

IT WORKS! SUPER GREENS

MINERALS – ELECTROLYTES – NUTRIENTS

30 (6 g) Single Serve Packets

It Works! Super Greens combines the best plant-based superfoods from land and sea to support healthy digestion* and the reduction of tiredness and fatigue.** Featuring a combination of nature's nutrient-dense ingredients, the formula supports your nutrition with a unique vegan blend of sprouts, leafy plants, algae, and seaweed. Mix it into water or your favourite beverage for a taste of nature that benefits your body by boosting its daily supply of minerals.

Features and Benefits:

- High fibre formula that contains a combination of minerals, nutrients, potassium, and magnesium
- Provides a collection of 42 superfoods sourced from both land and sea including: Kelp Extract, Spirulina, Shiitake, Ginseng, Kale, Celery, Wheat Grass and more



Nutrition Facts / Valeurs nutritionnelles / Información nutricional / Nährwertinformation / Ravintotieto / Næringsindhold / Næringsinholdsinformasjon / Voedingsinformatie / Näringsinnehåll	Per 100 g / Pour 100 g / Por 100 g / Pro 100 g / Pr 100 g / 100 g	Per 6 g / Pour 6 g / Por 6 g / Pro 6 g / Pr 6 g / 6 g	% NRV* / VNR* / NBW* / VSVA* / RI* / ADH* per 6g serving
Energy / Energie / Energia / Brennwert / Valore energetico / Energie / Energi	194 kcal / 796 kJ	12 kcal / 48 kJ	
Protein / Protéines / Proteínas / Eiweiß / Proteine / Proteiinia	8.8 g	0.5 g	
Fat / Matières grasses dont / Grasas / Fett / Grassi / Vetten / Fedt / Rasvaa	1.7 g	0.1 g	
Of which saturates / Acides gras saturés / De las cuales saturadas / davon gesättigte Fettsäuren / Waarvan verzadigd / Heraf mættede fedtsyrer / josta tyydyttyneitä rasvoja / varav mättat / hvorav mættede fettsyrer	0.6 g	0.04 g	
Carbohydrates / Glucides dont / Hidratos de carbono / Kohlenhydrate / Koolhydraten / Kulhydrater / Hiilihydraatteja / Kolhydrater / Karbohydrater	63.3 g	3.8 g	
Of which sugars / Sucres / De los cuales azúcares / davon Zucker / Waarvan suikers / Heraf sukkerarter / joista sokeria / varav socker/ hvorav sukkerarter	4.9 g	0.3 g	
Fibre / Fibre / Fibra / Ballaststoffe / Kuitua / fibre / fiber / vezel / fiber	55.3 g	3.3 g	
Salt / Sel / Sodio / Salz / Sale / Zout / Suolaa	1 g	0.06 g	
Potassium / Potasio / Potassio / Kalium	5000 mg	300 mg	15%
Calcium / Calcio / Kalsiumia / Kalsium / Kalcium	2000 mg	120 mg	15%
Magnesium / Magnésium / Magnesio	938 mg	56 mg	15%

*NRV = Nutrition reference values / *VNR = valeurs nutritionnelles de référence / *VNR = Valores nutricionales de referencia / *NBW = Nährstoffbezugswerte / *VSVA = vuorokautisen saanti / *RI = referensinntag for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / *RI = referansinntak for en voksen gjennomsnittsperson (8400 kJ/2000 kcal) / *RI = referensinntag för en genomsnittlig vuxen (8400 kJ/2000 kcal) / *ADH = anbefolven dagelijkse hoeveelheden

SUGGESTED USE

For an added boost, mix one 6 g packet of It Works! Super Greens into 250 ml of water per day.

Warning: Do not exceed the recommended daily dose. Keep out of reach of young children. Food supplements are not substitutes for a varied and balanced diet and a healthy lifestyle. Not recommended for children, adolescents, or pregnant or breastfeeding women. Protect from heat, light and moisture. Store at room temperature. Do not use if seal is broken or missing.

