



Manufactured by Life Force®  
495 Raleigh Ave. El Cajon, CA 92020  
(800) 531-4877 • www.lifeorce.net

# TrueGreens®

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

**Item No:** 500, single bottle. Available in other quantities.

**Characteristics:**

- A concentrated, whole food supplement with over 30 organic and natural-source ingredients
- 100% vegan
- Soy free
- Like a “Salad Bar in a Jar!”
- Wheat grass contains chlorophyll, a great cleanser and detoxifier
- Rice Bran contains fiber and antioxidants
- Tomatoes are a good source of lycopene
- Broccoli is a good source of calcium and Vitamin A & C
- Flax Seed contains fiber and high levels of essential fatty acids, Vitamin B1, 2, 3, & 5, and Vitamin E
- Probiotics provide healthy flora & aids digestion
- Grape Seed Extract and Blueberry have anti-oxidant and anti-aging properties

**Benefits:**

- Supplements your diet with vitamins, minerals, fiber, proteins, probiotics and valuable phytonutrients.
- One serving is equal to one USDA serving of daily fruits and vegetables. USDA recommends 7-10 servings a day.

**Color:** Green

**Flavor/Taste:** Slightly sweetened wheat grass taste

**Texture:** Powder

**Recommended Daily Intake:** Mix 2 rounded teaspoons in 6 ounces of water or liquid of your choice once daily.

**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:

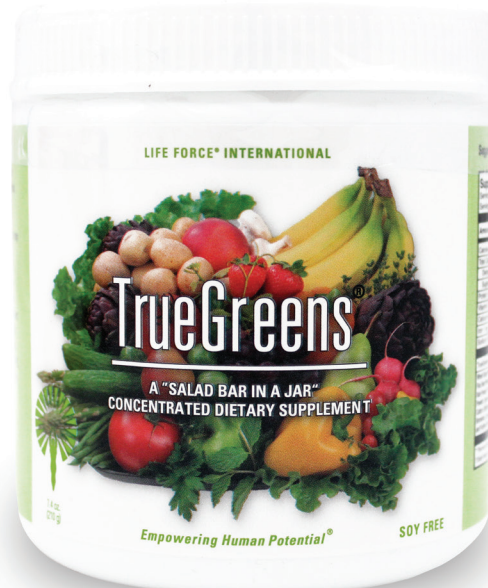
- Unopened – 18 months
- After opening – For the best benefits use within 90 days

**Other Ingredients:** Tricalcium Phosphate, Fructo-Oligo-saccharides, Sunflower Lecithin, and Xanthan Gum.

**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).

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

Supplement Facts	
Serving Size	2 Rounded Tsp. (7 g)
Servings Per Container	30
Amount Per Serving	% DV
Calories 25	
Total Carbohydrate 4 g	1%*
Dietary Fiber 1 g	6%*
Sugars 1 g	†
Protein 1 g	
Vitamin C 2 mg	4%
Calcium 60 mg	6%
Iron 1 mg	8%
Sodium 20 mg	1%
TrueGreens Proprietary Blend 6.5 g	†
<small>Wheat Grass Powder, Pea Protein Isolate Powder, Rice Bran Powder, Amaranth Powder, Flax Seed Powder, Carrot Powder, Alfalfa Powder, Broccoli Powder, Spinach Powder, Kale Powder, Tomato Powder, Noni (Fruit) Powder, Ginger Root Powder, Spirulina Powder, Organic Barley Grass Powder, Pineapple Powder, Blueberry Powder, Acidophilus Culture, Bifidobacterium Culture, Shiitake Mushroom Powder, Papaya (Fruit) Powder, Bromelain, Lipase, Amylase, Grape Seed Extract Powder, Bilberry (Fruit) Extract Powder, and Purified Stevia Leaf (Extract).</small>	
<small>* Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.</small>	



\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

