



Life Force
AUSTRALASIA Pty Ltd

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Manufactured by
Life Force®
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TrueGreens™

Product Name: TrueGreens, 7.4 oz. (210 g)

Item No: AUS11

Characteristics:

- A concentrated, whole food supplement with over 30 organic and natural-source ingredients.
- 100% vegan.
- Like a “Salad Bar in a Jar!”
- With many high valued ingredients
- Wheat grass contains chlorophyll, a green pigment that has cleansing properties.
- Rice Bran and flaxseed are good sources of fiber.
- Tomatoes are a good source of lycopene.
- Probiotics are naturally occurring good microorganisms that provide healthy flora.
- Grape Seed Extract and Blueberry contain proanthocyanidins and bioflavonoids.

Benefits:

- One serving is equal to one USDA serving of daily fruits and vegetables. USDA recommends 7-10 servings a day.

Colour: Green

Flavour/Taste: Slightly sweetened wheat grass taste

Texture: Powder

Recommended Daily Intake: Shake gently before use. Mix 2 rounded teaspoons in 6 ounces of any liquid. Can be sprinkled on salads or other prepared foods.

Servings per container: 30

Storage: Room temperature, sheltered from light and moisture.

Shelf life: When stored as directed and product is kept in its original packaging:

- Unopened – 18 months
- After opening – For the best best benefits use within 90 days

Ingredients: Organic Grasses and Algae (wheat grass, alfalfa, barley grass, spirulina), Grains and Seeds (soy, rice bran, flax seed, amaranth), Vegetables (carrot, tomato, broccoli, spinach, kale, shitake mushroom), Fruits (blueberry, pineapple, papaya, noni), Inulin, Stabilisers (soy lecithin, tricalcium phosphate, tribasic, xanthan gum), Probiotic cultures (acidophilus species, bifidobacterium species), Enzymes (amylase, bromelain, lipase) and grape seed extract, bilberry extract, ginger, fructose.

Other Ingredients: Tricalcium Phosphate, Fructo-Oligosaccharide, Lecithin, and Xanthan Gum.

Contains: Soy

General: All of Life Force International products are manufactured following cGMPs in compliance with the US Food and Drug Administration’s cGMPs Regulations (21 CFR 110).

Guaranteed analyses:

Microbiology	Maximum
E.coli MPN/g	<3 (Negative by test)
CP Staph/g	<10 (Negative by test)
Salmonella/25 g (ELI)	Negative by test
Listeria monocytogenes/25g (ELI)	Negative by test

Nutritional Information		
Serving Size	2 Heaped Teaspoons (7 grams)	
Servings Per Container	30	
Amount Per Serving	(7 g)	Amount Per 100 g
Energy	105 kJ (25 cal)	1,500 kJ (357 cal)
Protein	1 g	14 g
Fat	0 g	0 g
Carbohydrates	3 g	43 g
	sugars	1 g
	Dietary fibre	1 g
Sodium	20 mg	286 mg
Iron	1.44 mg(12% RDI*)	21 mg

*RDI = Recommended Daily Intake

Keep out of reach of children. Pregnant or lactating women should consult their healthcare professional prior to using any new product.

