

## NUTRITION FACTS

**Serving Size:** 2 scoops (69g / 1/2 cup / 2 heaping tbsp)  
**Servings Per Container:** 14-56\*

Amount Per Serving		
<b>Calories: 250</b>	Calories from Fat: 46.7	
	Amount	% Daily Value
<b>Total Fat</b>	4.9 gm	7.5%
Saturated Fat	0.7 gm	4.0%
Trans Fat	0 gm	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	141 mg	5.9%
<b>Potassium</b>	728 mg	21%
<b>Total Carbohydrates</b>	21.3 gm	7%
Dietary Fiber	9.4 gm	38%
Sugars	2.7 gm	
<b>Protein</b>	26 gm	
<b>Vitamin A</b> (as beta-carotene)	17,751 IU	355%
<b>Vitamin C</b>	527 mg	879%
<b>Vitamin E</b>	120 IU	400%
<b>Calcium</b>	431 mg	43.1%
<b>Iron</b>	7.2 mg	40%
<b>Vitamin B12</b>	500 mcg	8325%

Percent Daily Values based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.  
 \*14 complete adult meal servings or up to 56 food supplement servings.

## THE LIVINGFUEL EXPERIENCE

You hold in your hands the most powerful, high-impact, life changing whole meal superfood in existence. Use it and you will experience a new level of energy, vitality and performance. Living Fuel, The Leader in Superfood Nutrition, has created this one-of-a-kind foundational daily superfood for everyone who wants to achieve Super Health. When we say everyone, we mean **EVERYONE** in your family – from world-class athletes to those with health challenges. LivingFuel is a foundational superfood that can help: boost energy levels, stabilize blood sugar, optimize weight, build muscle and detoxify the body. The key to Super Health is giving your body everything it needs. LivingFuel is just that: everything your body needs. For recipes and information on how you can live a Super Health lifestyle – and to learn more about our other high impact products like LivingFuel SuperBerry Ultimate®, visit us at

[www.livingfuel.com](http://www.livingfuel.com)

## DIRECTIONS

For more recipes go to [www.livingfuel.com](http://www.livingfuel.com)

### AS A COMPLETE AND BALANCED MEAL

- Add (1) serving (2 scoops) in a 20+ oz. container or blender (a LivingFuel BlenderBottle® or shaker cup works well if you are not adding fruit).
- Add 16-18 oz. or more of spring or purified water until desired texture is achieved.
- Use blender, hand mixer or shaker until smooth.

### AS A DELICIOUS SUPERFOOD SMOOTHIE

- Mix (2) scoops of either LF SuperGreens or LF SuperBerry® or a combination of both into 16+ oz. of spring or purified water. For additional protein and fiber add (1) scoop of LF LivingProtein®.
- Replace 2-4 oz. of water with your favorite fruit juice, veggie juice, coconut milk, rice, almond or oat beverage.\*
- Add 1/4 to 1/2 serving of frozen berries or other fruit.\*
- Add your favorite coconut oil, or LivingFuel CocoChia® snack mix (chia seeds & coconut).
- Use a blender with or without ice until smooth.

### AS A FOOD SUPPLEMENT

- Use 1/4 of a serving (1/2 scoop) or more and proportionately follow the directions for a complete meal.

### FOR CHILDREN

- As with any food, use proportionately less based on age, appetite, size and weight.

LF SuperGreens is designed to be stable at room temperature and refrigeration is only necessary for warmer temperatures or longer periods of storage after opening. Please discard the (2) non-toxic oxygen and moisture absorbing packets upon opening to avoid unintentional consumption.

*Satisfies hunger for as long as 3-6 hours depending on activity level. Drink as often as you like and enjoy optimal health.*



\*To reduce glycemic intake you may want to minimize juices and fruit over time.

