

Suggested Usage: Mix 2 level tablespoons daily into 8 oz. of water or your favorite beverage. Tastes great and mixes easily in water.

NOW® Fruit & Greens™ PhytoFoods is a healthful combination of over 40 naturally nutritious ingredients. Packed full of concentrated greens, fruits, vegetables, and supporting herbs, it features a broad spectrum of phytonutrients, including 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.

*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 (especially immune-suppressing drugs), or have a medical condition (especially if immune system is compromised). Keep out of reach of children.

Natural color variation may occur in this product.

This product is sold by weight not volume.

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

CODE 2711B V5



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Fruit & Greens™ PhytoFoods

Fruit & Greens Superfood Blend

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

Net Wt. 10 oz. (284 g)

A Dietary Supplement

**GLUTEN
FREE**

Botanicals/Herbs

Family owned since 1968.

Supplement Facts

Serving Size 2 Level Tablespoons (16 g)
Servings Per Container about 18

	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%*
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	200 mg	†
(Protease, Acid-Stable Protease, Amylase, Lipase, Cellulase, Lactase, Papain, Bromelain)		
Polygonum cuspidatum Extract	200 mg	†
(Root) (with Natural Trans-Resveratrol)		
Organic Raw Maca Root	150 mg	†
(Lepidium meyenii) (Low Starch 6:1 Concentrate)		
Organic Amla Extract (Fruit)	120 mg	†
(Phyllanthus emblica)		
White Chia Seed Meal	100 mg	†
(Cold-Fractured) (Salvia hispanica)		

	Amount Per Serving	% Daily Value
Green Tea Extract	100 mg	†
(Camellia sinensis) (Leaf)		
(up to 8 mg of naturally occurring caffeine)		
Organic Inulin (FOS)	100 mg	†
Trace Mineral Concentrate	100 mg	†
Blend of	40 mg	†
10 Probiotic Strains (4 Billion CFU**)		
Lactobacillus acidophilus (La-14)		
Bifidobacterium lactis (Bi-04)		
Lactobacillus plantarum (Lp-115)		
Lactobacillus casei (Lc-11)		
Lactobacillus rhamnosus (Lr-32)		
Lactobacillus paracasei (Lpc-37)		
Bifidobacterium breve (Bb-03)		
Streptococcus thermophilus (St-21)		
Lactobacillus salivarius (Ls-33)		
Bifidobacterium longum (Bi-05)		

* 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 Flavors and Sodium Copper Chlorophyllin (Chlorophyll).

Contains soy (lecithin).

NOW FOODS, 395 S. Glen Ellyn Rd.
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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.

