

Why juice when you can SPRUCE™?

SPRUCE™ is a convenient, energizing alternative to juicing and ready-to-drink greens juices.* Mix it with water or a variety of beverages. All it takes is a few moments for the wholesome, nutritional goodness to lift you up.



3 TRUE SERVINGS OF VEGETABLES. Each packet supplies 3 servings of green vegetables, plus 6 grams of fiber. This is a true whole-foods equivalence.



FREEZE & AIR-DRIED WHOLE GREENS. The flavor and nutritional goodness of the vegetables in SPRUCE™ have been protected by freeze and air drying. Only moisture has been removed.



A BOOST FROM THE COFFEE CHERRY. With 85 mg of natural caffeine and antioxidants from whole coffee cherries, SPRUCE™ is a greens product you can actually feel.*



FROM FARM TO PACKET, QUALITY ASSURED. Upon arriving from the farm, the greens in SPRUCE™ are quality tested here in the USA.



Allergen & gluten-free

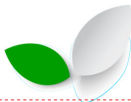


Non-GMO



No added sugar

No artificial flavors, colors, or sweeteners



Supplement Facts

Serving Size: 1 packet (16.7 g)
Servings Per Container: 15

	Amount Per Serving	%DV*
Calories	50	
Total Carbohydrate	11 g	4%
Dietary Fiber	6 g	24%
Sugars	2 g	**
Protein	2 g	4%
Vitamin A	3,750 IU	75%
Vitamin C	40 mg	67%
Calcium	75 mg	8%
Iron	1.8 mg	10%
Sodium	30 mg	1%
Potassium	65 mg	2%

SPRUCE™ Energizing Whole Greens Blend* 10.5 g **

Air-Dried Asparagus, Freeze-Dried Broccoli, Air-Dried Cabbage, Freeze-Dried Spinach, Freeze-Dried Kale, Coffeeberry® Whole Coffee Fruit Concentrate (supplying 85 mg of natural caffeine), Ginger Root Extract

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

**DV not established.

Other Ingredients: Organic Agave Inulin, Natural Flavors, Malic Acid, Guar Gum, Organic Stevia, Silica.

Suggested Use: Mix 1 packet with 8-10 oz of cold water. Shake with ice for an extra-creamy treat.

SPRUCE™ it up! Water isn't the only option. You can make milk (dairy, almond, coconut), juice (apple or orange), protein shakes and smoothies even more nutritious and delicious!

Coffeeberry® is a trademark of VDF FutureCeuticals, Inc., used under license.

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.

Important: Supplies 85 mg of natural caffeine per serving, equivalent to about 1 cup of premium brewed coffee.



SPRUCE™

ENERGIZING WHOLE GREENS

Why juice when you can SPRUCE?



Green Apple Ginger
Naturally Flavored

15 PACKETS
Dietary Supplement
Net Wt. 251 g/8.84 oz



3/4 CUP OF
SPINACH



3/4 CUP OF
KALE



3 FLOWERETS OF
BROCCOLI



1/3 CUP OF
ASPARAGUS



1/3 CUP OF
CABBAGE



SPARE OUT/
NON-VARNISH AREA



and
EBOOST.com

SPARE OUT/
NON-VARNISH AREA