

## Nature's Perfect Superfood!

**CLEANSE - ALKALINIZE - ENERGIZE** Barlean's Greens are an **ORGANIC, GREAT TASTING**, premium superfood created to:

- Support Gentle Cleansing of vital organs and body tissues\*
- Super-Boost your health and ENERGY\* • Help improve digestion\*
- Aid the body's natural detoxification\* • Promote a healthy immune system\*
- Help achieve your recommended daily dose of vegetables\*

Organically grown and harvested at the peak of freshness, Barlean's Greens are an energizing source of raw, vegetarian superfoods designed to invigorate and nourish both your mind and body. Masterfully formulated with Nature's most vitalizing plant-based ingredients, Barlean's Greens are bursting with:

**POWERFUL PHYTONUTRIENTS • ANTIOXIDANTS  
PRE & PROBIOTICS • TRACE MINERALS**



**A NEW STANDARD IN QUALITY AND PURITY:** Every organic, whole food ingredient in Barlean's Greens is carefully selected, responsibly grown and third party tested to guarantee the absolute highest quality and purity including conformity to California's stringent Prop 65.

**SUGGESTED USE:** Simply put one scoop in 8 oz. of water or your favorite juice and stir. Take Barlean's Greens any time to jump start your day. Best kept refrigerated after opening.

100% SATISFACTION GUARANTEED

*Bruce Barlean*

FRESHNESS DATING

LOT# C12305B03

EXP OCT/2014

**Barlean's Organic Oils**  
4936 Lake Terrell Road  
Ferndale, WA 98248  
**800/445-3529**  
**barleans.com**

PRODUCT OF U.S.A.

\*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.

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# BARLEAN'S

ORGANIC OILS



GLUTEN  
FREE

NON  
GMO

# GREENS

ORGANIC

NATURE'S PERFECT SUPERFOOD

- Green Food Concentrates
- Green Protein Source
- Plant-based Vitamins & Minerals
- Vegetarian Formula
- Herbal Antioxidants
- Herbal Tonics
- Flax Lignans
- Probiotics & Enzymes
- Dairy & Soy Free

POWDER FORMULA / 60 DAY SUPPLY

NET WT. 16.93 OZ. / 480 g



## Supplement Facts

Serving Size 1 Scoop (8 g)

Servings Per Container 60

| Amount Per Serving | % Daily Value |
|--------------------|---------------|
|--------------------|---------------|

|             |  |
|-------------|--|
| Calories 30 |  |
|-------------|--|

|                     |  |
|---------------------|--|
| Calories from Fat 5 |  |
|---------------------|--|

|                 |     |
|-----------------|-----|
| Total Fat 0.5 g | 0%* |
|-----------------|-----|

|                   |     |
|-------------------|-----|
| Saturated Fat 0 g | 0%* |
|-------------------|-----|

|                  |    |
|------------------|----|
| Cholesterol 0 mg | 0% |
|------------------|----|

|                        |    |
|------------------------|----|
| Total Carbohydrate 5 g | 2% |
|------------------------|----|

|                        |   |
|------------------------|---|
| Sugars (Not Added) 0 g | † |
|------------------------|---|

|             |    |
|-------------|----|
| Protein 1 g | 2% |
|-------------|----|

**Vitamins**

|                  |     |
|------------------|-----|
| Vitamin A 668 IU | 13% |
|------------------|-----|

|                 |     |
|-----------------|-----|
| Vitamin C 30 mg | 50% |
|-----------------|-----|

**Minerals**

|               |    |
|---------------|----|
| Calcium 30 mg | 3% |
|---------------|----|

|           |    |
|-----------|----|
| Iron 1 mg | 5% |
|-----------|----|

|                  |    |
|------------------|----|
| Phosphorus 22 mg | 2% |
|------------------|----|

|                 |    |
|-----------------|----|
| Magnesium 12 mg | 3% |
|-----------------|----|

|               |    |
|---------------|----|
| Copper 43 mcg | 2% |
|---------------|----|

|                  |    |
|------------------|----|
| Chromium 3.6 mcg | 3% |
|------------------|----|

|              |    |
|--------------|----|
| Sodium 20 mg | 1% |
|--------------|----|

|                  |    |
|------------------|----|
| Potassium 170 mg | 5% |
|------------------|----|

Amount Per Serving

**GREENS BLEND** 6,000 mg †

Organic oat grass powder (*Avena sativa*), organic wheat grass powder (*Triticum aestivum* L.), organic barley grass powder (*Hordeum vulgare* L.), organic spinach powder (*Spinacia oleracea*), organic parsley powder (*Carum petroselinum*), organic chlorella powder (*Chlorella vulgaris*), organic spirulina powder (*Arthrospira platensis*), organic sea lettuce powder (*Ulva lactuca*) and organic rockweed powder (*Ascophyllum nodosum*).

**FIBER BLEND** 900 mg †

Organic flax seed powder (*Linum usitatissimum*).

**ENZYME, PROBIOTIC AND PREBIOTIC BLEND** 499 mg †

Organic inulin powder, probiotic blend (*L. acidophilus*, *B. longum*, *L. casei*, *L. rhamnosus*) and enzyme blend (protease, amylase, bromelain, cellulase, lactase, papain, lipase).

**ANTIOXIDANT BLEND** 492 mg †

Organic apple powder extract (*Malus* sp.), organic acerola powder extract (*Malpighia glabra* L., organic manioc maltodextrin and/or organic manioc starch), organic blueberry powder, organic apple powder (*Malus* sp.), organic acai powder (*Euterpe oleracea*), organic rosemary leaf powder (*Rosmarinus officinalis*), organic green tea powder extract (*Camellia sinensis*) and organic turmeric powder (*Curcuma longa*).

**HERBAL TONIC BLEND** 109 mg †

Organic stevia powder extract (*Stevia rebaudiana bertonii*), organic schizandra berry powder extract (*Schisandra chinensis*) and organic astragalus root powder (*Astragalus membranaceus*).

† Daily Value not established.

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.



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