**GREENS™ BLEND**

**ALKALIZE† - BALANCE† - DETOXIFY†**

**TAKE YOUR NUTRITION TO A WHOLE 'NOTHA LEVEL!**

Give your body a boost when you alkalize†, balance†, and detoxify† with Greens!

**ALKALIZE:** The natural blend of ingredients in Greens is designed to help alkalize the body, restore pH balance, and support the immune system for overall health and wellness.†

**BALANCE:** Greens contains a powerful blend of naturally occurring vitamins, minerals, phytonutrients, and enzymes in their bioactive, bioavailable form so you experience maximum absorption by your body for a big nutritional boost.†

**DETOXIFY:** With the natural detoxifying properties of Matcha Green Tea and a complex blend of 34 different varieties of fruits and vegetables, Greens delivers the best nutrients to support your body’s natural detoxification and help your body to naturally cleanse and balance for a healthier you.†

- Provides nutrient support and antioxidants for the maintenance of good health
- Acidity-fighting magnesium and potassium blend
- 52 herbs and nutrient rich superfoods
- 34 fruits and veggies
- Matcha Green Tea added
- No artificial colors, flavors or sweeteners
- Decadent Chocolate, Sweet Berry, or Tangy Orange flavor

†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.
GREENS™ BLEND
ALKALIZE† – BALANCE† – DETOXIFY†

BERRY

Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g 1%*</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1 g 4%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>50 mg 13%</td>
</tr>
<tr>
<td>Potassium</td>
<td>250 mg 7%</td>
</tr>
</tbody>
</table>

Greens Proprietary Blend:

Blue Green Algae (Spirulina), Parsley, Barley Grass, Spinach, Chlorella, Alfalfa Extract (aerials), Matcha Green Tea, Watercress, Rosemary Leaf, Plantain Leaf, Dandelion Leaf, Lemon Grass, Green Tea Leaf Extract, Dulse.

Whole Foods Proprietary Blend:

Peanut, Apple Fiber, Eleuthero Root Extract, Fruit and Vegetable Blend (Apple, Carrot, Tomato Juice, Orange Juice, Blueberry, Rosehips, Beet, Amla, Kale, Plum, Ginger, Pineapple Juice, Cauliflower, Broccoli, Grape Juice, Grapefruit Juice, White Willow, Onion, Papaya Juice, Peach, Pear Juice, Brussels Sprouts, Lemon Juice, Raspberry Juice, Strawberry Juice, Pumpkin, Black Currant, Goji (Lycium barbarum)), Sunflower Lecithin, Astragalus Root Extract, Turmeric, Meadowsweet Herb (aerial parts), Blackberry Fruit, Acerola, Bilberry Fruit Extract, Cranberry.

* Percent Daily values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Malic Acid, Citric Acid, Silica, Rebaudioside A.

ORANGE

Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%DV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>10</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g 1%*</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>1 g 4%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>50 mg 13%</td>
</tr>
<tr>
<td>Potassium</td>
<td>250 mg 7%</td>
</tr>
</tbody>
</table>

Greens Proprietary Blend:

Blue Green Algae (Spirulina), Parsley, Barley Grass, Spinach, Chlorella, Alfalfa Extract (aerials), Matcha Green Tea, Watercress, Rosemary Leaf, Plantain Leaf, Dandelion Leaf, Lemon Grass, Green Tea Leaf Extract, Dulse.

Whole Foods Proprietary Blend:

Peanut, Apple Fiber, Eleuthero Root Extract, Fruit and Vegetable Blend (Apple, Carrot, Tomato Juice, Orange Juice, Blueberry, Rosehips, Beet, Amla, Kale, Plum, Ginger, Pineapple Juice, Cauliflower, Broccoli, Grape Juice, Grapefruit Juice, White Willow, Onion, Papaya Juice, Peach, Pear Juice, Brussels Sprouts, Lemon Juice, Raspberry Juice, Strawberry Juice, Pumpkin, Black Currant, Goji (Lycium barbarum)), Sunflower Lecithin, Astragalus Root Extract, Turmeric, Meadowsweet Herb (aerial parts), Blackberry Fruit, Acerola, Bilberry Fruit Extract, Cranberry.

* Percent Daily values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Silica.
**PRODUCT INFO**

# GREENS™ BLEND

**ALKALIZE† – BALANCE† – DETOXIFY†**

## CHOCOLATE

### SUGGESTED USE - ALL FLAVORS

As a dietary supplement, mix two scoops or one packet with 8 fluid ounces of water or juice. Mix thoroughly. Avoid using 3-4 hours prior to bedtime.

Drink at least 8 glasses of water daily.

### Supplement Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>2 g</td>
<td>&lt;1%*</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1 g</td>
<td>4%*</td>
</tr>
<tr>
<td>Protein</td>
<td>1 g</td>
<td>2%*</td>
</tr>
<tr>
<td>Iron</td>
<td>1.5 mg</td>
<td>8%</td>
</tr>
<tr>
<td>Magnesium (as dimagnesium malate)</td>
<td>50 mg</td>
<td>13%</td>
</tr>
<tr>
<td>Sodium</td>
<td>125 mg</td>
<td>5%</td>
</tr>
<tr>
<td>Potassium</td>
<td>250 mg</td>
<td>7%</td>
</tr>
</tbody>
</table>

**Greens**

Blur Green Algae (Spirulina), Parsley Leaf, Barley Grass (aerial parts), Spinach Leaf, Chlorophyll, Alfalfa Extract (aerial parts), Matcha Green Tea Leaf, Watercress (whole plant), Rosemary Leaf, Plantain Leaf, Dandelion Leaf, Lemon Grass (aerial parts), Green Tea Leaf Extract, Dulse (whole plant).

