



VEGAN Defense Greens

PLANT-BASED IMMUNE SUPPORT*

Defense Greens nourishes the immune system with blueberry, cranberry and organic mushroom extracts as well as baker's yeast beta glucan extract. This special formulation also supports healthy digestion with oat fiber, brown rice, papain, bromelain and 10 probiotic strains.* Each serving contains 81 superfood ingredients.

Superfood Defense Blend



Acerola Extract

Blueberry Extract

Beta Glucan Extract

Cranberry Extract



Organic Reishi Mushroom



Organic Shiitake Mushroom



Organic White Button Mushroom



VEGAN



GLUTEN FREE



SOY FREE



DAIRY FREE

Directions: Mix one (1) scoop (enclosed) of Vegan Defense Greens into 6 to 8 oz. of water or beverage of choice and stir briskly.

Proper Care & Storage: After opening, store in your freezer (recommended) or refrigerator to maintain optimal freshness.

Caution: Do not use if seal around cap is broken.



Stir in water
or almond milk



Use a shaker
when on the go



Blend ingredients
to create a smoothie

Distributed by
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This bottle is made from
100% recyclable plastic

*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.



GENESISToday™

VEGAN Defense Greens

Supports Healthy Nourishment of Immune System*

81

Vegan Superfoods

25 Billion

Active Cultures*

5g

Dietary Fiber

DIETARY SUPPLEMENT • NET WT 1lb 0.6oz (471g)

Supplement Facts

Serving Size: 1 Scoop or 2 Tbsp. (16 g)
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	55	
Calories from Fat	5	
Total Fat	0.5 g	1%
Saturated Fat	0.1 g	<1%
Trans Fat	0 g	0%
Polyunsaturated Fat	0.2 g	†
Monounsaturated Fat	0.1 g	†
Total Carbohydrate	10 g	3%
Dietary Fiber	5 g	20%
Sugars	1 g	†
Protein	3 g	6%
Vitamin A (99% as beta carotene)	135 IU	3%
Vitamin C	3 mg	5%
Vitamin K	50 mcg	63%
Riboflavin	0.2 mg	12%
Niacin	0.6 mg	3%
Folate	16 mcg	4%
Vitamin B12	2 mcg	33%
Calcium	139 mg	14%
Iron	7 mg	39%
Magnesium	31 mg	8%
Selenium	2.6 mcg	4%
Manganese	1.2 mg	60%
Sodium	70 mg	3%
Potassium	171 mg	5%
Omega-3 Fatty Acids	45 mg	†
Omega-6 Fatty Acids	60 mg	†
Omega-9 Fatty Acids	40 mg	†

Genesis Today's Proprietary Super Land Plant Blend

Flax (seed) Powder	1.4 g	†
Organic Wheat Grass Powder (leaf)	600 mg	†
Organic Alfalfa Grass Powder (leaf)	600 mg	†
Organic Barley Grass Powder (leaf)	500 mg	†
Organic Oat Grass Powder (leaf)	500 mg	†
Alfalfa Sprouts Powder (whole)	500 mg	†
Parsley Powder (leaf)	500 mg	†
Organic Spinach Powder (leaf)	500 mg	†
Beet Juice Powder (root)	300 mg	†
Organic Green	200 mg	†
Kamut Grass Powder (leaf)		
Organic Broccoli Powder (stem & flower)	162.5 mg	†

Organic Brussels Sprouts Powder (flowering bud)	162.5 mg	†
Organic Carrot Powder (root)	162.5 mg	†
Organic Kale Powder (leaf)	162.5 mg	†
Organic Tomato Powder (fruit)	162.5 mg	†
Green Tea Extract Powder (leaf)	25 mg	†
Rosehips Powder (pseudocarp) (<i>Rosa canina</i>)	25 mg	†
Suma Powder (root)	25 mg	†
<i>Echinacea purpurea</i> Powder (aerial and leaf)	25 mg	†
Shiitake Mushroom Powder (fruiting body)	25 mg	†
Eleuthero Extract Powder (root)	25 mg	†
Astragalus Extract Powder (root)	25 mg	†
Ginkgo Biloba Extract Powder (leaf)	25 mg	†
Kale Powder (leaf)	10 mg	†
Carrot Powder (root)	10 mg	†
Asparagus Powder (shoot)	10 mg	†
Broccoli Powder (stem & flower)	10 mg	†
Brussels Sprouts Powder (flowering bud)	10 mg	†
Japanese Knotweed Extract Powder (root) (<i>trans-resveratrol</i>)	5 mg	†

