

Barlean's Greens Powder & Capsules

Barlean's

Suggested Use: Put one heaping tablespoon (three teaspoons) in 8 oz. of pure water or juice of choice and simply stir. Barlean's Greens mixes instantly and tastes great. This nutrient rich super food can be taken one to three times daily.

After opening, Barlean's Greens is best stored in the refrigerator. Do not use if tamper proof seal is broken or removed.

Ingredients: BioGreen[™] 15:1*, Organic Spirulina, Organic Flaxmeal, RiceX Rice Bran, Chlorella C. G. F., Sea Vegetables, Spinach, Parsley, Astragalus, Schizandra, Acerola cherry, Rosemary extract, Green Tea extract, Curcumin extract, Stevia, n[™]zimes[™] Digestive Enzyme blend.*

*Biogreen is a Triple Potency Concentrate.

*n[™]zimes is a registered trademark of the National Enzyme Company.

This product DOES NOT contain Gluten.

Supplement Facts

Serving Size 12 Capsules/day (8.8 g)

Amount Per Serving	% Daily Value*
Calories 30	Calories from Fat 10
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Total Carbohydrate 5 g	2%
Dietary Fiber 1 g	6%
Sugars 0 g	
Protein 2 g	4%
Vitamins	
Vitamin A 400 IU	8%
Vitamin C 40 mg	70%
Vitamin B-1 (Thiamin) 90 mcg	6%
Vitamin B-2 (Riboflavin) 102 mcg	6%
Vitamin B-6 (Pyridoxine Hcl) 80 mcg	4%
Niacin 760 mcg	4%
Pantothenic Acid 110 mcg	2%
Folic Acid 8 ug	4%
Minerals	
Calcium 16 mg	2%
Copper 180 mcg	8%
Iron 600 mcg	6%
Magnesium 21 mcg	6%
Manganese 525 mcg	15%
Phosphorus 32 mg	4%
Zinc 300 mcg	2%

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

Supplement Facts

Serving Size 1 Heaping Tbsp (8.8 g)

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Vitamins	
Vitamin A 400 IU	8%
Vitamin C 40 mg	70%
Vitamin B-1 (Thiamin) 90 mcg	6%
Vitamin B-2 (Riboflavin) 102 mcg	6%
Vitamin B-6 (Pyridoxine Hcl) 80 mcg	4%
Niacin 760 mcg	4%
Pantothenic Acid 110 mcg	2%
Folic Acid 8 ug	4%
Minerals	
Calcium 16 mg	2%
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Magnesium 21 mcg	6%
Manganese 525 mcg	15%
Phosphorus 32 mg	4%
Zinc 300 mcg	2%

GREEN FOOD CONCENTRATES

Land Greens Blend (concentrated 1500%)	
Organic Barley Leaf	†
Organic Wheat Leaf	†
Organic Oat Leaf	†

Land Greens

Spinach	†
Parsley Totaling 500 mg	†

Sea Greens

Spirulina 1250 mg	†
Chlorella 500 mg	†
Chlorophyll (from chlorella) 10 mg	†

Sea Vegetable Blend

Ecklonia	†
Sea Whistle	†
Laminaria	†
Macrocystis	†
Alaria Totaling 500 mg	†

PHYTONUTRIENT & FIBER CONCENTRATES

Cold Milled Organic Flax Meal 1078 mg	†
Lignans (SDG) 8-21 mg	†
RiceX (Stabilized Rice Bran) 1078 mg	†

HERBAL TONIC FORMULA

Astragalus (Radix Astragalus) 240 mg	†
Schizandra (Fructus Schizandra) 240 mg	†

HERBAL ANTIOXIDANTS

Rosemary Extract 100 mg	†
Green Tea Extract (50% Polyphenols) 75 mg	†
Curcumin Extract (95% Curcuminoids) 75 mg	†

NUTRIENT CONCENTRATES

Acerola Cherry (17% naturally occurring vitamin C) 220 mg	†
Full Spectrum Digestive Enzyme Blend 10 mg	†
Stevia 42 mg	†

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† Daily Value not established.