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Fruits, Veggies, and Other Greens Supplements Review (Including Spirulina and Chlorella)

Avoid Lead in Greens, Problems with Pills, and Don't Give Up Eating Whole Foods.

Latest Update

[Juice Plus for Cognition?](#)



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Summary

- Are supplements good substitutes for fresh fruits and vegetables?** We found that "fruits" and "veggies" supplements were *not substitutes* for getting the recommended daily intakes of fruits and vegetables, despite marketing claims for some saying they are. At best, only one-fifth of the adult daily requirement might be met with a suggested daily serving of any of these products. Adults need about 500 grams of *fresh* fruits and veggies per day. If dried and made into powders, this would equal about 50 grams per day. Most supplements provide no more than 2 to 10 grams of powdered fruits and veggies per suggested daily serving; many don't even list the amounts; and some contain greater amounts

of ingredients such as tapioca syrup and sugar than fruits or vegetables. In fact, you can get more fruit (and fiber) from a single apple than from most fruit supplements, and at much lower cost.

- **What are the health benefits of supplements that contain fruits, veggies, and other "greens"?** Greens powders, pills, and gummies are made from dried or concentrated vegetables, fruits, grasses, and certain types of algae (e.g., chlorella and spirulina) providing a variety of nutrients such as carotenoids, antioxidants, amino acids, enzymes, nucleic acids, fiber, vitamins and minerals that can have healthful benefits.

Plant-based greens and whole foods products tend to be high in fiber and low in fats, making them low in calories per gram. They also tend to be low in sodium. Some contain additional ingredients such as prebiotics, probiotics, digestive enzymes, or added fiber.

Although plant-based products typically provide little protein, algae-based products made mostly from chlorella or spirulina are rich in protein, which makes up about two-thirds of their weight, and some products include protein from plant sources, such as peas and soy. (For more about protein supplements, also see our [Protein Powders Review](#).)

Chlorella may help lower triglycerides and total cholesterol. However, be aware that many uses for which greens and whole foods supplements are promoted are not backed by science. For example, claims of antioxidant activity and "alkalinizing" effects do not necessarily translate into proven health benefits; the evidence is weak regarding a blood sugar-lowering effect of spirulina; and a study of the systemic anti-inflammatory and cholesterol-lowering effects of *Juice Plus+* showed no significant benefits compared to placebo (see "[What They Do](#)").

- **What problems did ConsumerLab find with fruits, veggies, and greens supplements?** ConsumerLab.com discovered the following problems:
 - Tablets of three products would *not properly break apart* (i.e., disintegrate) (see "[What CL Found](#)").
 - Small amounts of lead were found in products, [nine of which](#) should, consequently, not be used on a regular basis by children and pregnant women. Fortunately, none of the products were found to have microbial or pesticide contamination, and "gluten-free" products were found to meet this claim.
- **Which greens supplements are best?** Among products that were Approved for quality, CL selected [Top Picks](#) that provide superior value, features, and taste among greens, chlorella, and spirulina supplements.
- **Cautions with fruits, veggies, and greens supplements:** (see "[Concerns and Cautions](#)" for more details)
 - While most of the food ingredients in greens products are generally safe, some products may contain herbal extracts, vitamins and minerals, and other ingredients that could potentially cause unexpected side-effects and/or interact with other nutrients and drugs.
 - Chlorella may cause gastrointestinal side effects such as diarrhea or constipation. Allergic reactions and other adverse events have been associated with the use of spirulina.
 - Although many greens products contain a long list of ingredients, specific amounts for each ingredient are not always provided. If you are looking for a particular active ingredient and the amount is not listed, consider getting it from a separate supplement that lists the amount on the label (see [ConsumerTips](#)).



Also see our separate Reviews of [Seaweed Snacks](#) and [Kelp Supplements](#).

