

**SUGGESTED USE** Consume one or more capsules daily or as recommended by your physician. For best results take this product with food, preferably a complete meal. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

# GREEN FOODS COMPLEX™

**BLUE-GREEN ALGAE · CHLORELLA  
SPIRULINA · WHEAT & BARLEY GRASS**



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

**Andrew Lessman's GREEN FOODS COMPLEX** is a Gluten-Free blend of the most popularly supplemented green foods, including Wheat Grass and Barley Grass, as well as Spirulina, Chlorella and Blue Green Algae. These diverse green foods owe their rich color to the chlorophyll they contain and together these five ingredients deliver a comprehensive and concentrated array of vitamins, minerals, enzymes and phytonutrients. More than just natural anti-oxidants, the ingredients in **Green Foods Complex** help supply your body with protective compounds and building blocks necessary for tissue growth and maintenance, as well as the ingredients required to support a healthy liver. Rather than choose a single "green food," our **Green Foods Complex** is packed with 100 milligrams each of Barley Grass, Wheat Grass, Blue Green Algae, Chlorella and Spirulina. **Green Foods Complex** is a complementary blend of two Gluten-Free cereal grasses, along with the three most important microalgae to help support your cardiovascular, nervous, immune and detoxification systems. Each carefully chosen ingredient contributes the natural benefits of green foods that are so lacking in our modern diet. Although we all try to do our best and eat our "greens" every day, we don't always succeed and our **Green Foods Complex** makes it convenient and easy to receive the wonderful goodness of those vital, healthy "greens" every day.

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.

**CONTAINS NO** Milk, soy, yeast, corn, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or manufacturing additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

## Supplement Facts

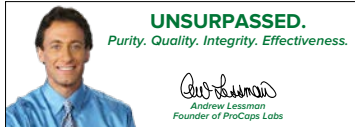
**Serving Size 1 Capsule      Servings Per Container 360**

### Amount Per Serving

Barley Grass, organic powder	100 mg	†
Wheat Grass, organic powder	100 mg	†
Blue-Green Algae, organic powder	100 mg	†
Chlorella, powder	100 mg	†
Spirulina, organic powder	100 mg	†

† Daily Value not established.

Other Ingredients: Gelatin capsule.



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