

Super Seed® is a powerful, whole food blend of 14 sprouted seeds, grains and legumes that supplies your body with a nutrient-dense source of dietary fiber. Formulated with organic flax and chia seeds, probiotics and ingredients specifically chosen for their ability to support normal gut flora balance, regular bowel function and overall health.†

Super Seed® can add nutritional value and fiber to nearly any food or beverage. Mix in smoothies, vegetable or fruit juice, cereal or yogurt.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without soy ingredients, tree nuts, added sugars, filler ingredients, nor artificial colors, flavors, sweeteners or preservatives. Manufactured in a facility that also processes egg, milk, soy, wheat and tree nuts.

VEGETARIAN.

Distributed by Garden of Life LLC
4200 Northcorp Parkway,
Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown
in the U.S.A. and other countries.
www.gardenoflife.com
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Certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability and transparency.



† 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.



Super Seed®

Beyond Fiber

6 Grams of Fiber Per Serving
14 Sprouted Grains, Seeds & Legumes - Great Taste!
Provides Protein and Omega-3 Fatty Acids

30 SERVINGS
Net Wt 1 lb 5 oz (600 g)

Whole Food Dietary Supplement

With Flax Seed Meal & Whole Chia Seed!

Supplement Facts

Serving Size 1 Scoop (About 20g)
Servings Per Container 30

	Amount Per Serving	%Daily Value
Calories	70	
Total Fat	2.5 g	3% ¹
Total Carbohydrate	9 g	3% ¹
Dietary Fiber	6 g	21% ¹
Soluble Fiber	1 g	
Insoluble Fiber	4 g	
Total Sugars	0 g	+
Protein	6 g	
Calcium	66 mg	5%
Iron	2 mg	11%
Omega 3 Fatty Acids (Alpha Linolenic Acid)	1.1 g	+
Perfect Fiber Blend	18 g	+
Organic Flax Seed Fiber, Whole Chia Seed		
Poten-Zyme® Fermented Whole Fiber Blend	1.5 g	+
Organic Amaranth Sprout, Organic Quinoa Sprout, Millet Sprout, Organic Buckwheat Sprout, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Organic Flax Seed Sprout, Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Chia Seed Sprout, Organic Sesame Seed Sprout		
Organic Cinnamon	127 mg	+
Probiotic Blend	2 mg	+
Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus		

¹Percent Daily Values are based on 2,000 calorie diet.
⁺Daily Value not established.
Other Ingredients: Stevia extract (leaf).

Suggested Use: Adults mix 1 scoop (scoop included) with any food or beverage one or more times per day. Children over 4 years old may take ½ scoop daily. Children should be supervised while consuming this product.

Probiotics are cultured in dairy, which is generally consumed during the fermentation process.

MINIMUM FILL LINE

The density of the powdered ingredients in this product naturally vary from lot to lot and require space in the container at the time of packaging. Over time the powders settle, causing the container to appear less full than when it was first packaged. This product is sold by weight and not by volume.