What They Are:

The main ingredients in most foods and supplements marketed as containing "greens" are typically the chlorophyll-containing leaves (labeled as "grass") of alfalfa, barley, and wheat (including Kamut, a trademarked wheat), sprouted grains, and various forms of algae (spirulina, chlorella, and [kelp](#)). Additional ingredients often include "whole foods" such as vegetables and fruits (as well as their extracts), whole herbs and herbal extracts, cereal grains and pseudograins, probiotics, mushrooms, and enzymes.

Greens and whole food powders became popular as consumers became concerned about increasing their daily intake of fruits and vegetables. There are now many powdered green drinks on the market — each claiming to provide the nutritional benefits of the whole, unprocessed green plants and vegetables that are often lacking in our diets. The ingredients in these products contain many different biologically active components including carotenoids, antioxidants, amino acids, enzymes, protein, nucleic acids, fiber, vitamins, minerals, and various other phytonutrients. An increasing number also include probiotic organisms and prebiotics.

The plant-based products tend to be high in fiber, low in sodium, and typically have no cholesterol — all desirable features. They are also generally low in fats, particularly saturated fats, and normally do not contain any hydrogenated ("trans") fats. Usually, half or more of the weight of the powder is carbohydrate (of which about one-quarter to one-half is dietary fiber and a quarter is sugar).

Unlike [protein powders and meal replacement powders and drinks](#), most plant-based greens/whole food powders provide little protein (generally only 1 or 2 grams per serving) and serving sizes are typically smaller (only about 8 grams versus about 25 grams for protein powders).

In contrast, algae-based greens products (from chlorella and/or spirulina) are good sources of protein — protein makes up about two-thirds of their weight. Like plant-based products, they tend to be low in sodium.

Due to modest serving sizes and lack of fat, the "greens" products usually contain only a small number of calories per serving — about 10 to 30 calories — the exception being products with larger serving sizes.

Products sold in capsule form tend to provide much smaller amounts of ingredients than powders, since the content in a single capsule is typically only around 1 gram.

Chlorella and spirulina are sometimes touted as good, plant-based sources of [vitamin B-12](#). However, this is not true for spirulina and only somewhat true for chlorella. Spirulina contains only a very small amount of the active forms of B-12 (cyanocobalamin or methylcobalamin) and predominantly contains cobalamin analogues (i.e., "pseudovitamin B-12") ([Edelmann, J Food Compost Anal 2019](#); [Wantanabe, J Nutr Sci Vitaminol \(Tokyo\) 2002](#)) that bind only very weakly with intrinsic factor (the protein required for active absorption of B-12 in people) ([Stupperich, Eur J Biochem 1991](#)), suggesting it may not be well-absorbed. In addition, many cobalamin analogues have no known activity in people ([Herbert, JAMA 1982](#)), may interfere with the absorption of active B-12 ([Herbert Am J Clin Nutr 1988](#)), and may potentially cause falsely elevated blood levels of B-12 with use of tests that do not differentiate between forms of B-12 ([Carmel, J Lab Clin Med 1988](#); [Dagnelie, Am J Clin Nutr 1991](#)). Chlorella can contain some vitamin B-12 in the form of cyanocobalamin, as well as smaller amounts of methylcobalamin, but even the amounts of cyanocobalamin vary widely across chlorella products, with some found to contain none or only trace amounts, while others contain up to about 4.5 mcg per gram ([Edelmann, J Food Compost Anal 2019](#)).

What They Do:

The popularity of these products is based on the belief that powders made from "whole food" or "greens" are an easy alternative to eating vegetables and fruits on a daily basis and that they may help increase energy levels, detoxify the body, improve digestion, alkalize the body, and provide antioxidants to improve overall health and well-being. While they may provide some benefits, they should *not* be considered a replacement for a healthy diet rich in fruits and vegetables. Dried, powdered, and/or processed fruits and vegetables do not contain the full breadth of nutrients and chemical compounds (fiber, volatile oils, etc.) found in fresh fruits and vegetables. The USDA recommends about 2 to 4 cups of vegetables and fruits per day for optimal health. See recommended intakes for [fruits](#) and [vegetables](#) based on age and gender.

