

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®

Boost

FRENCH
VANILLA



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 12.06 oz. (342 grams) Powder

Supplement Facts

Serving Size: 11.4 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 1%
Total Fat	1 g 1%*	Sodium	88 mg 3%
Total Carbohydrate	4 g 1%*	Potassium	158 mg 3%
Dietary Fiber	<1 g 3%*	Vegetable Protein Blend	5.7 g 1
Protein	5 g	Pea Protein Isolate, Brown Rice Protein	
Vitamin A (as Retinyl Acetate)	182 mcg 21%	Essential Fatty Acid Blend	1.56 g 1
Vitamin C (as Sodium Ascorbate and from Acerola Fruit Extract)	24 mg 26%	Safflower Seed Oil (Powdered), Olive Oil (Powdered), Flaxseed Oil (Powdered), Ionic Trace Minerals with Alfalfa (as Concentrated Alfalfa)	
Vitamin D (as Ergocalciferol)	1 mcg 5%	Flora Support & Enzyme Blend	1.1 g 1
Vitamin E (as D-Alpha Tocopheryl Succinate)	3.02 mg 20%	Inulin, Guar Gum Powder, Bromelain Complex, Uppase Complex, Protease Complex, Gum Arabic Tree Gum Fiber Powder	
Thiamine (as Thiamine HCl)	0.6 mg 50%	Antioxidant Energy Blend	58 mg 1
Riboflavin	0.68 mg 52%	Musa acuminata (Banana) Fruit Powder, Organic Strawberry Fruit Powder, Organic Raspberry Fruit Powder, Apple Fruit Powder, Juice	
Niacin (as Nicotinamide)	8 mg 50%	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 Galbania simplicifolia Seed Extract), Reishi Root Extract, Resveratrol (from Japanese Knotweed Root Extract), Cayenne Fruit Powder	
Vitamin B6 (as Pyridoxine HCl)	0.8 mg 47%	Super Greens Blend	48 mg 1
Folate (as L-5-Methyltetrahydrofolate Calcium)	75 mcg DFE 18%	Alfalfa Herb Powder, Broccoli Head Powder, Brassica oleracea var gemmifera (Brussels Sprout) Leaf Powder, Organic Cauliflower Bulb/Head Powder, Organic Cabbage Leaf Powder, Chard/Leafy Green Powder, Bitter Melon Fruit Extract, Organic Spinach Powder	
Vitamin B12 (as Cyanocobalamin)	2.4 mcg 100%	Digestion Blend	25 mg 1
Biotin	30 mcg 100%	Olive Leaf Extract, Grape Leaf Extract, Pomegranate Fruit Extract	
Pantothenic Acid (as Calcium-D-Pantothenate)	1 mg 20%	Hydrilla Plant Powder	1 mg 1
Calcium	124 mg 10%		
Iron	1.6 mg 9%		
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%		
Copper (as Cupric Oxide)	7 mcg 13%		
Manganese (as Manganese Sulfate)	0.2 mg 22%		
Chromium (as Chromium Dinitrate Glycinate)	0.2 mg 9%		
	12 mcg 34%		

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

Other Ingredients: Natural Flavors, Maltodextrin, Xanthan Gum Powder, Calcium Citrate, Rebaiside A (From Stevia Leaf Extract), Potassium Phosphate Dibasic, Potassium Chloride, 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/cap is broken.

Ceautamed Worldwide, LLC
1289 Clint Moore Road
Boca Raton, FL 33487

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