

NUTRITION FACTS

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

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

www.livingfuel.com

DIRECTIONS For delicious SuperSmoothie and other recipes, visit www.livingfuel.com

AS A FIRST TIME USER

Try LivingFuel SuperGreens in a blender in a SuperSmoothie (see below). Many users start with a full serving as a complete meal, while others begin with a smaller serving size with meals and gradually work up to a full serving size. Visit www.livingfuel.com for SuperSmoothie recipes.

AS A COMPLETE AND BALANCED MEAL

Mix one serving (2 scoops) in 12-18 oz. spring or purified water until the desired consistency is achieved. Use a blender, shaker cup, or Living Fuel Blender Bottle.

AS A DELICIOUS SUPERFOOD SMOOTHIE

- Mix two 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 one scoop of LF LivingProtein®.
- Replace 2-4 oz. of water with your favorite fruit juice, vegetable juice, coconut milk, rice, almond or oat beverage (organic is best).*
- Add 1/4 to 1/2 serving of fresh or frozen berries or other fruit.*
- Add coconut oil, almond or nut butter, or LivingFuel CocoChia® Snack Mix (chia seeds & coconut).
- Use a blender with or without ice until smooth (visit www.livingfuel.com for blender recommendations).

AS A FOOD SUPPLEMENT

Use 1/4 serving (1/2 scoop) to 1/2 serving (1 scoop) and follow the previous directions proportionally.

FOR CHILDREN

LF is outstanding for children. As with any food, use proportionally based on age, appetite, and weight.

Satisfies hunger for as long as 3-6 hours depending on activity level. Adding LF LivingProtein to LF SuperGreens can extend satiety between meals. Drink as often as you like and enjoy optimal health.

LF SuperGreens is designed to be 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.



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

Certified for Use in Amateur & Professional Athletics

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 ORAC₂ is the measurement of broad-spectrum antioxidant performance by Brunswick Labs.



Certified for Sport



Net Weight: 969 Grams

LIVINGFUEL INGREDIENTS †

SUPERFOODS

Combination of Earth's Most Potent Foods

Amounts Per Serving

- ◆ Enzymatically and Mechanically Extracted Protein from Organic/Non-GMO Brown Rice & Non-GMO Yellow Pea Proprietary Complex20,000 mg
- ◆ Stabilized Brown Rice Bran7,000 mg
- ◆ Organic Barley Grass Leaf6,000 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 Complex4,500 mg
- ◆ Organic Spinach, Organic Kale, Organic Broccoli, Organic Carrot & Organic Beet Root Proprietary Complex2,500 mg
- ◆ Organic Oat Soluble Beta Glucan Fiber2,000 mg
- ◆ Organic Spirulina2,000 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

- ◆ Living Fuel Proprietary Amino Acids Blend L-Glutamine, L-Leucine, L-Lysine, L-Taurine 1,900 mg*

HERBS

Provide Balance to the Body and Enhance Major Body Systems

Amounts Per Serving

- ◆ Organic Marshmallow Root300 mg
- ◆ Organic Turmeric100 mg
- ◆ Organic Ginger Root100 mg
- ◆ Organic Dandelion Root100 mg
- ◆ Organic Astragalus100 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
- ◆ Quercetin100 mg
- ◆ Green Tea Catechins (90% polyphenols)100 mg
- ◆ Grape Seed, Skin & Stem Extract (with resveratrol) 50 mg
- ◆ Alpha Lipoic Acid50 mg
- ◆ Glutathione (reduced)25 mg
- ◆ Coenzyme Q1025 mg

VITAMINS

Added to Ensure Optimum Levels

Amounts Per Serving % Daily Values

- ◆ Vitamin C (buffered/calcium/magnesium zinc/ascorbate)500 mg830%
- ◆ Choline (from bitartrate)500 mg*
- ◆ Inositol (pure crystalline)500 mg*
- ◆ Vitamin E (water dispersible succinate) ...100 IU333%
- ◆ Vitamin B3 (as niacinamide)25 mg125%
- ◆ Vitamin B6 (from pyridoxal 5'phosphate) ...10 mg500%
- ◆ Vitamin B5 (as pantothenic acid)10 mg100%
- ◆ Vitamin B2 (from riboflavin 5'phosphate) ...5 mg294%
- ◆ Vitamin B1 (from thiamin diphosphate)5 mg334%
- ◆ Vitamin A (as beta-carotene from Dunaliella Salinas) 5 mg167%
- ◆ Lycopene (from tomato)3 mg*
- ◆ Lutein (from marigold flower)1 mg*
- ◆ Folate (as folic acid)800 mcg200%
- ◆ Vitamin B-12 (as methylcobalamin)500 mcg8325%
- ◆ Biotin (pure crystalline)500 mcg170%
- ◆ Vitamin K (as phyloquinone)500 mcg650%
- ◆ Vitamin D3 (as cholecalciferol)600 IU150%

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 mg12%
- ◆ 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 mg100%
- ◆ Silica (from horsetail herb)5 mg*
- ◆ Manganese (from Krebs cycle bionutrients) .5 mg250%
- ◆ Boron (from citrate/aspartate/glycinate)2 mg50%
- ◆ Copper (from seabacate)1 mg50%
- ◆ 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 mcg65%

* No daily value established

† See Nutrition Facts for totals

LIVINGFUEL www.livingfuel.com

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For More Information Call 1-866-580-FUEL (3835)