Chlorella, spirulina, and alfalfa

Lowering cholesterol

Chlorella, a source of carotenoids such as lutein, zeaxanthin, and beta-carotene, and an ingredient in some greens and whole food powders and pills, was shown in one clinical study to significantly lower triglycerides and total cholesterol levels in men and women with mild hypercholesterolemia (elevated cholesterol levels) ([Ryu, Nutr J 2014](#)). In the study, 5 grams of chlorella taken daily (4 tablets each containing 416 mg of chlorella powder — taken with water immediately after *each* meal) for four weeks significantly reduced triglyceride levels (by 10.3%), very low-density lipoprotein (VLDL) (11%) and total cholesterol (1.6%). (Also see [Concerns and Cautions](#) for chlorella.)

A study among non-obese and obese men and women in Korea found that 8 grams of **spirulina** consumed daily for four months significantly reduced total cholesterol (from an average of 191 mg/dl to 170 mg/dl) and LDL cholesterol (from an average of 120 mg/dl to 109 mg/dl), but only among those who were not obese ([Park, Nutr Res Pract 2016](#)). However, HDL and triglycerides were not significantly affected, nor was the LDL/HDL ratio. The researchers speculated that obese men and women may need a higher dose in order to have a similar effect. The study was partially funded by Earth Spirulina Co. of Korea, which provided the product.

A study in China among 125 adults (average age 69) with dyslipidemia not managed with cholesterol-lowering medications suggested that, in combination with health education, taking 15 grams of **alfalfa** powder twice daily for 3 months could *modestly* lower blood levels of LDL cholesterol, but this reduction was not statistically significant compared to health education alone (control group). Neither group showed significant improvements in Lp(a), a lipoprotein that contributes to the risk of heart attack and stroke ([Wang, J Funct Foods 2024](#)).

Fatty Liver Disease

A preliminary 6-month study in Greece among 15 adults (average age 48) with **non-alcoholic fatty liver disease (NAFLD)** suggested that taking 3 grams of **spirulina** (by Hellenic Spirulina Net) once daily for 10 days, then twice daily thereafter, did *not* significantly reduce liver fat content or improve blood pressure compared to baseline, although levels of enzymes that can indicate liver injury were significantly reduced (AST: -38.5%, ALT: -37.5%, GGT: -26.7%). Also, levels of total cholesterol, triglycerides, and LDL-cholesterol decreased, respectively, by 9.1%, 24.8% and 9.6%, and high-density lipoprotein cholesterol increased by 4.2%. Body weight and insulin resistance (HOMA-IR) were reduced, respectively, by 8.1% and 19.6% compared to baseline. No side effects or other complaints were reported by the study participants. However, this study did not include a placebo control group, which is needed to prove a benefit. Each 6-gram daily serving of spirulina contained 3.78 grams of protein, 228 mg of total fat, 504 mg of carbohydrates, and 414 mg of dietary fiber ([Mazokopakis, Ann Gastroenterol 2014](#)).

Blood Sugar Control

There is mixed evidence regarding the ability of **spirulina** to help control blood sugar levels in diabetes.

A small study in India among 25 people with type 2 diabetes (average age 67) — all of whom were already taking medication for diabetes (including metformin or sulfonylureas) — found that taking 1 gram of spirulina (*Sunova Spirulina*, Sanat Products Ltd) at lunch and dinner for two months lowered levels of HbA1c (an indicator of long-term blood sugar levels) from 9.0% at baseline to 8.0% after treatment — a moderate but statistically significant improvement. There was no change in HbA1c for those in the control group, who did not supplement with spirulina. Taking spirulina also tended to lower fasting blood sugar and post-meal blood sugar compared to baseline, but these improvements were not statistically significant. The effects of spirulina on blood sugar control were speculated to be attributed to its fiber content, which might help reduce the absorption of sugar from food, and its protein content, which may help stimulate insulin secretion ([Parikh, J Med Food 2001](#)). A study among 37 people with type 2 diabetes who had lower levels of HbA1c and were not taking medication for diabetes found that taking 8 grams of spirulina powder daily for three months did not improve fasting blood sugar levels or HbA1c compared to baseline levels or a control group not given spirulina ([Lee, Nutr Res Pract 2008](#)).

