



## #11 GREENLIFE® POWDER

This GreenLife® product is a powdered form of #10 GreenLife®, without papain. It is 95% organically grown cereal grass juice and 5% dried whole beet plant juice and sea kelp. Because it is powder, it is ideal for individuals with swallowing difficulties, and may be mixed into liquids or simply sprinkled on food.

**Recommended Dosage:** One well-rounded teaspoon (~4g) per day, or as needed or desired for dietary supplementation.

**Directions:** Sprinkle GreenLife® Powder on food, or it can be mixed with applesauce, water or fruit juice. Can also be taken blended with vegetables, milk, or fresh fruit to produce a delicious smoothie.



**Contents:** 4 oz.

**Literature:** “Your Life,” “The Cereal Grasses,” and “GreenLife® - Natural Vitamins”

Naturally occurring nutrients in GreenLife®:

Supplement Facts		
Serving Size: 1 heaping teaspoon (4g)		
Servings Per Container: 28		
	Amount Per Serving	%DV*
<b>Calories</b>	14	
<b>Total Carbohydrate</b>	2 g	1%
<b>Sugars</b>	<1 g	
<b>Protein</b>	1 g	
Vitamin A	860 IU	17%
Vitamin C	74 mg	82%
Vitamin E	0.6 IU	2%
Thiamine	0.1 mg	4%
Riboflavin	0.1 mg	7%
Niacin	0.4 mg	2%
Vitamin B <sub>6</sub>	0.04 mg	2%
Folic Acid	53 mcg	13%
Vitamin B <sub>12</sub>	0.1 mcg	2%

	Amount Per Serving	%DV*
Biotin	1 mcg	<1%
Pantothenic acid	0.2 mg	2%
Calcium	17 mg	2%
Iron	3 mg	16%
Phosphorous	38 mg	4%
Iodine	54 mcg	36%
Magnesium	10 mg	3%
Zinc	0.1 mg	1%
Copper	0.1 mg	3%
Manganese	0.3 mg	15%
Potassium	200 mg	6%
Choline	10 mg	†
Inositol	9 mg	†
Cobalt	1 mcg	†

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

Other Ingredients: Dried organically grown beets, sea kelp, and ascorbic acid (to protect from oxidation).