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Manufactured by  
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**TrueGreens®**

**Product Name:** TrueGreens, (180 g)  
**Item No:** 51017, single canister. *Available in other quantities.*

True Greens is a concentrated blend made from green plant foods that is packed with a wide spectrum of naturally occurring micro nutrients that support optimum health.

This 100% organic blend is rich in vitamin A, B vitamins, chlorophyll and other valuable phytonutrients that help to support healthy blood sugar levels, a healthy immune system and maintain a natural pH balance.

Each ingredient is grown, harvested and certified Organic to meet our high-quality standards.

**Characteristics / Benefits:**

- 100% Organic
- 100% vegan
- Soy free
- A great cleanser and detoxifier
- Supports healthy flora & aids digestion
- Supplements your diet with vitamins, minerals, fiber, proteins, probiotics and valuable phytonutrients.
- Contains \*\* DigeZyme® a multi-enzyme complex; consists of gluten free and GMO-free broad acting enzymes, including amylase, lactase, cellulase, lipase and protease. These enzymes help break down lactose, carbohydrates, cellulosic fibers, fats and proteins. Additionally, these groups of enzymes are resistant to the action of gastric juices, while retaining their digestive activity.
- Contains \*\*\*LactoWise® is a symbiotic blend of a shelf stable probiotic Bacillus coagulans and Lactobacillus sporogenes – producing only desirable L (+) lactic acid bacteria and soluble fenugreek galactomannans.

**Colour:** Green

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

**Texture:** Powder

**Recommended Daily Intake:** Shake gently before use. Shake gently before use. Mix 2 heaped teaspoons (6g) in 180 mL of any liquid. Can be sprinkled on salads or other prepared foods.

**Servings per container:** 30

**Storage:** Room temperature, sheltered from light and moisture. DO NOT REFRIGERATE

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

- Unopened – 24 months
- After opening – For the best benefits use within 60 days

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

**INGREDIENTS - Organic Power Grass:** Organic Wheat grass, Organic Alfalfa grass, Organic Barley grass, Organic Oat grass, Organic Lemon grass.

**Organic Power Greens:** Organic Kale, Organic Spirulina, Organic Spinach, Organic Alfalfa Leaf, Organic Kelp, Organic Astragalus, Organic Chlorella, Organic Dulse Leaf, Organic Orange Peel, Organic Beet Root, Organic Dandelion leaf, Organic Lemon peel, Organic Ginkgo leaf and Organic Stevia leaf extract.

**Organic Power Juice concentrates:** Organic Wheat Grass Juice, Organic Alfalfa Juice, Organic Barley Grass Juice, Organic Carrot Juice, Organic Sea Buckthorn Juice and Organic Noni Fruit Juice.

**Other:** Organic Acacia fiber, Multi-enzyme complex \*\*DigeZyme®, \*\*\*LactoWise® (Synbiotic Blend of Fenumannans® from seeds (Trigonella foenum graecum) and Probiotic Strain Bacillus coagulans spores).

*Each serving of this “Salad Bar in a Jar™” is an abundant source of naturally occurring vitamins, minerals and enzymes that our bodies desperately need every day.*

Nutrition Information			
Serving Size	6g		
Servings Per Container	30		
Quantity per	6g Serving	%DI/RDI	/100g
<b>Energy</b>	84 kJ	0.96%	1400 kJ
<b>Protein</b>	2 g	4%	30 g
<b>Fat, Total</b>	0 g	—	< 1 g
Saturated Fat	0 g	—	< 1 g
<b>Carbohydrate</b>	1 g	—	3 g
Sugars	0 g	—	< 1 g
<b>Fibre</b>	3 g	10%	50 g
<b>Sodium</b>	30 mg	1.30%	500 mg
<b>Potassium</b>	130 mg	—	2170 mg
Vitamin A	600 mcgRE	80%	10000 mcgRE
Vitamin C	20 mg	50%	330 mg
Thiamin (Vit B1)	2 mg	180%	30 mg
Iron	4 mg	33%	67 mg

\*Percentage Daily Intakes are based on an average adult diet of 8700 kJ.  
 Your daily intakes may be higher or lower depending on your energy needs.



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).