NEW LOOK! Same Amazing Nutrition & Taste

# LIVINGFUEL SUPERGREENS

Optimized Whole Meal Superfood For Maximum Daily Nutrition

## Everything Your Body Needs

A Delicious SuperSmoothie that Replaces Supplements and Food, Satisfies Hunger & Cravings, Ideal for Vegetarians

### LIVINGFUEL SUPERGREENS IS:

Enzymatically Alive, Alkaline Forming, Hypo-Allergenic, Energy Producing, Endurance Enhancing, Strength Building, Weight Optimizing, Anti-Aging and Superb Tasting.

### A Completely Balanced Meal Containing:

- Organic, Wildcrafted & All Natural Ingredients
- Potent Broad-Spectrum Antioxidants
- Building Blocks and Fuel
- Complete Plant Protein including All 10-Essential Amino Acids
- Greens, Sea Greens & Vegetables
- Essential Fatty Acids
- Coenzyme Vitamins and Krebs Cycle Minerals
- Precursors & Enzymes
- Stabilized Probiotics
- Powerful Detoxifiers
- Low Glycemic

### LIVINGFUEL SUPERGREENS DOES NOT CONTAIN:

GMOs, Irradiation, Pesticides, Herbicides, Added Sugar, Soy Protein, Wheat, Yeast, Milk, Whey, Egg, Nuts, Preservatives, Fillers, Hydrogenated Oils, Artificial Flavors or Colorings

\* Total ORAC<sub>20</sub> is the measurement of broad-spectrum antioxidant performance by Brunswick Labs.



Net Weight: 969 Grams

## LIVINGFUEL INGREDIENTS<sup>†</sup>

### SUPERFOODS

Combination of Earth's Most Potent Foods

- | Amounts Per Serving  |
|--|
| Enzymatically and Mechanically Extracted Protein from non-GMO Brown Rice & non-GMO Yellow Pea Proprietary Complex .....20,000 mg           |
| Stabilized Brown Rice Bran .....7,000 mg   |
| Organic Barley Grass Leaf .....6,000 mg  |
| Whole Raw Chia Seeds - High Omega 3 (source of essential fatty acids) .....5,000 mg  |
| Inulin/Fructooligosaccharides (FOS), Xylitol, Mannitol, Vanilla Extract and Stevia Proprietary Complex .....4,500 mg                       |
| Organic Spinach, Organic Kale, Organic Broccoli, Organic Carrot & Organic Beet Root Proprietary Complex .....2,500 mg                      |
| Organic Oat Soluble Beta Glucan Fiber .....2,000 mg  |
| Organic Spirulina .....2,000 mg  |
| Pure Lecithin (high phosphatide, 98% oil free, non-GMO) .....2,000 mg  |
| Organic Sea Vegetable Proprietary Complex of Nova Scotia Dulse and Icelandic Kelp Powder (source of iodine and trace minerals) .....150 mg |

### ENZYMES

Added to Ensure Maximum Availability of All Nutrients

- | Amounts Per Serving  | % Daily Values |
|--|----------------|
| Protease 6.0, Protease 4.5, Protease 3.0 Peptidase, Alpha-Galactosidase, Cellulose, Hemicellulose and Pectinase Proprietary complex ..... 300 mg | .....*         |

### PROBIOTICS

For Healthy Intestinal Function and Enhanced Immunity

- | Amounts Per Serving  |
|--|
| Stabilized Micro-Encapsulated Probiotics including Lactobacillus acidophilus (strain R0052 ME), Lactobacillus rhamnosus BE, Bifidobacteria Longum ..... 7.5 Billion Live Organisms |

### AMINO ACIDS

Added to Optimize the Naturally Occurring Amino Acid Profile

- | Amounts Per Serving       | % Daily Values |
|---------------------------|----------------|
| L-Glutamine .....1,000 mg | .....*         |
| L-Lysine .....300 mg      | .....*         |
| L-Taurine .....200 mg     | .....*         |

