

## PRODUCT INFO

# IT WORKS! SUPER GREENS CHOCOLATE FLAVOR

## ALKALIZE† BALANCE† DETOXIFY†

6.35 oz. (180 g)

Offering the best of land and sea nutrition, It Works! Super Greens supports an alkalinized body, healthy digestion, and nutritional balance with clean, plant-based superfoods.† The vegetarian formula features a unique blend of seaweeds, algae, leafy plants, and exotic sprouts—every sip giving your body the green light to feel good about nutrition. Mix it into water or your favorite beverages and recipes for natural nutrition that benefits your body.

### Features and Benefits:

- Blends a balanced collection of nutrient-rich plants, minerals, and adaptogens
- Uses exotic, naturally-sourced superfoods from both land and sea
- Includes Aquamin® mineralized seaweed extract and Coral Calcium, providing 74 trace minerals†
- Enhanced with Calcium and Magnesium for balance and support†
- Supports healthy pH, clean digestion, and balanced metabolism†



## Supplement Facts

Servings Per Container: 30

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Dietary Fiber	2 g	7%*
Protein	1 g	2%
Calcium (from coral calcium & Aquamin® mineralized seaweed extract ( <i>Lithothamnion sp.</i> ))	125 mg	10%
Iron	1.2 mg	7%
Magnesium (from coral calcium, magnesium oxide and Aquamin® mineralized seaweed extract ( <i>Lithothamnion sp.</i> ))	50 mg	12%
Sodium	100 mg	4%
Potassium	120 mg	3%
<b>It Works! Vegetable Blend:</b>	4053 mg	**
Cocoa processed with alkali, Celery stalk, Green pea hull fiber, Barley grass leaf, Parsley leaf, Alfalfa sprout (aerial), Quinoa seed sprout, Garbanzo bean sprout, Lentil seed sprout, Reishi ( <i>Ganoderma lucidum</i> ) fruit bodies, Shitake ( <i>Lentinula edodes</i> ) fruit bodies, Lion's Mane ( <i>Hericium erinaceus</i> ) fruit bodies, <i>Cordyceps sinensis</i> fruit bodies, Alfalfa grass (aerial), Apple fruit fiber, Soluble tapioca fiber, Jerusalem artichoke root inulin, Spinach (aerial), Kale (aerial), Broccoli (crown), Green cabbage leaf, Lettuce leaf, Watercress (aerial), Moringa leaf, Dandelion root, Rose hips, Asparagus extract (aerial), Rosemary leaf.		
<b>It Works! Aquatic Plant Blend:</b>	736 mg	**
Blue-green algae (spirulina), coral calcium including 74 trace minerals, Aquamin® mineralized seaweed extract ( <i>Lithothamnion sp.</i> ), Chlorella algae, Dulce leaf, Kombu seaweed ( <i>Laminaria japonica</i> ), Nori seaweed ( <i>Porphyra yezoensis</i> ), Wakame seaweed ( <i>Undaria pinnatifida</i> ).		

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

Other Ingredients: Guar gum, natural flavor, sea salt, silica, and organic rebaudioside A.

## SUGGESTED USE

For a super boost, mix one packet (6.0 g) or one level scoop (6.0 g) of It Works! Super Greens with 8 oz. of water or juice.

Drink at least 8 glasses of water daily.

## CAUTION

Consult your physician if you are pregnant, nursing, taking medications, or have a medical condition.

## WARNING

Keep out of reach of children. Protect from heat, light, and moisture. Store at 15-30°C (59-86°F). Do not use if tamper-evident seal is broken or missing.



Aquamin® is a registered trademark of Marigot Ltd.

†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.



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## FREQUENTLY ASKED QUESTIONS

### Why should I use It Works! Super Greens?

With an exotic blend of plants, veggies, and superfoods, It Works! Super Greens helps you fill in the gaps in your nutrition routine. While it's not meant as a substitute for fresh vegetables, it supports balanced nutrition, healthy detox and immunity, and clean digestion†—so you can feel good about your choices. Plus, it provides a solid boost of Magnesium to help you maintain a healthy pH balance!† Give your body the green light to enjoy these greens from around the world.

### How and when should I use It Works! Super Greens?

Use It Works! Super Greens daily—or even more than once a day—to bring nature into your nutrition and help yourself alkalize, balance, and detoxify.† By mixing one scoop or packet into 8 oz. of water, juice, or even coffee, you'll help support your diet with many of the foundational minerals and plant nutrients it needs. Since It Works! Super Greens is packed with powerful superfoods, you may become extra invigorated—don't drink it too close to your bedtime.

### What are some key ingredients in It Works! Super Greens?

It Works! Super Greens features a unique blend of vegetation from across the globe, including:

- **Sprouted plants** – Time-tested plants that retain essential nutrients for healthy digestion and metabolism†
- **Green, leafy plants** – Nutritious, garden-variety plants with naturally occurring vitamins, minerals, and fibers
- **Algae** – Including Aquamin® mineralized seaweed extract, these robust, mineral-infused aquatic plants support healthy detox and immunity, plus bone, joint, gut, and cardiovascular health†
- **Coral Calcium** – Harvested from fossilized coral and offering an abundance of trace minerals for healthy living†

### Can It Works! Super Greens be used together with It Works! Super Reds?

Yes, It Works! Super Greens and It Works! Super Reds are designed to work together as a superfood system that delivers exotic, nutritious ingredients to reinforce your good health. It Works! Super Greens provides your body with many foundational minerals and nutrients, while It Works! Super Reds delivers vitamins and antioxidants. Choose to use them separately or combine their superpowers to complement your life and keep your health on track.

### Does It Works! Super Greens contain gluten?

It Works! Super Greens 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.

### Is It Works! Super Greens vegan?

Because it includes coral calcium, which is renowned as a core mineral nutrient, It Works! Super Greens is not vegan. But it is non-GMO, soy-free, keto-friendly, and contains no artificial colors or flavors.

### Can I give It Works! Super Greens to my children?

It Works! Super Greens is recommended only for adults ages 18 years and older.

### Can I use It Works! Super Greens if I am pregnant, nursing, or have ongoing medical conditions?

Please consult your physician prior to using any new product if you are pregnant, nursing, taking medication, or have ongoing medical conditions.



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