

GIVE YOURSELF A NUTRITIONAL BOOST!

Greens First Boost® is a delicious, nutrient balanced & fortified whole food product. Greens First Boost® contains pure and wholesome blends that help to nourish, support & balance your body with a natural source of non-GMO brown rice & vegetable pea protein, super greens, healthy essential fatty acids, antioxidants, prebiotics, vitamins and minerals.

Your Entire
Body Will
Love It.
Taste Buds
Included!

EATING RIGHT JUST GOT EASIER—THE GREENS FIRST WELLNESS SHAKE!

Greens First Boost® (Chocolate & Vanilla) was created specifically to be mixed with Greens First® (Original, Berry or Chocolate) to make our delicious and nutritious Wellness Shake. The magic is in the mixing! Greens First® provides the certified organic fruits & vegetables and 49 super foods, while Greens First Boost® provides all 3 Food Groups (vegetarian/vegan brown rice & vegetable pea protein, good carbohydrates & healthy oils) that your body needs to fuel up for the day. It's the perfect "instant breakfast" or an anytime "energy booster."

DIRECTIONS FOR THE WELLNESS SHAKE:

Put 8-12 oz of cold water into a Greens First® shaker cup. Add 1 scoop of Greens First® (Original, Berry or Chocolate) and 1 scoop of Greens First Boost® (Chocolate or Vanilla). Shake & Enjoy.



Greens FIRST®
WELLNESS SHAKE
GreensFirst.com

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Mix With Greens First
To Make The Wellness Shake

Greens FIRST®

DUTCH CHOCOLATE

Boost

TASTES GREAT!
GLUTEN FREE



Nutrient Balanced

CONTAINS:

- Non-GMO Brown Rice & Vegetable Pea Protein,
- Super Greens & Prebiotics
- Essential Fatty Acids • Vitamins & Minerals

NO:

- Wheat • Dairy • Soy

Dietary Supplement
Net Weight 12.28 oz. (348 grams) Powder

Supplement Facts

Serving Size: 11.6 g (1 Scoop)
Servings per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Total Calories	45	Molybdenum (as Sodium Molybdate)	7.5 mcg 7%
Total Fat	1 g 1%*	Sodium	80 mg 1%
Saturated Fat	0.5 g 3%*	Potassium	150 mg 3%
Total Carbohydrate	3 g 1%*	Vegetable Protein Blend	57 g 1
Dietary Fiber	1 g 4%*	Pea Protein Isolate, Brown Rice Protein	
Protein	5 g	Essential Fatty Acid Blend	1.58 g 1
Vitamin A (as Retinyl Acetate)	192 mcg 21%	Safflower Seed Oil (Powdered), Olive Oil (Powdered), Flaxseed Oil (Powdered), Ionic Trace Minerals with Amino Acids (as Concentrate)	
Vitamin C (as Sodium Ascorbate and from Acerola Fruit Extract)	24 mg 26%	Flora Support & Enzyme Blend	1.1 g 1
Vitamin D (as Ergocalciferol)	1 mcg 5%	Inulin, Guar Gum Powder, Bromelain Complex, Lipase Complex, Protease Complex, Gum Arabic Tree Gum Fiber Powder	
Vitamin E (as D-Alpha Tocopheryl Succinate)	3.02 mg 20%	Antioxidant Energy Blend	50 mg 1
Thiamin (as Thiamine HCl)	0.6 mg 50%	Musa acuminata (Banana) Fruit Powder, Organic Strawberry Fruit Powder, Organic Raspberry Fruit Powder, Apple Fruit Powder, Juice Fruit Powder, Green Tea Leaf Extract, Asian Ginseng Root Extract, Cassia Bark Extract, Licorice Root Extract, Chamomile Flower Powder, Citrus Fruit Powder, Ginkgo Leaf Extract, Peppermint Leaf Powder, 5-Hydroxytryptophan (from Griffonia simplicifolia Seed Extract), Rhodiola Root Extract, Resveratrol (from Japanese Knotweed Root Extract), Cayenne Fruit Powder	
Niacin (as Nicotinamide)	8 mg 50%	Super Greens Blend	40 mg 1
Vitamin B6 (as Pyridoxine HCl)	0.8 mg 47%	Azelaic Herb Powder, Broccoli Head Powder, Brussels sprouts germifera (Brussels Sprout) Leaf Powder, Organic Cauliflower Bulb/Head Powder, Organic Cabbage Leaf Powder, Chard/Celery Cell Wall Powder, Bitter Melon Fruit Extract, Organic Spirulina Powder	
Folate (as L-5-Methyltetrahydrofolate Calcium)	75 mcg DFE 19%	Digestion Blend	25 mg 1
Vitamin B12 (as Cyanocobalamin)	2.4 mcg 100%	Olive Leaf Extract, Grape Leaf Extract, Pomegranate Fruit Extract	
Biotin	30 mcg 100%	Hydrilla Plant Powder	1 mg 1
Pantothenic Acid (as Calcium-D-Pantothenate)	1 mg 20%		
Calcium	125 mg 10%		
Iron	2 mg 11%		
Phosphorus (from Magnesium Phosphate Dibasic and as Potassium Phosphate Dibasic)	80 mg 6%		
Iodine (as Potassium Iodide)	15 mcg 10%		
Magnesium (as Magnesium Phosphate Dibasic)	50 mg 12%		
Zinc (as Zinc Oxide)	1.8 mg 16%		
Selenium (as Sodium Selenite)	7 mcg 13%		
Copper (as Cupric Oxide)	0.2 mg 22%		
Manganese (as Manganese Sulfate)	0.2 mg 9%		
Chromium (as Chromium Nicotinate Glycinate)	12 mcg 34%		

Other Ingredients: Chocolate Bean Powder processed with Alkaloids, Maltodextrin, Natural Flavors, Calcium Citrate, Potassium Phosphate Dibasic, Potassium Chloride, Rebamipide A (From Stevia Leaf Extract), Silicon Dioxide.

Concentrate is a registered trademark of Trace Minerals Research

Contents sold by weight not volume. Some settling will occur. This product has been sealed for your protection. Do not use if seal or cap is broken.

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