



BioGreens™ Organic

- Raw Superfood
- Finely Milled For Easy Mixing
- Organic Ingredients
- Non-GMO

Net Wt. 7.4 oz. (210 g)
Dietary Supplement



Dairy Free
Soy Free
Nut Free



Supplement Facts

Serving Size 1 Scoop (7 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	30	
Sodium	10 mg	<1% [†]
Potassium	100 mg	3% [†]
Total Carbohydrate	7 g	2% [†]
Dietary Fiber	2 g	8% [†]
Protein	2 g	4% [†]
Vitamin A	1,154 IU	23%
Vitamin C	13 mg	22%
Calcium	27 mg	3%
Iron	650 mcg	4%

Organic Grass Blend	2,150 mg	*
Alfalfa grass (<i>Medicago sativa</i>), barley grass (<i>Hordeum vulgare</i>), wheat grass (<i>Triticum durum</i>), oat grass (<i>Avena sativa</i>), kamut (<i>Triticum polonicum</i>).		
Organic Algae Blend	1,000 mg	*
Spirulina (<i>Spirulina maxima</i>), chlorella (<i>Chlorella vulgaris</i>)		
Organic Vegetable Blend	1,550 mg	*
Pea (<i>Pisum sativum</i>), beet (<i>Beta vulgaris</i> L.), kale (<i>Brassica oleracea acephala</i>), carrot (<i>Daucus carota sativus</i>), broccoli (<i>Brassica oleracea italica</i>), spinach (<i>Spinacia oleracea</i>), parsley (<i>Petroselinum crispum</i>), dulse (<i>Palmaria palmata</i>), brussels sprouts (<i>Brassica oleracea gemmifera</i>).		
Organic Sprouts Blend	1,500 mg	*
Broccoli sprout (<i>Brassica oleracea italica</i>), chia seed (<i>Salvia hispanica</i>), flax seed (<i>Linum usitatissimum</i>), radish sprout (<i>Raphanus sativus</i>).		

	Amount Per Serving	% Daily Value [†]
Organic Berry Blend	500 mg	*
Blueberry (<i>Vaccinium angustifolium</i>), strawberry (<i>Fragaria virginiana</i>), raspberry (<i>Rubus idaeus</i>), cranberry (<i>Vaccinium macrocarpon</i>).		
Organic Spice Blend	250 mg	*
Turmeric (<i>Curcuma longa</i>) (root), cinnamon (<i>Cinnamom cassia</i>) (bark), ginger (<i>Zingiber officinale</i>) (root)		

[†]Percent Daily Values are based on a 2,000 calorie diet.
^{*}Daily Value not established.

Other Ingredients: Stevia extract.
Contains: Wheat.

Does not contain: Yeast, Corn, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, mix one (1) scoop (7 g) into 8 oz. of water, juice, or other favorite liquid.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

[†] 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.

TYPICAL VITAMIN & MINERAL PROFILE PER 7 g OF POWDER

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin K	90 mcg	113%	Iodine	4 mcg	3%
Thiamin (Vitamin B1)	50 mcg	3%	Magnesium	10 mg	3%
Riboflavin (Vitamin B2)	110 mcg	6%	Zinc	16 mg	107%
Niacin	330 mcg	2%	Selenium	2 mcg	3%
Vitamin B6	50 mcg	3%	Copper	49 mcg	2%
Folic Acid	21 mcg	5%	Manganese	270 mcg	14%
Phosphorus	29 mg	3%			

pure living, naturally true™

Welcome to the world of plnt™: an array of earth-friendly herbs, supplements and whole foods. At our root, our products are made with some of earth's finest natural ingredients and whole foods. That's why we leave out the "a" in plnt, to represent the absence of artificial additives and ingredients. With no synthetic preservatives, colors, flavors or sweeteners, our supplements are formulated the way Mother Nature intended.

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KEEP OUT OF REACH OF CHILDREN.

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