



BioGreens™

Organic

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

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



Supplement Facts

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

	Amount Per Serving	% Daily Value
Calories	30	
Sodium	11 mg	0%
Total Carbohydrate	7 g	3% [†]
Dietary Fiber	1 g	4% [†]
Total Sugars	<1 g	*
Includes 0 g Added Sugars		0% [†]
Protein	1 g	2% [†]
Vitamin A	550 mcg	61%
Vitamin C	10 mg	11%
Calcium	20 mg	2%
Iron	1 mg	6%
Potassium	100 mg	2%
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 polanicum</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: Corn, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

^o 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.

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.

TYPICAL VITAMIN & MINERAL PROFILE PER 7 g OF POWDER				
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin K	90 mcg	75%	Iodine	4 mcg 3%
Thiamin (Vitamin B1)	50 mcg	4%	Magnesium	10 mg 2%
Riboflavin (Vitamin B2)	110 mcg	8%	Zinc	16 mg 145%
Niacin	330 mcg	2%	Selenium	2 mcg 4%
Vitamin B6	50 mcg	3%	Copper	49 mcg 5%
Folate	35 mcg DFE	9%	Manganese	270 mcg 12%
	(21 mcg folic acid)			
Phosphorus	29 mg	2%		

Pure living, naturally true®

Welcome to the world of plnt®: an array of earth-friendly products including herbs, supplements, vitamins, multis, and whole foods independently tested to ensure purity, potency, and consistent quality. The plnt line of products is dairy-free, with ingredients sourced in nature. That's why we leave out the "a" in plnt, to represent the absence of artificial preservatives, colors, flavors, or sweeteners. The result is nutrition that you can believe in.

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KEEP OUT OF REACH OF CHILDREN.

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