

Directions: For adults, mix one (1) scoop (9 g) with 8 ounces of juice or water one to two times daily.

No Egg, No Fish, No Preservatives, No Artificial Flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store unopened container at room temperature. **Refrigerate after opening.** Do not use if seal under cap is broken or missing.

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Contents are sold by weight. Some settling may occur.



ITEM #5225 B53996 111



GOOD 'N NATURAL®

GOOD 'N GREENS Powder

with
Advanced Probiotics
Nutrient-Rich Superfoods

Antioxidant Formula
29,195 Total ORAC Value per serving (3,244 µmoleTE/g)

Dietary Supplement Net Wt. 9.62 oz. (273 g)

Supplement Facts

Serving Size 1 Scoop (9 g)
Servings Per Container about 30

Amount Per Serving		%Daily Value
Calories	30	
Total Carbohydrate	6 g	2%*
Dietary Fiber	<1 g	3%*
Sugars	<1 g	**
Protein	1 g	3%*
Vitamin A (as Beta-Carotene)	2,033 IU	41%
Vitamin C (as Ascorbic Acid)	10 mg	17%
Vitamin D (as Ergocalciferol)	400 IU	100%
Calcium (as Calcium Carbonate)	34 mg	3%
Iron (as Ferrous Sulfate)	3 mg	18%
Sodium	20 mg	1%
Potassium	45 mg	1%

Green Source Digestive Enzyme Blend (Papain (Papaya Enzyme), Amylase, Lipase, Bromelain (from Pineapple))	200 mg	**
Green Source Probiotic Blend	200 mg	**
Bifidobacterium Bifidum	400 million	**
Lactobacillus Acidophilus	99 million	**
Lactobacillus Bulgaricus	4 million	**
(Total count: 503 million, at time of manufacture)		
Green Source Whole Food Blend (Spirulina (<i>Spirulina platensis</i>) (whole plant), Wheat Grass Powder, Chlorella (<i>Chlorella vulgaris</i>) (whole plant), Flaxseed Oil (<i>Linum usitatissimum</i>), Apple Pectin (fruit), Barley Grass Powder, Oat Extract (<i>Avena sativa</i>) (aerial), Sodium Copper Chlorophyllin)	2,000 mg (2 g)	**

Amount Per Serving		%Daily Value
Green Source Herb Blend	300 mg	**
(Ginger (<i>Zingiber officinale</i>) (root), Echinacea (<i>Echinacea purpurea</i>) (aerial), Milk Thistle (<i>Silybum marianum</i>) (seed), Cayenne Pepper (<i>Capsicum annuum</i>) (fruit), Korean Ginseng Extract (<i>Panax ginseng</i>) (root), Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Goldenseal (<i>Hydrastis canadensis</i>) (aerial))		
Green Source Vegetable Blend	1,000 mg (1 g)	**
(Garlic Extract (<i>Allium sativum</i>) (bulb), Wheat Grass Powder, Carrot Powder, Red Beet Juice Powder, Asparagus Powder, Cabbage Powder, Kale Leaf Powder, Cauliflower Powder Extract, Brussels Sprout Powder Extract, Broccoli Powder)		
Green Source Fruit Blend	2,000 mg (2 g)	**
(Papaya Fruit Powder, Pineapple Fruit Powder, Oxyphyte® Apple Powder Extract, Peach Fiber, Orange Fruit Powder, Noni Powder Extract (<i>Morinda citrifolia</i>) (fruit), Cranberry Powder, Bilberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Blueberry Powder, Grapefruit Extract, Strawberry Fruit Powder, Pomegranate Extract (<i>Punica granatum</i>) (fruit))		
Green Source Mushroom Blend	2 mg	**
(Reishi Extract, Shiitake Extract)		
Stevia Extract (<i>Stevia rebaudiana</i>) (leaf)	60 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Other Ingredients: Maltodextrin, Natural Flavors, Citric Acid.
Contains milk and wheat ingredients.

Manufactured by Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA
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