

SUGGESTED USE Consume one or more capsules daily or as recommended by a health care professional. For best results take this product with food, preferably a complete meal. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. **For answers to questions about the use of this product, call 800.808.7311.**

UNSURPASSED.
Purity. Quality. Integrity. Effectiveness.



Andrew Lessman
Founder of ProCAPS LABS

THIS PRODUCT IS ONLY AVAILABLE FROM



800.944.9999
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GREEN FOODS COMPLEX™

WHEAT & BARLEY GRASS • CHLORELLA
SPIRULINA • BLUE-GREEN ALGAE



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's GREEN FOODS COMPLEX is a blend of the most popularly supplemented green foods, including Wheat Grass and Barley Grass, as well as Spirulina, Chlorella and Blue-Green Algae. These diverse green foods owe their rich color to the chlorophyll they contain and together these five ingredients deliver a comprehensive array of vitamins, minerals, enzymes and phytonutrients. More than just natural anti-oxidants, the ingredients in **Green Foods Complex** help supply your body with the building blocks necessary for tissue growth and maintenance, as well as the ingredients required to support a healthy liver. Rather than choose a single "green food," our **Green Foods Complex** is packed with 100 milligrams each of Barley Grass, Wheat Grass, Blue-Green Algae, Chlorella and Spirulina. **Green Foods Complex** is a complementary blend of cereal grasses and microalgae to help support your cardiovascular, nervous and immune systems. These ingredients may help to support normal blood pressure, blood sugar and blood cholesterol levels already in their normal ranges. From the significant levels of B-Complex vitamins, chlorophyll and amino acids, to the high-in-fiber cereal grasses, each carefully chosen ingredient contributes the natural benefits of green foods that are so lacking in our modern diet. Although we all try to eat our "greens" every day, we don't always succeed and our **Green Foods Complex** makes it convenient and easy to receive the wonderful goodness of those vital "greens" every day.

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.

CONTAINS NO Milk, soy, yeast, corn, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule Servings Per Container 360

Amount Per Serving

Barley Grass, organic powder	100 mg	†
Wheat Grass, organic powder	100 mg	†
Blue-Green Algae, organic powder	100 mg	†
Chlorella, powder	100 mg	†
Spirulina, organic powder	100 mg	†

† Daily Value not established.

Other Ingredients: Gelatin capsule.