



NOURISH superfoods & sprouts

Suggested Use: Add 1 teaspoon NOURISH to milk, juice, smoothies, etc. Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well.

Supplement Facts		Serving Size: 1 teaspoon (5 grams)		Servings per container: approximately 30	
	Amount Per Serving	%DV for children under 4*	%DV for children over 4*		
Calories	10	†	†	Ingredients: Organic Carrot Juice, Organic Banana, Organic Nettle, Organic Sea Buckthorn Juice, Organic Oat Grass, SproutGarden® (Organic Broccoli Sprout, Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Sprout, Organic Flax Sprout, Organic Sunflower Sprout, Organic Pumpkin Sprout, Organic Chia Sprout, Organic Sesame Sprout), VitaVeggie® (Organic Broccoli, Organic Broccoli Sprouts, Organic Tomato, Organic Carrot, Organic Spinach, Organic Kale), Organic Camu Camu, Triphala Other Ingredients: Organic Luo han guo (Monk Fruit) and Organic Cacao SproutGarden® and VitaVeggie® are trademarks of VDF FutureCeuticals, Inc., used under license  	
Calories from fat	0				
Total Fat	<1g				
Saturated Fat	0g				
Trans Fat	0g				
Total Carbohydrate	2g	1.5%	1.5%		
Dietary Fiber	1.5g	5%	5%		
Sugars	<1g				
Protein	<1g	0%	0%		
Vitamin A (as beta carotene)	8000 IU	320%	160%		
Vitamin B1 (as thiamine)	4mg	572%	226%		
Vitamin B2 (as riboflavin)	4mg	500%	235%		
Vitamin B3 (as niacin)	26mg	288%	130%		
Vitamin B5 (as pantothenic acid)	4mg	572%	200%		
Vitamin B6 (as pyridoxine)	8mg	160%	80%		
Vitamin B12 (as methylcobalamin)	4mcg	132%	68%		
Vitamin C	275.3mg	686%	458%		
Vitamin E	20 IU	200%	66%		
Vitamin K	80mcg	†	100%		
Folate	400mcg	200%	100%		
Calcium	200mg	26%	20%		
Iron	10mg	100%	56%		
Selenium	40mcg	14%	58%		
Sodium	12.72mg	0.54%	0.54%		
Potassium	364mg	2%	2%		
Magnesium	200mg	100%	52%		
Zinc	5mg	62%	34%		
Omega-3	36mg	†	†		
Omega-6	64mg	†	†		
Omega-7	805.4mg	†	†		
Omega-9	475.2mg	†	†		

Green: Organic Nettle, Organic Oat Grass, Organic Broccoli Sprout, Organic Broccoli, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Flax Sprout, Organic Chia Sprout, Organic Sesame Sprout, Organic Spinach, Organic Kale
Oranges/Yellows: Organic Carrot Juice, Organic Banana, Organic Sea Buckthorn Juice, Organic Sunflower Sprout, Organic Pumpkin Sprout
Reds: Organic Adzuki Sprout, Organic Tomato
Blues/Purples: Organic Amaranth Sprout, Organic Camu Camu
Ayurvedic Adaptogens: Triphala

Important Information: This is not a medicinal product. If in doubt consult a doctor before taking food supplements. Food supplements must not be used as a substitute for a varied & balanced diet & a healthy lifestyle. If you are pregnant, breastfeeding, or on any medication, please consult a doctor before use. Store in a cool dry place. Keep away from children. Discontinue use if any adverse reactions occur.

Allergy information: This product is manufactured in a facility that produces other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs and may contain traces of all of the above.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
 †Daily Value not established.

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.

Product of the USA formulated with select ingredients thoughtfully curated from around the world.

Manufactured Exclusively For

Heart & Body Naturals, LLC • One Moock Road, Suite 201 • Wilder, KY 41071