DIRECTIONS: Take Greens Today® Men's Formula once daily on an empty stomach or with a light meal. Pour 8-12 oz. of water, juice, soy, rice or almond milk into a blender or shaker with cover. Add in three (3) level scoops (50 g) of Greens Today® Men's Formula. Cover, blend or shake well, and enjoy!

Greens Today® Men's Formula is an Unsurpassed, Advanced Phytonutrient Superfood which supplies uniquely combined nutraceutical ingredients including Whey Protein, Maca, Horny Goat Weed, Sarsaparilla, Muira Puama, Saw Palmetto, *Tribulus terrestris*, L-Arginine, Pygeum, Nettle Root, Lycopene, Zinc & so much more.

Greens Today® Men's Formula
helps keep men energized and happy![1]

This product is sold by weight, not volume.
Settling of contents may occur during shipping and handling.

WARNING: Keep Out of Reach of Children. Do not use if safety seal is damaged or missing. If you are pregnant, nursing, taking any medications, planning any medical procedure or have a medical condition, consult with your healthcare practitioner before use.

NOTICE: Use this product as a food supplement only.
Do not use for weight reduction.

Store in a cool, dry place.

*Per serving

VISIT OUR WEB SITES
www.naturesanswer.com & www.greensteday.com

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HAUPPAUGE, NY 11788
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[1]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.

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GREENS TODAY®

HAVE YOU HAD YOUR GREENS TODAY?®

Men's Formula

Superfood for Everyday Health

*20 grams of WHEY PROTEIN**

*3,250 mg of GREEN SUPERFOODS**
Spirulina, Broccoli, Barley Grass, Wheat Grass & MORE!

POWERFUL NUTRIENTS

Dietary Supplement *Net Wt. 26.4 oz (750 g)*

A men's formula supplying (in each 50 g serving) the following:

Supplement Facts

Serving Size 3 Level Scoops (50 g)
Servings Per Container 15

Amount Per Serving		% Daily Value
Calories	130	
Calories from Fat	10	
Total Fat	1 g	2%**
Saturated Fat	1 g	5%**
Total Carbohydrate	10 g	3%**
Dietary Fiber	6 g	24%**
Soluble Fiber	6 g	†
Sugars	3 g	†
Protein	20 g	40%**
Vitamin A (as Beta-Carotene)	1,875 IU	38%
Vitamin C (as Sodium Ascorbate)	118 mg	197%
Vitamin D3 (as Cholecalciferol)	466 IU	117%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate and Mixed Tocopherols)	95 IU	317%
Vitamin K (Phytonadione)	1 mcg	1%
Thiamin (Vitamin B1)	1.4 mg	93%
Riboflavin (Vitamin B2)	0.75 mg	44%
Niacin (as Niacinamide)	7.5 mg	38%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.5 mg	75%
Folic Acid	190 mcg	48%
Vitamin B12 (as Cyanocobalamin)	10 mcg	167%
Biotin	120 mcg	40%
Pantothenic Acid (as Calcium d-Pantothenate)	4 mg	40%
Calcium (as Calcium Carbonate, Calcium Citrate and Calcium Malate)	200 mg	20%
Iron	1 mg	6%
Phosphorus (as Dipotassium Phosphate)	25 mg	3%
Iodine (as Kelp)	22 mcg	15%
Magnesium (as Magnesium Citrate)	125 mg	31%
Zinc (as Zinc Glycinate Chelate)	7 mg	47%
Selenium (as Selenium Amino Acid Chelate)	41 mcg	59%
Copper (as Copper Gluconate)	1 mg	50%
Manganese (as Manganese Chelazome)	1 mg	50%
Chromium (as Chromium Picolinate)	120 mcg	100%
Molybdenum (as Molybdenum Amino Acid Chelate)	48 mcg	64%
Sodium (as Sodium Ascorbate)	11 mg	<1%
Potassium (as Potassium Citrate and Dipotassium Phosphate)	175 mg	5%
Whey Protein Concentrate	29,000 mg (29 g)	†
Proprietary Green Superfood Blend Spirulina, Broccoli (flower), Barley (grass), Alfalfa (leaf), Wheat (grass), Chlorella, Spinach (leaf), Kelp.	3,250 mg (3.25 g)	†
Proprietary Fiber Blend Oat Bran, Apple Fiber, Flaxseed, Rice Bran, Fructooligosaccharides (FOS).	3,600 mg (3.6 g)	†
Proprietary Herbal Blend Maca Root Extract, Artichoke Leaf Extract, Eleuthero Root Extract, Rhodiola Root Extract, Cinnamon (bark), Dulse Seaweed, Dandelion (root), Fo-Ti (root), Hawthorn (berry), Pau d'Arco (bark), Astragalus (root), Ginger (root), Horsetail (herb).	385 mg	†
Proprietary Men's Blend Horny Goat Weed Extract, Muira Puama Root Extract, Saw Palmetto Berry Extract, Sarsaparilla (root), Pumpkin Seed Extract, Nettle Root Extract, *Tribulus terrestris* Root Extract, Pygeum (bark), Fenugreek (seed).	1,200 mg (1.2 g)	†
Proprietary Antioxidant Blend Lycopene, Acerola Cherry (fruit), Beet (root), Rose (hips), Pine Bark Extract, Green Tea Leaf Extract, Grape Seed Extract.	120 mg	†
Proprietary Organic Antioxidant Blend Organic Pomegranate, Organic Raspberry, Organic Blackberry, Organic Acai, Organic Cranberry, Organic Blueberry.	370 mg	†
Proprietary Amino Blend L-Arginine, L-Carnitine.	2,000 mg (2 g)	†
Proprietary Immune Blend Reishi Mushroom, Maitake Mushroom, Shiitake Mushroom.	11 mg	†
Vanadium Chelavite	50 mcg	†

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

Other Ingredients: Fructose, Banana, Natural Cherry Flavor, Carob, Silica, Stevia Extract.

Call 1-800-439-2324 for product information, or access our website: www.greenstoday.com