

Akasha Greens Complete

Greens Complete is a synergistic blend of highly bioavailable superfoods that supply the body with the utmost nutrition.* These superfoods provide an abundance of vitamins, minerals, essential fatty acids, and antioxidants that the body needs for optimal health.*

Greens Complete contains 9 billion cfu microbial probiotics**, digestive enzymes, and essential prebiotics which promote the colonization of the good bacteria in the intestines, support the immune system, and promote healthy nutrient absorption.*

Suggested Use

Dissolve one scoop (9.5 g) into 4 to 8 oz of water, your favorite beverage, or blend with a shake.

Storage

Please store in the refrigerator after opening to preserve the integrity of the ingredients.

Contains No Added

Colors, fillers, or wheat.

About Us

Akasha Center for Integrative Medicine, located in Santa Monica, California, is one of the nation's leading centers for the science-based integration of western medicine with complementary and alternative practices. Akasha Naturals is the first dietary supplement line to be developed by an interdisciplinary team of board-certified medical doctors and licensed practitioners in alternative and complementary modalities such as Chinese medicine, Naturopathy, Ayurvedic medicine, and nutritional therapy.

A few guiding principles of the Akasha Center, which we have brought to Akasha Naturals, include:

- A multidisciplinary approach to healing and wellness based on scientific evidence
- Addressing the whole person: a balance of mind, body, spirit, and advanced medicine
- Empowerment of the patient through education and collaboration
- Sustainability for our planet and all its inhabitants

The Akasha Center philosophy, from our evidence-based discipline to our holistic approach to wellness, is sealed into every Akasha Naturals product.



Supplement Facts

Serving Size: 9.5 Grams (Approx. 1 Scoop)
Servings Per Container: 30

Amount Per Serving		% DV	Amount Per Serving		% DV
Vitamin A (as mixed Carotenoids and Retinyl Palmitate)	1960 mcg RAE	218%	Cilantro Leaf Powder	300 mg	†
Vitamin C (Ascorbic Acid)	250 mg	278%	Chicory Root Powder	300 mg	†
Vitamin D (as Cholecalciferol)	25 mcg	125%	Flaxseed Powder	250 mg	†
Vitamin E (as D-Alpha Tocopheryl Succinate)	80 mg	533%	Chia Seed Powder	250 mg	†
Thiamin (as Thiamin HCl)	10 mg	833%	Pineapple Fruit Powder	250 mg	†
Riboflavin (as Riboflavin-5-Phosphate)	10 mg	769%	Collards (Kale) Leaf Powder	200 mg	†
Niacin	20 mg NE	125%	Taurine	200 mg	†
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%	Enzyme Blend	110 mg	†
Folate (as [6S]-5-Methyltetrahydrofolic Acid)	400 mcg DFE	100%	Amylase Complex, Lipase Complex, Cellulase Complex, Protease Complex		
Glucosamine Salt) Quatrefolic®			Artichoke Leaf Powder	100 mg	†
Vitamin B12 (as Methylcobalamin)	200 mcg	8,333%	Broccoli Head Powder	100 mg	†
Biotin	500 mcg	1,667%	Beet Root Powder	100 mg	†
Pantothenic Acid (as Calcium-D-Pantothenate)	150 mg	3,000%	Spinach Leaf Powder	100 mg	†
Magnesium (as Magnesium Malate)	19 mg	5%	Carrot Root Powder	100 mg	†
Zinc (as Zinc Oxide)	15 mg	136%	Hemp Seed Powder	100 mg	†
Selenium (as L-Selenomethionine)	100 mcg	182%	Gymnema Leaf Powder	100 mg	†
Copper (as Cupric Oxide)	2 mg	222%	Milk Thistle Seed Powder	60 mg	†
Manganese (as Manganese Sulfate)	1 mg	43%	Strawberry Fruit Powder	50 mg	†
Chromium (as Chromium Picolinate)	100 mcg	286%	Rice Bran Powder	50 mg	†
Molybdenum (as Sodium Molybdate)	50 mcg	111%	Rhodiola Root Powder	40 mg	†
Potassium (as Potassium Chloride)	15.72 mg	<1%	Astragalus Root Powder	30 mg	†
Fructooligosaccharides (FOS)	950 mg	†	Licorice Root Powder	30 mg	†
Reishi Mushroom Fruiting Body Powder	666.67 mg	†	Raspberry Fruit Powder	25 mg	†
Maitake Whole Mushroom Powder	666.67 mg	†	Blueberry Fruit Powder	25 mg	†
Shiitake Whole Mushroom Powder	666.67 mg	†	Blackberry Fruit Powder	25 mg	†
Parsley Leaf Powder	500 mg	†	Pomegranate Fruit Powder	25 mg	†
Apple Fruit Powder	500 mg	†	Tocotrienols	1 mg	†
Organic Cassia Bark Powder (Cinnamon Powder)	500 mg	†	(Tocopherols and Tocotrienols Complex)		
Sunflower Lecithin Powder	400 mg	†	Boron (as Boron Citrate)	500 mcg	†
Prebiotic & Probiotic Blend	368.94 mg	†	† Daily Value not established.		
Inulin, <i>Bacillus coagulans</i> , <i>Bifidobacterium longum</i> , <i>Streptococcus thermophilus</i> , <i>Bifidobacterium bifidum</i> , <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> , <i>Lactobacillus acidophilus</i> , <i>Lactobacillus fermentum</i> , <i>Lactobacillus casei</i> , <i>Lactobacillus gasseri</i>					

Other Ingredients: Silicon Dioxide, Luo Han Guo Fruit Powder (Monk Fruit) (Sweetener).
Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.