

## Nutrition Facts

90 servings per container

**Serving size** 1 tsp. (3 g)

Amount per serving

**Calories** 10

% Daily Value\*

**Total Fat** 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

**Cholesterol** 0 mg 0%

**Sodium** 20 mg 1%

**Total Carbohydrate** 2 g 1%

Dietary Fiber 1 g 4%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein** 1 g

Vitamin D 0 mcg 0%

Calcium 27 mg 2%

Iron 5 mg 30%

Potassium 72 mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** FERMENTED GRASS BLEND (WHEATGRASS<sup>^</sup>, BARLEY GRASS<sup>^</sup>, ALFALFA GRASS<sup>^</sup>, OAT GRASS<sup>^</sup>), FERMENTED VEGETABLE BLEND (BROCCOLI<sup>^</sup>, KALE<sup>^</sup>, SPINACH<sup>^</sup>, GREEN CABBAGE<sup>^</sup>, CELERY<sup>^</sup>), FERMENTED SPROUT BLEND (ALFALFA SPROUT<sup>^</sup>, CABBAGE SPROUT<sup>^</sup>, BROCCOLI SPROUT<sup>^</sup>, CAULIFLOWER SPROUT<sup>^</sup>, KALE SPROUT<sup>^</sup>), FERMENTED HERB BLEND [MORINGA<sup>^</sup>, MATCHA (GREEN TEA POWDER)<sup>^</sup>, TULSI (HOLY BASIL)<sup>^</sup>, YERBA MATE LEAF EXTRACT<sup>^</sup>, PARSLEY<sup>^</sup>, PEPPERMINT<sup>^</sup>, ROSEMARY<sup>^</sup>], NATURAL FLAVORS<sup>^</sup>, FERMENTED ALGAE BLEND (SPIRULINA<sup>^</sup>, CHLORELLA<sup>^</sup>), STEVIOL GLYCOSIDES<sup>^</sup> (FROM *STEVIA REBAUDIANA* LEAF<sup>^</sup>), MONK FRUIT EXTRACT<sup>^</sup>.

<sup>^</sup>CERTIFIED ORGANIC INGREDIENTS

**CONTAINS WHEAT (WHEATGRASS)**

# DR. MERCOLA<sup>®</sup>

organic

**FERMENTED**

# GREENS

Dr. Mercola's Organic Fermented Greens includes an array of fermented grasses, vegetables, sprouts, herbs and algae for a wide range of nutritional diversity. The fermentation process not only reduces the naturally occurring sugars, resulting in 0g of sugar per serving; it also helps to make the nutrients easier to digest, allowing for improved absorption of all of those beneficial antioxidants such as bioflavonoids and carotenoids. Lightly sweetened with a delicate balance of organic stevia and monk fruit, getting your greens has never been more delicious.

**SUGGESTED USE:** Mix one (1) tsp. (3 g) with 8 oz. of water.

**DO NOT USE IF SAFETY SEAL IS TORN OR DAMAGED.**

Dr. Mercola has been providing quality products since 2001.

**DISTRIBUTED BY:** NHP, 125 SW 3rd Place  
Cape Coral, FL 33991 USA (877) 985-2696

**CERTIFIED ORGANIC BY:** Quality Assurance International

\*Defined as per 21CFR101.22(a)(3)

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