Spinach

Muscle strength

Spinach — a common "whole food" or extract included in greens products — is commonly promoted for improving muscle strength, but the effect appears to be modest, at best.

Spinach contains a significant amount of phytoecdysteroids, natural steroid hormones found in plants that are chemically similar to androgens. Phytoecdysteroids have been shown to increase protein synthesis in cell-based studies and increase strength in animal models ([Gorelick-Feldman, J Agric Food Chem 2008](#)). In addition, spinach provides dietary nitrate, which may improve muscle function and exercise tolerance.

A study in Spain among 45 older adults (average age 59) showed that supplementing with 1,000 mg of spinach extract (*Spisar*, Euromed S.A) twice daily for 12 weeks while participating in resistance exercise slightly increased maximal muscular strength of the dominant leg, but did not improve handgrip strength or most measures of health-related quality of life compared to resistance exercise plus placebo. The supplement was standardized to provide 3.2 mg of 20-hydroxyecdysone (a phytoecdysteroid) and 14.18 mg of dietary nitrate per day ([Perez-Pinero, Nutrients 2021](#)).

Weight Loss

Spinach has been promoted for weight loss due to its thylakoids constituents, which have been shown to increase the release of appetite-suppressing hormones in laboratory studies ([Amirinejad, J Diabetes Metab Disord 2020](#)). However, a review of clinical data by European Food Safety Authority, concluded "that a cause-and-effect relationship has not been established between the consumption of Appethyl® (a branded version of thylakoids) and a reduction of body weight" ([EFSA J 2023](#)). Furthermore, some of the data submitted for the product indicated that there was no difference in feelings of satiety, appetite, hunger or food cravings when 5 grams of thylakoids were taken daily for 24 weeks.

Fruit & vegetable blends

Anti-Inflammatory Effect?

Obesity is characterized by chronic, low-grade systemic inflammation which puts people at risk for diseases such as cardiovascular disease, diabetes, and cancer. To determine the effect of *Juice Plus+* fruit and vegetable concentrates on systemic inflammation, a placebo-controlled study was conducted among 56 obese adults put on a low fruit and vegetable diet and given *Juice Plus+* Orchard Blend (2 pills), Garden Blend (2 pills), and Berry Blend (2 pills) daily with meals for 8 weeks. *Juice Plus+* did not cause significant improvements relative to placebo in systemic inflammation (as measured by CRP levels), nor in cholesterol levels, weight, body mass index, waist circumference, or quality of life. Total lean body mass increased in the *Juice Plus+* group, although not to a degree which was statistically significant relative to placebo ([Williams, Nutrients 2017](#)). Oddly, the researchers concluded that the *Juice Plus+* concentrate "improves the metabolic profile... by reducing systemic inflammation and blood lipid profiles," although these claims do not appear to be supported by this study, which was funded by the NSA, LLC, the maker of *Juice Plus+*.

Cognitive function

A study in Spain among 92 men and women (average age 34) who consumed fewer than three servings of fruits or vegetables per day found that taking six capsules of *Juice Plus+ Premium* daily (three with breakfast and three with dinner) for 16 weeks did not improve cognitive speed or executive functioning compared to placebo but slightly improved scores on a test of attention and cognitive flexibility (9% vs 3% improvement with placebo) and a test of overall intelligence (15% vs 2% improvement). However, it's not clear if these improvements were *clinically* meaningful, and there was no statistically significant improvement on a third test that also measured cognitive flexibility as well as cognitive speed and executive function. It's also not clear if supplementation would provide benefit to adults who already get the recommended intake of fruits and vegetables from their diet. In addition, the study does not provide complete data for these tests and outcomes ([Carrillo, Nutrients 2025](#)). The product in the study, *Juice Plus+ Premium* (by the Juice Plus+ Company) appears to be a blend of ingredients found in *Juice Plus+'s* fruit, vegetable, and berry juice powder concentrates, two of which ConsumerLab tested in this Review.

