

PMS 365C

PMS 123C

PMS 137C

PMS 1655C



**ONLY 1g OF NET CARBS**

1g	=	15g	-	6g	-	8g
Net		Total		Dietary		Allulose
Carbs		Carbs		Fiber		

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



Distributed by:  
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Certified Sourcing

www.forests.org



**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.



# grüns

COMPREHENSIVE NUTRITION

**Superfoods**  
**Greens**  
**Gummies**



Sugar Free

**Sweet & Juicy Mango**

100% FULLY FLAVORED MANGO

**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	20	Vitamin B <sub>12</sub> (as methylcobalamin)	2.4mcg 100%
Total Carbohydrate	15g 5%**	Iron (as ferrous fumarate)	4.5mg 25%
Dietary Fiber	6g 21%**	Iodine (as potassium iodide)	38mcg 25%
Total Sugars	< 0.5g †	Zinc (as zinc citrate)	2.75mcg 25%
Includes 0g Added Sugars		Pantothenic Acid (as calcium D-pantothenate)	5mg 100%
Vitamin A (as retinyl palmitate)	500mcg RAE 100%	Iron (as ferrous fumarate)	4.5mg 25%
Vitamin C (as ascorbic acid)	93mg 103%	Iodine (as potassium iodide)	38mcg 25%
Vitamin D (D <sub>3</sub> ) (as cholecalciferol)	20mcg 100%	Zinc (as zinc citrate)	2.75mcg 25%
Vitamin E (as d-alpha-tocopherol)	15mg 100%	Selenium (as sodium selenite)	14mcg 25%
Thiamin (as thiamin hydrochloride)	1.2mg 100%	Copper (as copper citrate)	0.22mg 24%
Riboflavin (Vitamin B <sub>2</sub> )	1.3mg 100%	Manganese (as manganese gluconate)	0.57mg 25%
Niacin (as niacinamide)	16mg 100%	Chromium (as chromium chloride)	9mcg 26%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	1.7mg 100%	Molybdenum (as sodium molybdate)	11mcg 24%
Folate (as L-5-methyltetrahydrofolate)	400mcg DFE 100%	Vitamin B <sub>12</sub> (as methylcobalamin)	2.4mcg 100%
Vitamin K <sub>1</sub> (as menaquinone-7)	120mcg †	Core Nutrients Blend	8.7g †

**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 Amla (*Phyllanthus emblica*) Fruit Powder, Organic Cranberry Fruit Powder, Organic Goji 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 Cat 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:** Allulose, Water, Pectin, Natural Flavors, Citric Acid, Turmeric (color), Spirulina Extract (color), Sodium Citrate, Reb M (OnoSweet™).