Genesis Today's Proprietary Super Sea Plant Blend

Spirulina Powder (<i>Arthrospira platensis</i>)	1.7 g	†
Shattered Cell-Wall (<i>Chlorella vulgaris</i>) Powder	500 mg	†
Kelp Powder (stipe)	500 mg	†
Blue-Green Algae Powder (<i>Aphanizomenon flos-aquae</i>)	100 mg	†
Sea Lettuce-Ulva, Giant Kelp Powder (stipe)	100 mg	†
Hydrilla Powder (leaf)	100 mg	†
Dulse Powder (stipe)	100 mg	†

Genesis Today's Proprietary Digestion Blend†

Oat Fiber Powder (hull)	2.9 g	†
Organic Brown Rice Powder (whole grain)	825 mg	†
Chlorophyll Extract Powder (from Alfalfa leaf)	100 mg	†
Organic Noni Concentrate Powder (fruit)	25 mg	†
Milk Thistle Extract Powder (seed)	25 mg	†
Licorice Extract Powder (root)	25 mg	†
Bromelain Powder (fruit)	25 mg	†
Papain Powder (fruit)	25 mg	†
Peppermint (<i>Mentha × piperita</i>) Powder (leaf & flower)	25 mg	†
Black Pepper Extract Powder (seed)	10 mg	†

Lecithin Powder (from sunflower seed)	25 mg	†
<i>Bifidobacterium lactis</i>	2.5 billion CFU	†
<i>Bifidobacterium breve</i>	2.5 billion CFU	†
<i>Lactobacillus acidophilus</i>	2.5 billion CFU	†
<i>Lactobacillus casei ssp. casei</i>	2.5 billion CFU	†
<i>Lactobacillus casei ssp. rhamnosus</i>	2.5 billion CFU	†
<i>Lactobacillus paracasei</i>	2.5 billion CFU	†
<i>Lactobacillus plantarum</i>	2.5 billion CFU	†
<i>Lactobacillus delbrueckii ssp. bulgaricus</i>	2.5 billion CFU	†
<i>Lactobacillus salivarius</i>	2.5 billion CFU	†
<i>Streptococcus thermophilus</i>	2.5 billion CFU	†
Lipase	150 FCCLU	†
Protease	200 HUT	†
Cellulase	7 CU	†
Amylase	6 DU	†

Genesis Today's Proprietary Superfruit Blend

Organic Pomegranate Extract Powder (fruit)	25 mg	†
Maqui (<i>Aristotelia chilensis</i>) Extract Powder (fruit)	25 mg	†
Grape (seed) Extract Powder	25 mg	†
Organic Goji Berry Powder (fruit)	25 mg	†
Bilberry Extract Powder (fruit)	25 mg	†
Organic Acai Berry Powder (fruit)	25 mg	†
Organic Mangosteen Powder (fruit)	25 mg	†
Organic Strawberry Extract Powder (fruit)	25 mg	†

Genesis Today's Proprietary Super Spice Blend

Cilantro Powder (leaf)	100 mg	†
Wasabi Powder (root)	50 mg	†
Cayenne Pepper Powder (fruit)	25 mg	†
Licorice Extract Powder (root)	25 mg	†
Siberian Ginseng Powder (root)	25 mg	†

Genesis Today's Proprietary Defense Blend

Organic Acerola Extract Powder (fruit)	250 mg	†
Beta Glucan Extract from (<i>Saccharomyces cerevisiae</i>)	200 mg	†
Blueberry Extract Powder (fruit)	150 mg	†
Cranberry Extract Powder (fruit)	29.1 mg	†
Organic Reishi Mushroom Powder (fruiting body)	50 mg	†
Organic Shiitake Mushroom Powder (fruiting body)	50 mg	†
Organic White Button Mushroom (fruiting body)	10 mg	†

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

†CFUs represented are at time of manufacture.