining a healthy lifestyle. Each serving gives you a hearty helping of natural goodness to help you fill your nutritional gaps and support good health.

GREENS BLEND
Delivers 5109 mg of a robust greens blend that includes ingredients such as organically grown barley grass, wheat grass, alfalfa, spirulina and chlorella. These ingredients provide chlorophyll, vitamins, minerals and amino acids essential in a balanced diet.

VEGETABLE AND FRUIT BLENDS
Provide 2388 mg of vegetable and fruit blends containing phytonutrients derived from brightly colored foods such as carrots, spinach, beets, blueberries and cranberries. Phytonutrients are plant compounds known to have a beneficial effect in maintaining good health.

OXYPHYTE® ANTIOXIDANT BLEND
Features 594 mg of OxyPhyte®, a proprietary blend that includes antioxidant-rich ingredients such as pomegranate, green tea and bilberry. Antioxidants work by helping defend the body from damage caused by free radicals that can destroy healthy cells and promote the cell-aging process.

LIVER HEALTH BLEND
Contains 254 mg of an artichoke and milk thistle blend, supporting healthy liver function.

DIGESTIVE ENZYME BLEND
Includes 15 mg of a special blend of enzymes including amylase, cellulase, protease and lipase to support digestive health.

- To ensure a complete nutritional program, take daily with these GNC products:
- Premium GNC Multivitamin
 - Ultra Probiotic Complex 25
 - Triple Strength Fish Oil

**Based on ORAC value of fruit and vegetable blends.*
OxyPhyte® is a registered trademark of RFI Ingredients.



NET WT 8.84 OZ (251 g)

ORIGINAL FLAVOR

GNC SUPERFOODS MAXIMUM GREENS™ COMPLETE

MORE THAN 26 NUTRIENT-RICH
SUPER FOODS PER SERVING

- More antioxidant capacity than 6 standard servings of vegetables*
- Loaded with digestive enzymes, essential whole food-based vitamins and minerals

CODE 350669

EOG

Directions: Once a day, or more often if you would like, mix 1 tablespoon of Maximum Greens™ Complete into 8 oz of water or your favorite beverage. Stir briskly or shake briefly in a closed container until completely mixed.

Daily Dose	Total Greens	Antioxidant Capacity for Servings of Fruits & Vegetables*	Benefit
1 Tablespoon	5 g	6	Antioxidants to protect against free-radicals
2 Tablespoons	10 g	12	More nutrients to support your eyes, skin & energy metabolism plus additional antioxidant power to protect cells & general health
2-4 Tablespoons	10-20 g	12-24	

Nutrition Facts

Serving Size 1 Tablespoon (8.36g) Servings Per Container 30	
Amount Per Serving	
Calories	30
Calories from Fat	0
% Daily Value†	
Total Fat 0g	0%
Sodium 30mg	1%
Potassium 140mg	4%
Total Carbohydrate 6g	2%
Sugars 2g	
Protein 2g	

INGREDIENTS: Maltodextrin, Fermented Soy, Black Bean Powder, Kidney Bean Powder, Garbanzo Bean Powder.
CONTAINS: Soybean and Wheat.
ONE SERVING ALSO CONTAINS:
GREENS BLEND 5109 mg Wheat Grass Juice Powder, Barley Grass Juice Powder, Spirulina Powder, Alfalfa Juice Powder, Kelp Powder, Chlorella Powder
VEGETABLE BLEND 1239 mg Carrot Juice Powder, Broccoli Juice Powder, Spinach Juice Powder, Beet Juice Powder, Tomato Paste Powder, Cauliflower Sprouts, Broccoli Sprouts
FRUIT BLEND 1149 mg Whole Apple Powder, Blueberry Puree Powder, Sweet Cherry Puree Powder, Cranberry Juice Powder
OXYPHYTE® ANTIOXIDANT BLEND 594 mg Pomegranate Extract (*Punica granatum*)(fruit) (standardized to 40% ellagic acid), White Tea Extract (*Camellia sinensis*)(leaf)(standardized to 90% polyphenols), Green Tea Extract (*Camellia sinensis*)(leaf)(standardized to 80% catechins),

Amount Per Serving	
Vitamin A	20%
Calcium	2%
Not a significant source of Saturated Fat, Trans Fat, Cholesterol, and Dietary Fiber.	
† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 80g
Sat Fat	Less than 25g
Cholesterol	Less than 300mg
Sodium	Less than 2400mg
Potassium	3500mg
Total Carbohydrate	300g
Dietary Fiber	25g
Calories per gram:	
Fat 9	• Carbohydrate 4
	• Protein 4

Rosemary Extract (*Rosmarinus officinalis*)(leaf) (standardized to 9% rosmarinic acid), Apple Extract (*Malus pumila*)(fruit)(standardized to 75% polyphenols), Bilberry Extract (*Vaccinium myrtillus*)(fruit)(standardized to 25% anthocyanins)
LIVER HEALTH BLEND 254 mg Artichoke Extract (*Cynara scolymus*)(leaf)(standardized to 4% chlorogenic acid), Milk Thistle Extract (*Silbum marianum*)(seed)(standardized to 80% silymarin)
DIGESTIVE ENZYME BLEND 15 mg Cellulase (*Trichoderma sp.*, Protease (*Aspergillus oryzae*), Amylase (*Aspergillus oryzae*), Lipase (*Aspergillus niger*)
WARNING: Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery.
NOTICE: Significant product settling may occur. **Store in a cool, dry place.**