### HERBS

Provide Balance to the Body and Enhance Major Body Systems

- | Amounts Per Serving  |
|--|
| Organic Marshmallow Root .....300 mg                       |
| Organic Turmeric .....100 mg                               |
| Organic Ginger Root .....100 mg                            |
| Organic Dandelion Root .....100 mg                         |
| Organic Astragalus .....100 mg                             |
| Standardized Milk Thistle Extract (80% silymarin) ..100 mg |
| Standardized Ginkgo Biloba (24/6 extract) .....60 mg       |

### ANTIOXIDANTS

Protect Against Free Radical Damage

- | Amounts Per Serving                                      |
|--|
| N-Acetyl-L-Cysteine (NAC) .....300 mg                    |
| Quercetin .....100 mg                                    |
| Green Tea Catechins (90% polyphenols) .....100 mg        |
| Grape Seed, Skin & Stem Extract (with resveratrol) 50 mg |
| Alpha Lipoic Acid .....50 mg                             |
| Glutathione (reduced) .....25 mg                         |
| Coenzyme Q10 .....25 mg                                  |

### VITAMINS

Added to Ensure Optimum Levels

- | Amounts Per Serving   | % Daily Values |
|---|----------------|
| Vitamin C (buffered/calcium/magnesium zinc/ascorbate) .....500 mg | .....830%      |
| Choline (from bitartrate) .....500 mg                             | .....*         |
| Inositol (pure crystalline) .....500 mg                           | .....*         |
| Vitamin E (water dispersible succinate) ..100 IU                  | .....333%      |
| Vitamin B3 (as niacinamide) .....25 mg                            | .....125%      |
| Vitamin B6 (from pyridoxal 5'phosphate) ..10 mg                   | .....500%      |
| Vitamin B5 (as pantothenic acid) .....10 mg                       | .....100%      |
| Vitamin B2 (from riboflavin 5'phosphate) ...5 mg                  | .....294%      |
| Vitamin B1 (from thiamin diphosphate) .....5 mg                   | .....334%      |
| Vitamin A (as beta-carotene from Dunaliella Salinas) 5 mg         | .....167%      |
| Lycopene (from tomato) .....3 mg                                  | .....*         |
| Lutein (from marigold flower) .....1 mg                           | .....*         |
| Folate (as folic acid) .....800 mcg                               | .....200%      |
| Vitamin B-12 (as methylcobalamin) .....500 mcg                    | .....8325%     |
| Biotin (pure crystalline) .....500 mcg                            | .....170%      |
| Vitamin K (as phyllquinone) .....500 mcg                          | .....650%      |
| Vitamin D3 (as cholecalciferol) .....600 IU                       | .....150%      |

### MINERALS

Added to Ensure Optimum Levels Including 3.2 Grams of Krebs Cycle Bionutrients

- | Amounts Per Serving                                  | % Daily Values |
|--|----------------|
| Potassium (from Krebs cycle bionutrients) ..396 mg   | .....12%       |
| Calcium (from Krebs cycle bionutrients) ..350 mg     | .....35%       |
| Magnesium (from Krebs cycle bionutrients) ..300 mg   | .....75%       |
| Trace Minerals powder (from inland sea water) 100 mg | .....*         |
| Zinc (from Krebs cycle bionutrients) .....15 mg      | .....100%      |
| Silica (from horsetail herb) .....5 mg               | .....*         |
| Manganese (from Krebs cycle bionutrients) .5 mg      | .....250%      |
| Boron (from citrate/aspartate/glycinate) .....2 mg   | .....*         |
| Copper (from seabacate) .....1 mg                    | .....50%       |
| Chromium (from polynicotinate-arginate) ..200 mcg    | .....170%      |
| Selenium (from l-selenomethionine) .....70 mcg       | .....100%      |
| Vanadium (from Krebs cycle bionutrients) 100 mcg     | .....*         |
| Molybdenum (from Krebs cycle bionutrients) .50 mcg   | .....65%       |

\* No daily value established

† See Nutrition Facts for totals

**LIVINGFUEL** [www.livingfuel.com](http://www.livingfuel.com)

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