

SUGGESTED USE Each level scoop (approximately ¼ teaspoon) contains the equivalent of one capsule of the encapsulated version of our **Green Foods Complex**. Consume one or more scoops daily or as recommended by your health care professional. You can add the benefits of this product to water, smoothies or a beverage of your choosing. It can also be used to enhance the nutrient content of yogurt, applesauce, oatmeal or more. As with any dietary supplement, this product is most effective when used as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

This package is sold by weight, not by volume. It contains the full weight indicated on the label. Settling of contents can occur during shipment.

GREEN FOODS COMPLEX™

WHEAT & BARLEY GRASS • CHLORELLA
SPIRULINA • BLUE-GREEN ALGAE



DIETARY SUPPLEMENT



10.85 oz (0.67 lbs) (307.8 g) • 600 Servings

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 Scoop (513 mg) (¼ teaspoon)

Servings Per Container 600

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.

UNSURPASSED.

Purity. Quality. Integrity. Effectiveness.

Andrew Lessman
Founder of ProCaps Labs



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