



**Life Force**  
INTERNATIONAL

Manufactured by Life Force®  
Poway, CA 92064, USA  
(800) 531-4877 • www.lifeforce.net

# TrueGreens®

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

**Item no:** 500 (50016)

**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 great cleanser and detoxifier
- Rice Bran contains fiber and anti-oxidants
- Tomatoes are a good source of lycopene.
- Broccoli is a good source of calcium and Vitamin A & C
- Flax Seed contains 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:** 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/shelf life:**

- **Unopened:** shelf-stable for 18 months when stored at room temperature, sheltered from light and moisture, and product is kept in its original packaging
- **Opened:** for the best benefits use within 90 days after opening

**Ingredients:** Wheat Grass, Soy, Rice Bran, Amaranth, Flax Seed, Carrot, Alfalfa, Broccoli, Spinach, Kale, Tomato, Noni (Fruit), Ginger Root, Spirulina, Barley Grass, Pineapple, Blueberry, Acidophilus, Bifidobacterium, Shitake Mushroom, Papaya, Bromelain, Lipase, Amylase, Grape Seed Extract, Bilberry (Fruit) Extract, and Stevia (Leaf)

**Other ingredients:** Tricalcium Phosphate, Fructo-Oligosaccharide, Lecithin, and Xanthan Gum

**Contains:** Soy

**General:** All 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

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 (as ascorbic acid) 2 mg	4%
Calcium 60 mg	6%
Iron 1 mg	8%
Sodium 20 mg	1%
TrueGreens Proprietary Blend 6.5 g	†
Wheat Grass, Soy, Rice Bran, Amaranth, Flax Seed, Carrot, Alfalfa, Broccoli, Spinach, Kale, Tomato, Noni (Fruit), Ginger Root, Spirulina, Barley Grass, Pineapple, Blueberry, Acidophilus, Bifidobacterium, Shitake Mushroom, Papaya, Bromelain, Lipase, Amylase, Grape Seed Extract, Bilberry (Fruit) Extract, and Stevia (Leaf).	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
† Daily Value not established.	

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



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