

WE SUPPLEMENT THE FIT TO BECOME THE FITTEST



GREENS + REDS is a high-quality, proprietary blend-free combination of vitamins and antioxidant-rich organic super greens and reds. Forget the broccoli and kale, Greens + Reds contains powerfully rich super greens from land and sea like Spirulina, Chlorella, Wheat Grass, Beet Root, Pomegranate, and Turmeric to improve your energy levels and bridge the gaps in your daily diet.

SUGGESTED USE: Mix one scoop with 8oz of water, before, or during training for optimal performance and results.

California Prop 65 Warning: This product may expose you to chemicals known to the State of California to cause cancer, birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

WARNING: Consult with a physician prior to use if you have any medical conditions. Do not use if pregnant or lactating.

* 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.

WWW.SWOLVERINE.COM @ f t p

GREENS + REDS

ORGANIC SUPER GREENS + ANTIOXIDANT RICH REDS

ENERGY*
WELLNESS*
DIGESTIVE HEALTH*

30
SERVINGS

SWOLVERINE

NATURAL ORANGE
NATURALLY FLAVORED

NET WT. 12.698 OZ (360 G) DIETARY SUPPLEMENT

Supplement Facts

Serving Size One Scoop (12 g)
Serving Per Container 30

	Amount Per Serving	% Daily Value ¹
Calories	40	—
Calories from Fat	0	—
Total Carbohydrate	4 g	2%
Dietary Fiber	< 1g	2%
Protein	4 g	8%
Thiamin	0.2 mg	18%
Riboflavin	0.6 mg	50%
Niacin	0 mg	3%
Vitamin B6	0.6 mg	33%
Vitamin B12	2.7 mcg	114%
Calcium	25 mg	2%
Phosphorus	54 mg	4%
Iodine	8 mcg	6%
Magnesium	21 mg	5%
Zinc	2 mg	14%
Manganese	0.1mg	2%
Sodium	56 mg	2%
Potassium	138 mg	3%
Organic Wheat Grass	2500 mg	+
Organic Spirulina Powder	2500 mg	+
Organic Chlorella Powder	2000 mg	+
Organic Beets	1000 mg	+
Chia Seed Powder	1000 mg	+
Organic Turmeric Powder	500 mg	+
Bilberry Fruit 4:1 (Vaccinium Myrtillus)	500 mg	+
Blue Berry Juice Powder	500 mg	+
Pomegranate Fruit Powder	500 mg	+
Black Pepper Extract (BioPerine)	5 mg	+

Percent Daily Value (DV) Was Established On a 2,000 Calorie Diet
¹ Daily Value Was Not Established

OTHER INGREDIENTS

Natural Flavors, Stevia, Papain, Protease, MCT Oil

Manufactured for:

Swoolverine

4690 Longley Ln, STE 15
Reno, NV 89502

BioPerine® is a registered trademark of the Sabinsa Corporation.

Sourced from a GMP Certified facility. Formulated in USA.

