



Made in the USA

CODE 2713B

V3

NOW® Fruit & Greens™ PhytoFoods is a healthful combination of over 40 naturally nutritious ingredients. Packed full of concentrated greens, fruits, vegetables, and supporting herbs, every serving provides a full daily dose of Vitamin C and features a broad spectrum of phytonutrients, including Catechins from Green Tea and Resveratrol. For enhanced digestive support, this product also offers 2 grams of fiber, a blend of plant enzymes, and 10 probiotic strains.*

It is well known that regular consumption of fruits and vegetables can promote overall health and longevity. However, our busy lifestyles make it difficult to eat enough fruits and vegetables every day. NOW® Fruit & Greens™ PhytoFoods Powder is gluten-free, natural, and convenient – everything to help you achieve your recommended 5 to 9 daily servings of fruits and vegetables.*

**GLUTEN
FREE**



Fruit & Greens™ PhytoFoods

FRUIT & GREENS SUPERFOOD BLEND

**Whole Food Nutrition
Alkalizing Food Sources*
Great Berry Taste**

Net Wt. 2 lbs (907 g)
A Dietary Supplement



Supplement Facts

Serving Size 2 Level Tablespoons (16 g)
Servings Per Container about 57

	Amount Per Serving	% Daily Value
Calories	60	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Total Carbohydrate	11 g	4%*
Dietary Fiber	2 g	8%*
Sugars	5 g	†
Protein	2 g	4%*
Vitamin C (from Organic Amla Extract)	60 mg	100%
Greens Blend:	2.05 g (2,050 mg)	†
Alfalfa Juice Concentrate, Organic Spirulina, Organic Chlorella (Broken Cell Wall), Kelp		
Fruit Blend:	1.4 g (1,400 mg)	†
Organic Acai, Pomegranate Extract, Goji Berry, Mangosteen Extract, Organic Blueberry, Cranberry, Raspberry		
Vegetable Blend:	1.25 g (1,250 mg)	†
Carrot, Spinach, Broccoli, Beet		
Fiber Blend:	1.3 g (1,300 mg)	†
Brown Rice Bran, Apple Fiber, Apple Pectin		
Soy Lecithin Granules	1.8 g (1,800 mg)	†
Plant Multi-Enzyme Blend (Protease, Acid-Stable Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Bromelain)	200 mg	†
Polygonum cuspidatum Extract (Root) (50% Natural Trans-Resveratrol - 100 mg)	200 mg	†
Organic Raw Maca Root (Lepidium meyenii) (Low Starch 6:1 Concentrate)	150 mg	†
Organic Amla Extract (Fruit) (Phyllanthus emblica)	120 mg	†
White Chia Seed Meal (Cold-Fractured) (Salvia hispanica)	100 mg	†

	Amount Per Serving	% Daily Value
Green Tea Extract (<i>Camellia sinensis</i>) (Leaf) (up to 8 mg of naturally occurring caffeine)	100 mg	†
Organic Inulin (FOS)	100 mg	†
Trace Mineral Concentrate	100 mg	†
Proprietary Blend of 10 Probiotic Strains (4 Billion Organisms**) <i>Lactobacillus acidophilus</i> (La-14), <i>Bifidobacterium lactis</i> (BI-04), <i>Lactobacillus plantarum</i> (Lp-115), <i>Bifidobacterium longum</i> (BI-05), <i>Lactobacillus rhamnosus</i> (Lr-32), <i>Strepto. thermophilus</i> (St-21), <i>Lactobacillus paracasei</i> (Lpc-37), <i>Bifidobacterium breve</i> (Bb-03), <i>Lactobacillus salivarius</i> (Ls-33), <i>Lactobacillus casei</i> (Lc-11)	20 mg	†

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

Other ingredients: Organic Brown Rice Syrup Solids (complex carbohydrate), Natural Vanilla and Berry Flavors with other Natural Flavors, Sodium Copper Chlorophyllin (Chlorophyll). Contains soy (lecithin).

Manufactured by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
For product information visit www.nowfoods.com/2713

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

** At the time of manufacture.

SUGGESTED USAGE: As a dietary supplement, mix 2 level tablespoons daily into 8 oz. of water or your favorite beverage. Tastes great and mixes easily in water.

This product is sold by weight not volume.

Store in a cool, dry place after opening. Please Recycle.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.