

Barlean's Greens – Nature's Perfect Superfood!

PURIFY - ALKALINIZE - CLEANSE

Greens superfoods are revered for supporting the purification and cleansing of vital organs, body tissues and blood supply.

SUGGESTED USE: Simply put one heaping table-spoon in 8oz. of water or your favorite juice and stir. Enjoy one to three times daily!
Best kept refrigerated after opening.

Formulated and distributed exclusively by:

Barlean's Organic Oils

4936 Lake Terrell Road
Ferndale, WA 98248

800/445-3529

www.barleans.com



PRODUCT OF U.S.A.

100% SATISFACTION GUARANTEED

Bruce Barlean

FRESHEST BEFORE

LOT 108420 EXP 10/2013

42800



7 05875 30001 8

ESTD 1989

BARLEAN'S
ORGANIC OILS



TASTES GREAT

MIXES INSTANTLY

BARLEAN'S
GREENS

NATURE'S PERFECT SUPERFOOD
POWDER FORMULA / 15 DAY SUPPLY



NET WT. 4.7 OZ. / 132g

Supplement Facts

Serving Size 1 Heaping Tbsp (8.8 g)

Servings Per Container 15

Amount Per Serving	% Daily Value*
Calories 30	Calories from Fat 10
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	6%
Sugars 0 g	
Protein 2 g	4%
Vitamins	
Vitamin A 400 IU	8%
Vitamin C 40 mg	70%
Vitamin B-1 (Thiamin) 90 mcg	6%
Vitamin B-2 (Riboflavin) 102 mcg	6%
Vitamin B-6 (Pyridoxine Hcl) 80 mcg	4%
Niacin 760 mcg	4%
Pantothenic Acid 110 mcg	2%
Folic Acid 8 ug	4%
Minerals	
Calcium 16 mg	2%
Copper 180 mcg	8%
Iron 600 mcg	6%
Magnesium 21 mg	6%

Manganese 525 mcg	15%
Phosphorus 32 mg	4%
Zinc 300 mcg	2%

GREEN FOOD CONCENTRATES

Land Greens Blend (concentrated 1500%) Organic Barley Leaf, Organic Wheat Leaf, Organic Oat Leaf
Totaling 2892 mg †

Land Greens Spinach, Parsley, Totaling 500 mg †

Sea Greens Spirulina 1250 mg, Chlorella 500 mg, Chlorophyll (from chlorella) 10 mg †

Sea Vegetable Blend Ecklonia, Sea Whistle, Laminaria, Macrocystis, Alaria, Totaling 500 mg †

PHYTONUTRIENT & FIBER CONCENTRATES

Cold Milled Organic Flax Meal 1078 mg, Lignans (SDG) 8-21 mg, RiceX (Stabilized Rice Bran) 1078 mg †

HERBAL TONIC FORMULA

Astragalus (Radix Astragalus) 240 mg, †

Schizandra (Fructus Schizandra) 240 mg †

HERBAL ANTIOXIDANTS Rosemary Extract 100 mg, †

Green Tea Extract (50% Polyphenols) 75 mg, †

Curcumin Extract, (95% Curcuminoids) 75 mg †

NUTRIENT CONCENTRATES Acerola Cherry (17% naturally occurring vitamin C) 220 mg, Full Spectrum Digestive Enzyme Blend 10 mg, Stevia 42 mg †

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

INGREDIENTS: A proprietary blend* of Organic Barley leaf, Oat leaf and Wheat leaf combined with Barley juice, Wheat juice and Oat juice powders, Spirulina, Organic Flaxmeal, RiceX Bran, Chlorella, Sea Vegetables, spinach, Parsley, Astragalus, Schizandra, Acerola Cherry, Rosemary powder, Green Tea extract, Curcumin extract, Stevia, Full spectrum digestive enzymes. *(Concentrated 1500%)