

The Green Guru



Nutrition Facts

Serving Size: 16 oz. (454g)
Servings Per Container: 1

Amount Per Serving

Calories 190 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 44g **15%**

Dietary Fiber 9g **36%**

Sugars 26g

Protein 6g

Vitamin A 200% • Vitamin C 190%

Calcium 15% • Iron 15%

Vitamin D 0% • Vitamin E 10%

Vitamin K 800% • Thiamin 10%

Riboflavin 15% • Niacin 8%

Vitamin B6 30% • Folate 50%

Vitamin B12 0% • Pantothenic Acid 8%

Phosphorus 15% • Magnesium 25%

Zinc 6% • Selenium 2%

Copper 60% • Manganese 50%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: APPLE, CUCUMBER, KALE, BANANA, CELERY, SPINACH, LEMON

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



Energizing & Alkalizing!

Chlorophyll helps your body detoxify. It also enhances oxygen transport in your body and is a top nutrient for balancing your body's pH by helping to reduce acidity, which may contribute to fatigue as well as other health concerns. Antioxidants protect your cells from damage by free radicals, which may have a role in diseases such as cancer and heart disease.

Nutrition claims per FDA: Low Calorie and Very Low Sodium if used as a meal replacement, Low Fat, Cholesterol Free, Excellent Source of Dietary Fiber, Good Source of Protein, Excellent Source of Vitamin A, Excellent Source of Vitamin C, Good Source of Calcium, Good Source of Iron

Benefits

KALE

More **iron** per calorie than beef and more **calcium** per calorie than milk! Rich in **anti-oxidant** and **anti-cancer** properties. Full of **Vitamin A**, which is required for maintaining healthy mucus membranes and skin and is essential for vision. Rich in **Vitamin K**, which contributes to strong bones.

SPINACH

Same benefits as kale, plus a rich source of **iron**, required by the human body for red blood cell production.

CUCUMBER

Cucumbers are a source of **B vitamins** and **rehydrate** the body, giving natural boosts in energy. Stimulates hair growth and freshens breath.

CELERY

Celery reduces inflammation and soothes the nervous system, which calms one's mood and helps with sleeping. Regulates the body's alkaline balance and contains healthy minerals & salt. Natural occurring pheromones exist in celery.

LEMON

Citric acid aids in smooth digestion, and helps dissolve kidney stones. Excellent source of **vitamin C**, which helps develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals from the blood.

BANANA

This **energy-rich** food is high in **potassium**, which helps control heart rate and blood pressure, countering bad effects of sodium. It's a good source of **Vitamins B-6 and C**.

APPLE

Apples are high in antioxidants and fight the effect of aging on the brain. They lower cholesterol, detoxify the liver, and boost the immune system.