Super Seed® is a powerful, whole food blend of 14 sprouted seeds, grains and legumes that supplies your body with a nutrient-dense source of dietary fiber. Formulated with organic flax and chia seeds, probiotics and ingredients specifically chosen for their ability to support normal gut flora balance, regular bowel function and overall health.†

Super Seed® is an excellent source of fiber - two servings provide nearly 50% of the Daily Value for fiber, plus 24% of the Daily Value for protein. It is also rich in naturally occurring omega-3 fatty acids, which are essential for good health.†

Super Seed® can add nutritional value and fiber to nearly any food or beverage. Mix in smoothies, vegetable or fruit juice, cereal or yogurt.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.

Keep out of reach of children.
Do not use if safety seal is broken or missing.
Store in a cool, dry place.

This product is made with natural ingredients.
Color and taste may vary from lot to lot.
Packaged by weight not volume. Settling may occur.
Vegetarian.

Certified B Corporation

Distributed by Garden of Life LLC
4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.
www.gardenoflife.com

 SSP200L-053116

† 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.

Garden of Life®

With Flax Seed Meal & Whole Chia Seed!

Super Seed®

Beyond Fiber

6 Grams of Fiber Per Serving
14 Sprouted Grains, Seeds & Legumes - Great Taste!
Provides Protein and Omega-3 Fatty Acids

Net Wt 7 oz (200 g)

Whole Food Dietary Supplement

NON GMO Project VERIFIED nongmoproject.org

Suggested Use: Adults mix 1 scoop with any food or beverage one or more times per day. Children over 4 years old may take ½ scoop daily. Children should be supervised while consuming this product. Scoop included.

Supplement Facts

Serving Size 1 Scoop (Approx. 0.7 oz or 20 g)
Servings Per Container Approximately 10

Amount Per Serving		% Daily Value†
Calories	70	
Calories from Fat	25	
Total Fat	2.5 g	4%
Total Carbohydrate	9 g	3%
Dietary Fiber	6 g	24%
Soluble Fiber	1 g	
Insoluble Fiber	4 g	
Sugars	0 g	+
Protein	6 g	12%
Calcium (naturally occurring)	66 mg	6%
Iron (naturally occurring)	2 mg	10%
Perfect Fiber Blend	18 g	+
Organic Flax Seed Meal, Whole Chia Seed		
Pdten-Zyme® Fermented Whole Food Fiber Blend	1.5 g	+
Amaranth Sprout, Quinoa Sprout, Millet Sprout, Organic Buckwheat Sprout, Garbanzo Bean Sprout, Lentil Sprout, Adzuki Bean Sprout, Organic Flax Seed Sprout, Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Chia Seed Sprout, Organic Sesame Seed Sprout		
Omega 3 Fatty Acids (Alpha Linolenic Acid)	1.1 g	+
Organic Cinnamon	127 mg	+
Stevia Leaf Extract	20 mg	+
Proprietary Probiotic Blend	2 mg	+
Lactobacillus plantarum, Bifidobacterium lactis, Bifidobacterium bifidum, Lactobacillus rhamnosus, Bifidobacterium breve, Lactobacillus casei, Lactobacillus salivarius, Lactobacillus acidophilus		

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

Probiotics cultured in dairy which is generally consumed during the fermentation process.

Recyclable Bottle