Ingredients: Inulin (Cichorium intybus L), Potassium Citrate, Red Algae Powder 11% (Lithothamnium calcareum, contains calcium), Natural Flavourings, Spirulina 7% (Spirulina platensis), Magnesium Malate, Apple Pectin (Malus domestica), Barley Grass (Hordeum vulgare L), Acids (Malic Acid, Citric Acid), Spinach 3% (Spinacia oleracea L), Plantain Leaf (Plantago major L), Magnesium Citrate, Shiitake 2% (Lentinula edodes), Wheat Grass 1.7% (Triticum aestivum L), Chlorella (Chlorella vulgaris), Emulsifier (Lecithins), Anti-Caking Agent (Silicon Dioxide), Kale 1% (Brassica oleracea L), Alfalfa Grass (Medicago sativa L), Asparagus Root Extract (Asparagus officinalis L), Siberian Ginseng Root Extract 0.7% (Eleutherococcus senticosus), Sweetener (Steviol Glycosides), Blackberry Fruit (Rubus fruticosus L), Celery 0.4% (Apium graveolens L), Matcha Green Tea (Camellia sinensis L), Watercress Extract (Nasturtium officinale), Lemongrass (Cymbopogon citratus), Rosemary Leaf (Rosmarinus officinalis L), Dandelion Root Extract (Taraxacum officinale), Green Tea Extract (Camellia sinensis L), Turmeric Root (Curcuma longa L), Rosehip Fruit Extract (Rosa canina L), Kelp Extract (Fucus vesiculosus L), Plum (Prunus domestica L), Aloe Vera Leaf Extract (Aloe vera L), Ginger Root Extract (Zingiber officinale), Pineapple Juice (Ananas comosus L), Broccoli Sprout Extract (Brassica oleracea var. italica), Cauliflower (Brassica oleracea L), Pear Juice (Pyrus communis L), Peach Juice (Prunus persica L), Onion (Allium cepa L), Lemon Juice (Citrus limon L), Broccoli (Brassica oleracea var. italica), Brussel Sprout (Brassica oleracea), Grapefruit Juice (Citrus paradisi), Papaya Juice (Carica papaya L), Orange Juice (Citrus sinensis L), Pumpkin Seed Extract (Cucurbita pepo L)



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*Calcium contributes to the normal function of digestive enzymes

**Magnesium contributes to electrolyte balance and to a reduction of tiredness and fatigue

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FREQUENTLY ASKED QUESTIONS

Why should I use It Works! Super Greens?

With a delicious blend of vegetables (16%), algae (18%), and plant-based superfoods, It Works! Super Greens contains 42 of nature's nutrient-dense ingredients, to help fill in the gaps in your nutrition. The formula also works to support healthy digestion* and helps the reduction of tiredness and fatigue**. Support your nutrition and boost your daily supply of minerals with this nutrient-dense formula.

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

Use It Works! Super Greens daily to bring a taste of nature into your life and boost your nutrition. By mixing one single-serve packet into 250 ml of water, juice, or your favourite beverage at any time of day, you'll help support your body with many of the key minerals and plant nutrients it needs. It Works! Super Greens is packed with delicious, invigorating** superfoods.

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

It Works! Super Greens offers a unique blend of vegetation from both land and sea, including:

- **Plant-based superfoods** – Such as: Kelp Extract, Spirulina, Shiitake, Ginseng, Kale, Celery, Wheat Grass, and more
- **Minerals** – Magnesium, Potassium, and Calcium
- **42 Nutrients** – To support your healthy nutrition

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

Yes, It Works! Super Reds and It Works! Super Greens 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 fundamental minerals and nutrients such as magnesium, potassium and calcium, while It Works! Super Reds delivers vitamins and antioxidants such as Vitamins C, E, and Riboflavin. 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?

Yes, It Works! Super Greens is vegan. It is also GMO, soy-free, keto-friendly, and contains no artificial colours or flavours.

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?

We do not recommend It Works! Super Greens for children, adolescents, or pregnant or breastfeeding women. Always consult your physician prior to using any new product.