Other claims

Powerful Antioxidants?

The antioxidant activity of greens/whole food powders is often reported in terms of the value obtained from a laboratory test known as ORAC (Oxygen Radical Absorbance Capacity). Many products on the market claim to have extremely high ORAC scores and claim superiority based on that number. Bear in mind that an ORAC score is a measure of a substance's ability to neutralize specific free radicals in vitro (in a test tube) and does not necessarily translate to how that substance will perform in vivo (in the body). The reverse is also true. For example, vitamin E, which is known to be a powerful antioxidant in the body, has a very low ORAC score. There is also some debate as to the benefits of antioxidants, and there are possible negative effects of large amounts of antioxidants. The FDA does not permit "antioxidant" claims to be made on supplements unless specifically referring to the antioxidant activity from select vitamins, such as [vitamin C](#), or the mineral [selenium](#). The antioxidant activity of polyphenols and other plant based "antioxidants" cannot be legally promoted on labeling.

Alkalinizing Myth

A benefit sometimes promoted for products made from "greens" is that they are alkalinizing, meaning they help to keep the body's pH at an optimal alkaline state. Our blood is slightly alkaline, with a normal pH level of between 7.35 and 7.45. However, the typical diet is more acidic, which, according to the alkaline diet theory, disrupts this balance, promotes the loss of essential minerals, and is thought to make people prone

to illness. "Alkalinizing" greens are purported to help restore this balance, improve overall health and prevent many chronic diseases.

There is little evidence, however, to suggest that an acid-producing diet is the foundation of chronic illness or that food consumption will easily change the pH of your blood. Your body has a complex system of checks and balances to keep the pH of blood tightly within the range noted above. The foods you eat can temporarily increase or decrease the pH of your urine or saliva, but will have little to no effect on the pH of blood. There is some evidence that supplementation with [sodium bicarbonate](#) or a combination of alkaline minerals can slightly increase blood pH, but still within the normal range ([Webster, Med Sci Sports Exercise 1993](#); [Vormann, J Trace Elem Med Biol 2001](#)).

Alkaline diets may, however, help prevent the formation of calcium kidney stones, osteoporosis, and age-related muscle wasting ([Schwalfenberg, J Environ Public Health 2012](#); [Dawson-Hughes, Am J Clin Nutr 2008](#)).

Quality Concerns and Tests Performed:

Neither the U.S. Food and Drug Administration (FDA), nor any other federal or state agency, routinely tests pills, powders, and gummies with greens/whole food for quality prior to sale. A quality concern specific to these products is potential contamination with heavy metals (lead, arsenic, cadmium, and mercury), microbes, and toxic pesticides obtained from their growing environments. Even if ingested at low levels, these contaminants can accumulate and cause damage over time. Lead, which accumulates in bones, can cause a variety of symptoms including abdominal pain, impaired mental functioning, high blood pressure and anemia. Arsenic is a carcinogen and can damage organs. Cadmium can cause kidney damage. Mercury has toxic effects involving primarily the kidney and central nervous system. (See [Concerns and Cautions](#) for information about ingredients from algae.) Microorganisms can cause disease, particularly of the gastrointestinal tract.