**Proprietary Blend:**

- Blue Green Algae (Spirulina)
- Parsley Leaf
- Barley Grass (aerial parts)
- Spinach Leaf
- Chlorophyll
- Alfalfa Extract (aerial parts)
- Matcha Green Tea Leaf
- Watercress (whole plant)
- Rosemary Leaf
- Plantain Leaf
- Dandelion Leaf
- Lemon Grass (aerial parts)
- Green Tea Leaf Extract
- Dulse (whole plant)

**Whole Foods**

- Cocoa, Pea Fiber, Apple Fiber, Eleuthero Root Extract
- Fruit and Vegetable Blend (Apple, Carrot, Tomato, Orange Juice, Blueberry, Rose Hips, Beet, Amla, Kale, Plum, Ginger, Pineapple Juice, Cauliflower, Broccoli, Grape Juice, Grapefruit Juice, White Willow, Onion, Papaya Juice, Peach, Pear Juice, Brussels Sprouts, Lemon Juice, Raspberry Juice, Strawberry Juice, Pumpkin, Black Currant, Goji (Lycium barbarum), Sunflower Lecithin, Astragalus Root Extract, Turmeric Root, Meadowsweet Herb (aerial parts), Blackberry Fruit, Acerola Fruit Extract, Bilberry Fruit Extract, Cranberry Fruit.

* Percent Daily values (DV) are based on a 2,000 calorie diet.

**Other Ingredients:** Potassium Citrate, Natural Flavors, Sea Salt, Silica, and Rebaudioside A.

† 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.
How does Greens help to balance my body?
The natural blend of ingredients in Greens, including an acidity-fighting combination of magnesium and potassium, is designed to help alkalize the body and restore pH balance.† With a powerful blend of naturally occurring vitamins, minerals, phytonutrients, and enzymes in their bioactive, bioavailable form for maximum absorption by your body. Greens helps to increase energy, improve immune system health, and support a clean-running digestive system, all while alkalizing, detoxifying, and balancing your body for better overall health.†

How does Greens help to detoxify my body?
With the natural detoxifying properties of Matcha Green Tea and a complex blend of 34 different varieties of fruits and vegetables, Greens delivers the best nutrients to support your body’s natural detoxification and help your body to naturally cleanse and balance for a healthier you.†

Can I skip some of my servings of fruits and vegetables if I take Greens every day?
It can be hard to get enough servings of the fruits and veggies you need in all of your meals every single day. With a blend of 52 herbs and nutrient-rich superfoods, that includes 34 fruits and vegetables, Greens gives a big nutritional boost to your already healthy diet. Greens is not intended to be a substitute for the fresh fruits and vegetables that are so important to your health.

The label says to avoid taking Greens 3–4 hours before bedtime. Why is that?
All of the vitamins, minerals, phytonutrients, and enzymes within Greens are invigorating to the body. Many people feel quite energized after taking Greens and have a difficult time settling down to sleep. For that reason, we recommend that you not take Greens 3–4 hours prior to bedtime.
FREQUENTLY ASKED QUESTIONS

What flavors of Greens are available?
Greens is available in three flavors: Decadent Chocolate, Sweet Berry, or Tangy Orange.

What sizes of Greens are available?
- Greens jar: 30 servings (net weight: 4.23 oz. (120 g) Orange / 4.5 oz (127.5 g) Berry / 6.35 oz. (180 g) Chocolate)
- Greens On The Go™: 30 single serve packets (net weight: 4.23 oz. (120 g) Orange / 4.5 oz (127.5 g) Berry)
- Greens Value Size: 90 servings (net weight: 12.7 oz. (360 g) Orange / 13.5 oz (382.5 g) Berry)

Why is the serving size and net weight different for each flavor of Greens?
Both Greens Chocolate and Greens Berry contain additional natural ingredients that make their serving sizes and net weights higher than that of Greens Orange. Greens Berry contains stevia leaf extract Rebaudioside A for taste. Greens Chocolate contains cocoa powder and natural chocolate flavor, as well as stevia leaf extract Rebaudioside A for taste.

What kinds of berries are in Greens?
All three flavors of Greens contain super-fruit berries from blackberries, blueberries, cranberries, strawberries, bilberry, amla, goji berry, and black currant as part of the blend of multiple fruits and vegetables.

What kind of chocolate is in Greens Chocolate?
Greens Chocolate contains Dutch-processed cocoa (also known as alkalized, unsweetened cocoa powder). The alkalized cocoa is less bitter than natural cocoa with a milder, more mellow flavor, and it dissolves more easily, making it an ideal choice for Greens.

Does Greens Berry and Greens Chocolate contain natural sweetener?
Yes, both Greens Berry and Greens Chocolate contain steviol glycosides, which is a 100% natural, zero calorie sweetener. You’ll find it listed as Rebaudioside A in the “Other Ingredients” list. This purified stevia plant extract acts as the sweetening agent.

Does Greens contain gluten?
Greens Blend is formulated with only gluten-free ingredients. It is not currently tested to detect gluten that may or may not be introduced during the manufacturing process.

Can I take Greens if I am pregnant?
We suggest that you consult your physician prior to using any of our products if you are pregnant or nursing.

Can I give Greens to my children?
Our Greens Blend is a healthy supplement for the whole family. As with any product that you consume, if you have any allergy questions or any other specific health related concerns, please contact your physician or your child’s pediatrician.