

CONTAINS NO artificial colors, flavors or preservatives; gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Directions: Mix one tablespoon (9 grams) with 6-8 oz. water, juice, or beverage of your choice. It may also be added to smoothies, yogurt, hot or cold cereal, baked goods or with meals. Store in a dry cool place away from heat. Refrigeration recommended after opening.

Most people don't meet their daily fruit and vegetable intake. Hectic lifestyles prevent many from achieving an optimal high-fiber, antioxidant-rich diet filled with nature's colorful bounty. Enter **Greens N' Things®**, a garden variety explosion of greens, fruits, vegetables, fiber and flax. It's full of free-radical quenching, cleansing foods that contain high ORAC levels. It's like having an organic garden in your glass!†

Our Ultimate Organics® products do not contain conventional pesticides, synthetic fertilizers, growth hormones, genetic modification or antibiotics. We source only natural, organic raw materials that promote the use of renewable resources and conservation and are reviewed by USDA-approved organic certifiers.

* Organic *

* Non-GMO *

* High ORAC foods *

* Carrier free, not irradiated *

* Spirulina is BMAA-free *

* Easy to mix, neutral flavor *

* Vegetarian source of omega-3-fatty acids *

To report a serious adverse event, call 1-888-710-0006

ORAC (Oxygen Radical Absorbance Capacity): measures how much a particular substance has the ability to "quench," or absorb free radicals.

BMAA (beta-N-methylamino-L-alanine): is a toxin sometimes associated with spirulina.

†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.

KEEP OUT OF REACH OF CHILDREN.

438L



Vegan
Ultimate Organics®

GREENS N' THINGS®

With Fruits, Berries & Greens
Food Supplement

NET WT. 9.5 oz (270 g)

Certified Organic by Oregon Tilth



Supplement Facts

Serving Size: Two Scoops (or 1 Tablespoon) (9 grams)

Servings Per Container: 30

Amount Per Serving	% Daily Value	
Calories 35		
Calories from Fat 3		
Total Fat	0 g	0%
Sodium	10 mg	*
Total Carbohydrate	7 g	2%
Dietary Fiber	3 g	12%
Sugars	1 g	
Protein	1 g	
Vitamin A	300 IU	6%
Vitamin C	10 mg	15%
Calcium	10 mg	*
Iron	0.5 mg	2%

Organic Phytonutrient Fruit and

Vegetable Blend..... 4,485 mg **
Includes organic apple powder, organic strawberry powder, organic cherry powder, organic blueberry powder, organic raspberry powder, organic plum powder, organic beet powder, organic kale powder, organic carrot powder, organic spinach powder, organic tomato powder.

Organic Greens..... 3,265 mg **
Organic spirulina, organic wheatgrass powder, organic barley grass powder, organic oat grass powder.

Organic Flaxseed (cold processed)..... 1,218 mg **
Omega-3-fatty acids 250 mg **

*Not a significant source of sodium or calcium

**Daily Value not established.

Other Ingredients: Silicon dioxide.