ConsumerLab's previous tests of greens and whole food products identified **heavy metal contamination in several products**. *Naturo Science Green Food – Berry Flavored* (tested in 2019), was found to contain 3.8 mcg of lead per 8-gram scoop (0.48 mcg/g), or as much as 11.3 mcg in the maximum suggested daily serving of 3 scoops. The product has been discontinued. In 2016, three products were found to be contaminated with heavy metals: *Barlean's Greens* (5.7 mcg of lead per 8-gram scoop); *Greens Organics + Superfood RAW* (6.5 mcg of lead per 8-gram scoop); and *HealthForce SuperFoods Vitamineral Green* (3.6 mcg of lead and 13 mcg of arsenic – of which 2.3 mcg was inorganic arsenic – in its maximum suggested daily serving size of 1.5 tablespoons, weighing 10 grams).

To see if products were contaminated, and as part of its mission to independently evaluate products that affect health, wellness, and nutrition, ConsumerLab.com purchased a variety of these products (see [How Products were Selected](#)). Each product was analyzed for levels of lead, arsenic, cadmium, and mercury (in products containing spirulina and kelp). Products containing plant-based ingredients were also tested for pesticides, and microbes. Results were compared to established standards for contamination (see [Testing Methods](#) and [Passing Score](#)). Also, any product that claimed to be "gluten free" was tested for gluten. Due to the wide range of ingredients in these products, ConsumerLab.com did not test for the accuracy of ingredient label claims as it does in other Product Reviews that focus on specific ingredients.

What CL Found:

Among the 23 products that ConsumerLab.com selected for testing for this Review, 20 met CL's [quality criteria](#), as did one additional product tested at the request of its manufacturer/distributor through CL's [Quality Certification Program](#). [Note: This Review includes products tested in 2023 as well as chlorella-only or spirulina-only products tested in early 2022 and "fruits" and "veggies" supplements tested in late 2022.]

Reasons for Failure:

Three spirulina-only products, **NOW Spirulina**, **Pure Hawaiian Spirulina**, and **Swanson Spirulina**, failed testing due to poor pill disintegration of their tablets. This problem was confirmed in a second independent laboratory.

When powders are made into pills, it is critical that the pills properly break apart in the body to release their ingredients. All tablets were subjected to disintegration testing in an apparatus in which they are agitated for 30 minutes in water at body temperature, per the USP monograph for the disintegration of dietary supplement pills and tablets (there is no specific monograph for "greens" or "whole foods"

supplements). For *NOW*, *Pure Hawaiian* and *Swanson*, we allowed the test to run for an extra 30 to 60 minutes, but the tablets remained mostly intact, as shown below in the before-and-after images of *Swanson* tablets. This raises the concern that the ingredients may not be properly released into the digestive system, which would limit their usefulness. The tablets of other tested products fully broke apart within 30 minutes, including those of *Earth Circle Chlorella*, *NOW Chlorella*, and *Solgar Spirulina*.

