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POWDERED FRUITS & VEGGIES • ANTIOXIDANT POWERHOUSE\*  
ADAPTOGENIC HERBS\* • BOOST IMMUNE SYSTEM\*

We created Flow Greens to provide a supplement that truly improves the flow of your workout, the flow of your energy, and the flow of your life. Powered by alkalizing green vegetables, low-glycemic berries, and time-tested roots and extracts, we believe we've done just that.

**DIRECTIONS:** Once daily, mix 1-2 scoops with 8-12 oz of water, juice, or your favorite beverage. For optimal results, take Flow Greens with Flow Protein or Flow Collagen Plus.

KEEP OUT OF REACH OF CHILDREN AND PETS. Consult with a qualified healthcare professional prior to using this product, especially if you are pregnant, nursing, have diagnosed medical conditions, or are taking prescription medications. Do not exceed recommended daily intake. Do not use if seal is damaged or missing.

\*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.

Store in a cool, dry place (60°F to 80°F).  
KEEP OUT OF REACH OF CHILDREN.  
TAMPER EVIDENT: Do not use if packaging has been tampered with or seal is broken.



DIETARY SUPPLEMENT  
NET.WT. 183 G • 6.45 OZ



# GREENS

## POWDERED FRUITS & VEGGIES

LEMON GRASS

### Supplement Facts

30 servings per container  
Serving size: 1 scoop (approximately 6100mg)

Amount per serving		%Daily Value*
<b>Calories</b>	<b>16</b>	
<b>Carbohydrates</b>	4g	6%
<b>Dietary Fiber</b>	3g	13%
<b>Sugars</b>	<1g	<1%
<b>Total Fat</b>	<1g	
<b>Acacia (Acacia senegal) Fiber</b>	2500 mg	*
<b>Green Balance® Alkalyzing Blend</b>	1250 mg	*
<b>Betta Berries®</b>	500 mg	*
<b>Sunflower (Helianthus annuus) Lecithin</b>	250 mg	*
<b>Hawthorn (Crataegus monogyna) Berry Extract (Fruit)</b>	200 mg	*
<b>Ashwagadha (Withania somnifera (Std. for 2.5% Withanolides)) (Root)</b>	200 mg	*
<b>Reishi Mushroom (Ganoderma lucidum) Extract (Fruiting Body)</b>	150 mg	*

**Other Ingredients:** Citric Acid, Maltodextrin, Natural Flavors, Stevia, Hubersorb (Calcium Silicate)  
The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. \*Daily Value (DV) Not Established

ALKALIZING  
ANTIOXIDANT



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**NOTE!:** THE CENTER PANEL 'FLOW' LOGO BADGE HAS BEEN ADJUSTED AND SANDPAPER VARNISH HAS BEEN ADDED AT THE CUSTOMER'S REQUEST. PLEASE CHECK ACCURACY OF ALL ELEMENTS.

	<h2 style="margin: 0;">DOME PROOF 04/17/20</h2>	McDOWELL JOB#: 225912 MCDL #: FFLO000201														
Label and Screen Printing <b>op. 4 / rev. 0</b>	<b>COMPANY:</b> Flow Supplements <b>LABEL SIZE:</b> 3.00" x 11.00" <b>CORNER RADIUS:</b> 0.125"	<b>Screen Print:</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="width: 10%;">PANTONE® Cool Gray 2</td> <td style="width: 10%;">PANTONE® 2421</td> <td style="width: 10%;">Black</td> <td style="width: 10%;">SoftTouch</td> <td style="width: 10%;">Sandpaper Varnish</td> <td style="width: 10%; background-color: #0056b3; color: white;">Dome</td> <td style="width: 10%;">Gloss Varnish</td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%;"></td> <td style="width: 10%; background-color: red; color: white;">Die Line</td> </tr> </table>	PANTONE® Cool Gray 2	PANTONE® 2421	Black	SoftTouch	Sandpaper Varnish	Dome	Gloss Varnish						Die Line
PANTONE® Cool Gray 2	PANTONE® 2421	Black	SoftTouch	Sandpaper Varnish	Dome	Gloss Varnish						Die Line				
<b>DESCRIPTION:</b> Greens Labels PN: Greens Labels	<b>FINISH:</b> <input type="checkbox"/> Full Gloss Varnish <input checked="" type="checkbox"/> Pattern Varnish <input type="checkbox"/> NO Varnish <input type="checkbox"/> Laminate <b>SUBSTRATE:</b> <input type="checkbox"/> Paper <input checked="" type="checkbox"/> Film <input checked="" type="checkbox"/> White <input type="checkbox"/> Clear <input type="checkbox"/> Chrome/Metallized <input type="checkbox"/> Other	<p style="font-size: small; margin: 0;">IT IS YOUR RESPONSIBILITY TO VERIFY LABEL SIZE AND LAYOUT OF ALL ELEMENTS TO INSURE PROPER APPEARANCE OF LABEL. THE CUSTOMER HAS THE SOLE RESPONSIBILITY FOR TESTING AND DETERMINING THE SUITABILITY OF APPLICATION FOR CUSTOMER'S PRODUCT. Please verify SIZE, TYPESTYLE, POSITION, COLOR-BREAK, LAYOUT and BARCODE to prevent errors in production. WE ARE NOT RESPONSIBLE for punctuation errors, misspelled words, or placement errors if they pass your approval on this copy. You must sign the approval before we can proceed with your order. We appreciate the opportunity to serve you and thank you for your order.</p>														
<b>PROOFS TO COMPLETE THIS ORDER INCLUDE:</b>																
Die Proof <input type="checkbox"/> Match Proof <input type="checkbox"/> Varnish Proof <input checked="" type="checkbox"/> White Proof <input type="checkbox"/> Foil Proof <input type="checkbox"/> Dome Proof <input checked="" type="checkbox"/>	_____ <b>Customer Approval Signature</b>		_____ <b>Co-Packer Approval Signature</b>													