



ONLY 9 g OF NET CARBS

9 g	15 g	6 g
Net Carbs	Total Carbs	Dietary Fiber

60+ INGREDIENTS
Whole Food Vegetables
Whole Food Fruits
Vitamins & Minerals
Adaptogens*
Antioxidants
Super Mushrooms
Gut Health Prebiotics*

i!snacks
grüns
Popsicle

Distributed by:
Grüns Nutrition, Inc.
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0140-01

CLEAN INGREDIENTS
Vegan
Gluten Free
Nut Free
Dairy Free
No Artificial Colors
No Artificial Flavors

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

CAUTION: CHILDREN, PREGNANT OR NURSING WOMEN should seek professional medical advice before taking this or any other dietary supplement.

Store in a cool, dry place after opening.

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

CALIFORNIA WARNING: Risk of cancer and reproductive harm from exposure to lead. See www.P65Warnings.ca.gov/food.

FIRECRACKER
Popsicle
grüns
i!snacks
Popsicle
FIRECRACKER
grüns
COMPREHENSIVE NUTRITION
Superfoods
Greens
Gummies
Cherry, Lemon Lime & Blue Raspberry
Supports*
Gut Health • Energy • Immunity • Recovery • Beauty • Cognition
Dietary Supplement 12 Daily Packs
12 X 20 g PACKS | NET WT. 0.53 lb (240 g)

Suggested Use: Take no more than one pack per day.

Supplement Facts

Serving Size: One Pack (20 g)
Servings Per Container: 12

Amount Per Serving	% DV/Amount Per Serving	% DV
Calories	50	
Total Carbohydrate	15 g 5%*** (as methylcobalamin)	2.4 mcg 100%
Dietary Fiber	6 g 21%*** Biotin	30 mcg 100%
Total Sugars	8 g	
	Includes 8 g Added Sugars	16%*** (as calcium D-pantothenate)
Vitamin A (as retinyl palmitate)	500 mcg RAE	100% Iron (as ferrous fumarate)
Vitamin C (as ascorbic acid)	95 mg	103% Iodine (as potassium iodide)
Vitamin D (D ₃)	20 mcg	100% Zinc (as zinc citrate)
(as cholecalciferol)	20 mcg	100% Selenium (as sodium selenite)
Vitamin E (as d-alpha-tocopherol)	15 mg	100% Copper (as copper citrate)
Thiamin (as thiamin hydrochloride)	1.2 mg	100% Manganese
Riboflavin (Vitamin B ₂)	1.3 mg	100% (as manganese gluconate)
Niacin (as niacinamide)	16 mg	100% Chromium
Vitamin B ₆ (as pyridoxal-5-phosphate)	1.7 mg	100% (as chromium chloride)
Folate (as L-5-methyltetrahydrofolate)	400 mcg DFE	100% (as sodium molybdate)
Vitamin K ₁ (as menaquinone-7)	120 mcg	100% (as sodium molybdate)
		11 mcg 24%
		8.7 g 17%

Core Nutrients Blend: Tapioca Fiber (FiberSMART®), Organic Inulin Root Powder, Organic Shiitake Mushroom Extract (Fruiting Body), Organic Kale Leaf & Stalk Powder, Organic Strawberry Fruit Powder, Organic Blueberry Fruit Powder, Organic Raspberry Fruit Powder, Organic Acai (*Euterpe oleracea*) Fruit Powder, Organic Acerola Cherry (*Malpighia glabra*) Fruit Powder, Organic Aralia (*Phyllanthus emblica*) Fruit Powder, Organic Cranberry Fruit Powder, Organic Gogi Fruit Powder, Organic Maqui (*Aristotelia chilensis*) Fruit Powder, Organic Alfalfa Powder (Aerial Parts), Organic Parsley Leaf Powder, Organic Spinach Leaf & Stalk Powder, Organic Broccoli Floret & Stalk Powder, Organic Green Cabbage Leaf Powder, Organic Tomato Fruit Powder, Organic Spirulina Powder, Organic Astragalus (*Astragalus membranaceus*) Root Extract Powder (10:1), Organic Wheatgrass Leaf Powder, Organic Chlorella Powder, Organic Carrot Root Powder, Organic Oat Grass Powder (Aerial Parts), Organic Barley Grass Leaf Powder (Gluten Free), Organic Beet Root Powder, Organic Lemon Juice Powder, Organic Apple Fruit Powder, Organic Mangosteen (*Garcinia mangostana*) Fruit Powder, Organic Pomegranate Fruit Powder.

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
*** Daily Value (DV) not established.

Other Ingredients: Cane Sugar, Water, Pectin, Citric Acid, Natural Cherry Flavor, Natural Lemon Lime Flavor, Natural Flavors, Vegetable Juice (Color), Natural Blue Raspberry Flavor, Sodium Citrate.

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