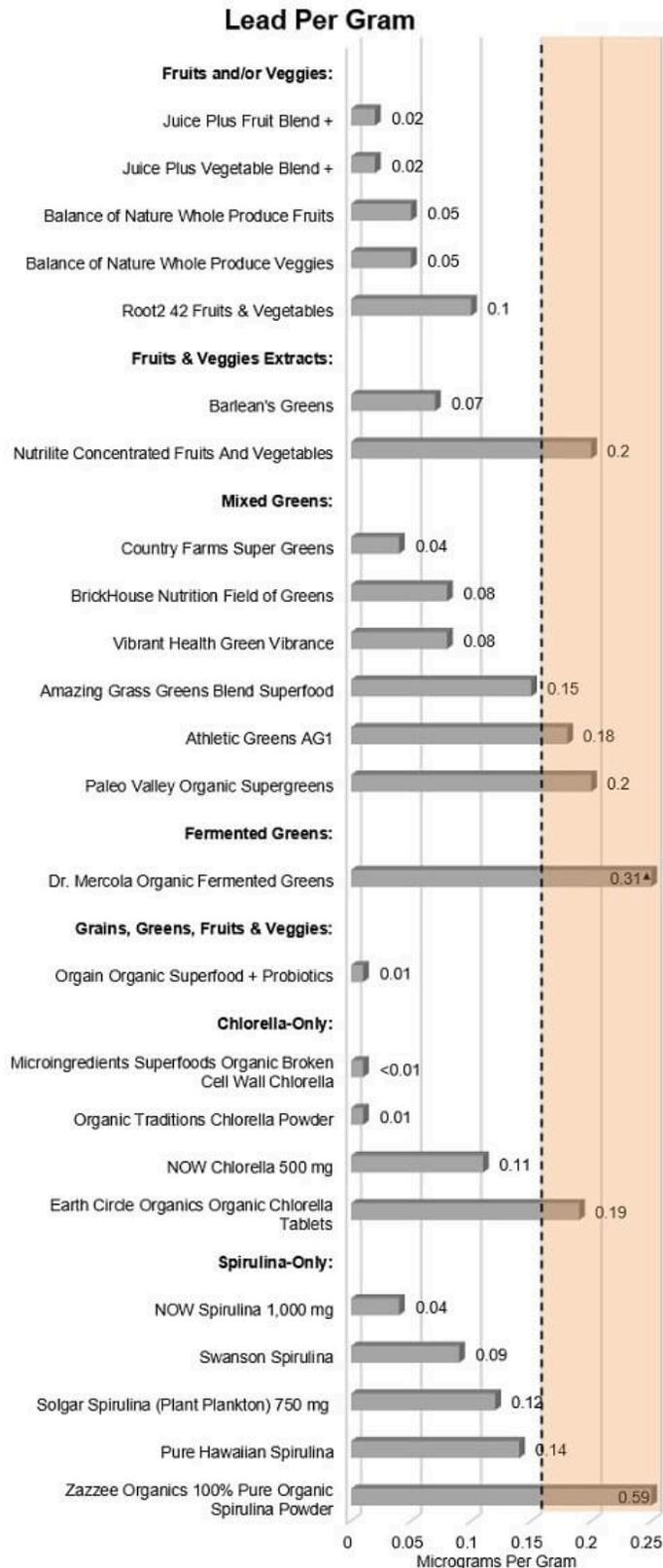


Swanson tablets before and after disintegration testing. Tablets should have fully disintegrated after 30 minutes, but remained mainly intact at 90 minutes. Results were similar for *NOW Spirulina* and *Pure Hawaiian Spirulina*.

Contamination

Although detectable amounts of **cadmium**, **arsenic**, and **mercury** were found in most products (see 2nd column of [Results table](#)), the amounts were very low and not unexpected in natural products. They do not pose a health concern.

Small amounts of **lead** were also found in most products, as shown in the graph below.



Lead concentrations above 0.15 mcg/g indicate that products have higher lead levels than other products and should be used in moderation if taken at high doses (e.g., more than 3 grams for children and child-bearing women and more than 16 grams for adults).
 ▲ Exceeds scale of graph.

Most products contained 0.1 mcg of lead per gram (0.1 ppm) or less, which is a very low concentration. In fact, two (*Orgain Organic Superfood* and *Organic Traditions Chlorella*) contained only 0.01 mcg/lead, and lead was undetectable in *Microingredients Chlorella*. Six products had somewhat higher levels (above 0.1 mcg/g – indicated by bars extending into the orange zone) but, for most, the suggested serving size does not present a concerning amount of lead exposure.

However, several of these products are powders, for which daily servings are higher: *AG1* contained 2.1 mcg of lead in a suggested serving of one scoop (12 grams), *Amazing Grass Greens Blend Superfood The Original* contained 1.2 mcg of lead per one scoop (8 grams) – just slightly less than CL found in 2019 in its *Greens Superfood The Original*, and *Paleo Valley Organic Supergreens* contained 1.6 mcg per tablespoon (8.06 grams).

