

## WHAT'S IN THE REAL THING VEGGIE SUPERFOODS?

- **GREENS:** Organic grass powders (wheat and barley grass and alfalfa), sea-vegetables (rockweed, kelp, bladderwrack, dulse, irish moss), kale, spirulina and chlorella, parsley and spinach! A powerhouse of vitamins, minerals and antioxidants with alkalinising and detox properties.
- **CRUCIFEROUS VEGGIES:** A potent combination of broccoli and daikon radish, sprouts plus kale, supplying vital cell-protecting abilities required for healthy living.
- **SPROUTS:** Dynamite packages of adzuki, amaranth, fenugreek, quinoa, broccoli, daikon radish and sunflower providing proteins and enzymes for nutritional health.
- **CAROTENOIDS:** A boost of carrot, beetroot and tomato juice powders with antioxidant superpowers.

**SERVING SUGGESTION:** Mix 1 heaped tablespoon (10g) with half to one glass of water or fruit juice according to taste, and take once or twice a day.

**Contains iodine. Do not take** if you have a thyroid problem, except under practitioner supervision. **Do not take if you are pregnant or breast-feeding** as it contains iodine and concentrated parsley.

Store well closed, in a cool dark place below 25°C.

**KEEP OUT OF REACH OF CHILDREN.**

Produced in a **GMP/HACCP** compliant facility.

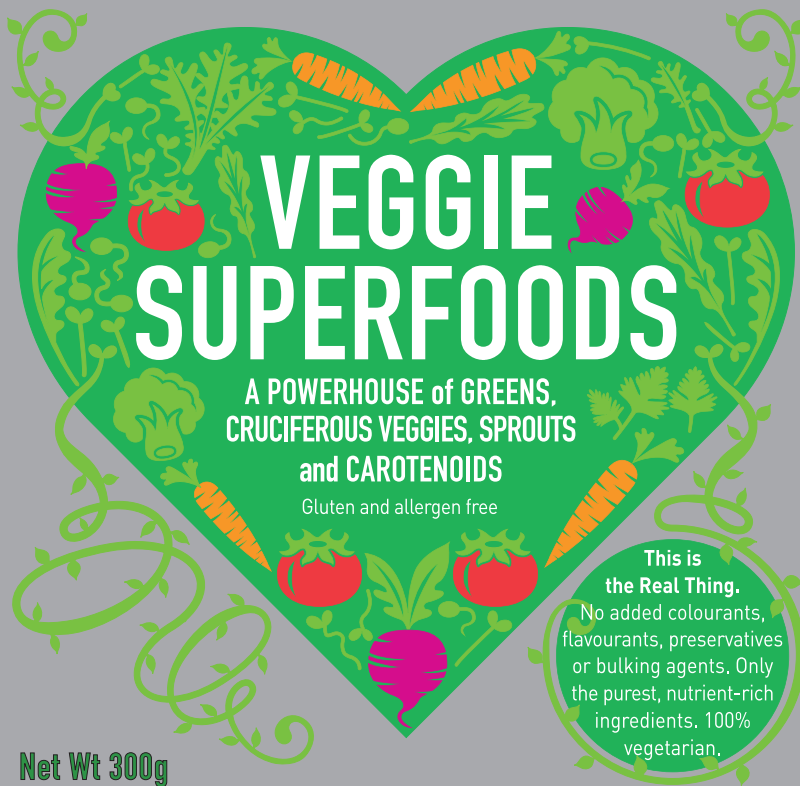
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V12 Veggie Superfood Label 20102013

## THE REAL THING A MULTI-NUTRIENT WHOLEFOOD



**Net Wt 300g**

## NUTRITIONAL INFORMATION

Servings per pack approx. 30

1 serving: 1 heaped Tablespoon (Tbs), approximately 10g

Average quantities*	1 Tbs	%RDI	per 100 g	Amino Acids	1 Tbs	per 100 g
Energy	126 KJ		1260 KJ	Aspartic acid	13 mg	130 mg
Protein	2.4 g		24 g	Glutamic acid	15 mg	150 mg
Fats, total	0.44 g		4.4 g	Alanine	13 mg	130 mg
saturated	0.03 g		0.3 g	Arginine	10 mg	100 mg
Carbohydrates	2.89 g		38.9 g	Proline	11 mg	110 mg
sugars	1.14 g		11.37 g	Phenylalanine	3 mg	30 mg
Sodium	54.1 mg		541 mg	Glycine	2 mg	20 mg
Vitamin C	15 mg	38%	150 mg	Glutamine	22 mg	220 mg
Vitamin K	82 mcg	103%	820 mcg	Isoleucine	3 mg	30 mg
Calcium	239 mg	30%	2390 mg	Hystidine	3 mg	30 mg
Iron	3.31 mg	28%	33 mg	Leucine	4 mg	40 mg
Iodine	4.11 mg	2740%	41 mg	Lysine	3 mg	30 mg
Total Flavonoids (as galangin)	250 mg		2.5 g	Methionine	0.4 mg	4 mg
Total Carotenoids (as beta-carotene)	12 mg		120 mg	Serine	0.8 mg	8 mg
Total Antioxidant Capacity (ORAC-FL) TE	5480 µmol TE		54800 µmol TE	Tyrosine	0.2 mg	2 mg
				Threonine	0.4 mg	4 mg
				Valine	0.8 mg	8 mg
				Gamma-Aminobutyric acid (GABA)	12 mg	120 mg

**INGREDIENTS:** Kale 28%, Spinach 20%, Sea Vegetables 10% [2% each of Rockweed (*Ascophyllum nodosum*), Kelp (*Laminaria digitata*), Dulse (*Palmaria palmata*), Bladderwrack (*Fucus vesiculosus*), Irish Moss (*Chondrus crispus*)], Parsley 10%, Sprouts 6% [0.9% each of Broccoli, Daikon Radish, Adzuki, Amaranth, Fenugreek, Quinoa, Sunflower] Barley Grass 5%, Alfalfa 5%, Wheat Grass 5%, Carrot 3%, Beetroot 2%, Tomato 2%, Spirulina (*Spirulina platensis*) 2%, Chlorella (*Chlorella pyrenoidosa*) 2%.

\*Average quantities. As this product contains natural ingredients, these quantities can fluctuate according to seasonal variations.

Made in South Africa from imported products.