Lower concentrations of lead also added up in the suggested, large servings of *Vibrant Health Green Vibrance* (0.88 mcg per 11.26-gram scoop), *BrickHouse Nutrition Field of Greens* (0.8 mcg per 10-gram scoop, and as much as 1.6 mcg in a maximum suggested daily serving of 2 scoops), and *Zazzee Organics 100% Pure Organic Spirulina Powder* (0.59 mcg of lead per 3.3-gram teaspoon, or as much as 1.8 mcg in a maximum suggested daily serving of 3 teaspoons). While not of much concern for most adults, child-bearing women, as well as children, should avoid regular use of these products at these levels.

Although no amount of lead is considered "safe," it has been estimated that in an entire day, children should not be exposed to more than 3 mcg of lead and adults should not be exposed to more than 12.5 mcg. (Note: Limits in adults had, prior to 2018, been higher, but were [lowered by the FDA](#) in 2018 to protect against possible fetal exposure in women who are unaware that they are pregnant, and against infant exposure during nursing.) In children, infants, and fetuses, even low levels of lead can adversely affect neurobehavioral development and cognitive function. In adults, lead at somewhat higher levels can cause elevated blood pressure, anemia, and adversely affect the nervous and reproductive systems. Lead is of particular concern during pregnancy as the mother can transfer it to the fetus.

In its tests of "greens" supplements in 2016 and 2019, ConsumerLab found higher and more concerning amounts of lead [in several products](#).

Other Considerations

Gluten

The amount of gluten was checked in every product claiming to be "gluten-free," which, according to the FDA, means that it cannot contain gluten at more than 20 ppm. None of the "gluten-free" products exceeded this limit.

Nutrients and ingredients to consider

As noted earlier, the products claimed to contain a very wide range of vegetables, fruits, and other ingredients, making it impractical for ConsumerLab.com to test for specific ingredients. Here are some things to consider regarding these ingredients:

- Vitamins and minerals

According to product labels and as shown in the table below (sixth column), many products provide at least 10% of the adult Daily Value for various vitamins and/or minerals, most commonly vitamin A (from beta-carotene), vitamin B-12, vitamin C, vitamin E, and iron. None exceed the Tolerable Upper Intake Levels (UL) for any vitamin or mineral. (See [details](#) about Daily Values, ULs and related values.)

- Probiotics (In *AG1*, *Amazing Grass*, *Country Farms*, *Orgain*, *Vibrant Health*): Probiotics may have digestive and immune benefits, although it may be difficult to maintain the viability of probiotics in an open powder due to exposure to moisture (For more about probiotics see the [Probiotic Supplements Review](#).) Some of these products (as well as *BrickHouse* and *Paleo Valley*) also include inulin and fructo-oligosaccharides which act as [prebiotics](#) – promoting the growth of intestinal bacteria.

- Digestive Enzymes (In *AG1*, *Amazing Grass*, *Paleo Valley*, *Vibrant Health*): Digestive enzymes may be helpful in digestion if you have a lack of enzymes. One of the common digestive enzymes, bromelain, may be useful in other conditions, such as recovery from surgery and athletic injuries, as well as for treating sinusitis and phlebitis. (For more information about enzymes, see the [Digestive Enzyme Supplements Review](#).) Among all of the products that listed digestive enzymes, only *Vibrant Health* list the amount of enzyme activity expected of the enzymes, which is more important than just listing enzyme amounts.

- Added Fiber (In *AG1*, *Amazing Grass*, *Barlean's*, *BrickHouse*, *Country Farms*, *Vibrant Health*): Fiber will naturally be found in all plant-based products, but these six have added fiber. Fiber can help aid digestion and support healthy bacteria in the gut. Be aware, however, that the amounts of fiber per serving in these products ranged from only 1 to 5 grams – far lower than the 28 grams recommended in the diet per day. For more about fiber, see our reviews of [Psyllium Fiber Supplements](#), [Chia Seeds](#), and [Nutrition Bars](#) (which includes fiber bars), and our [Fiber Supplements Webinar](#).

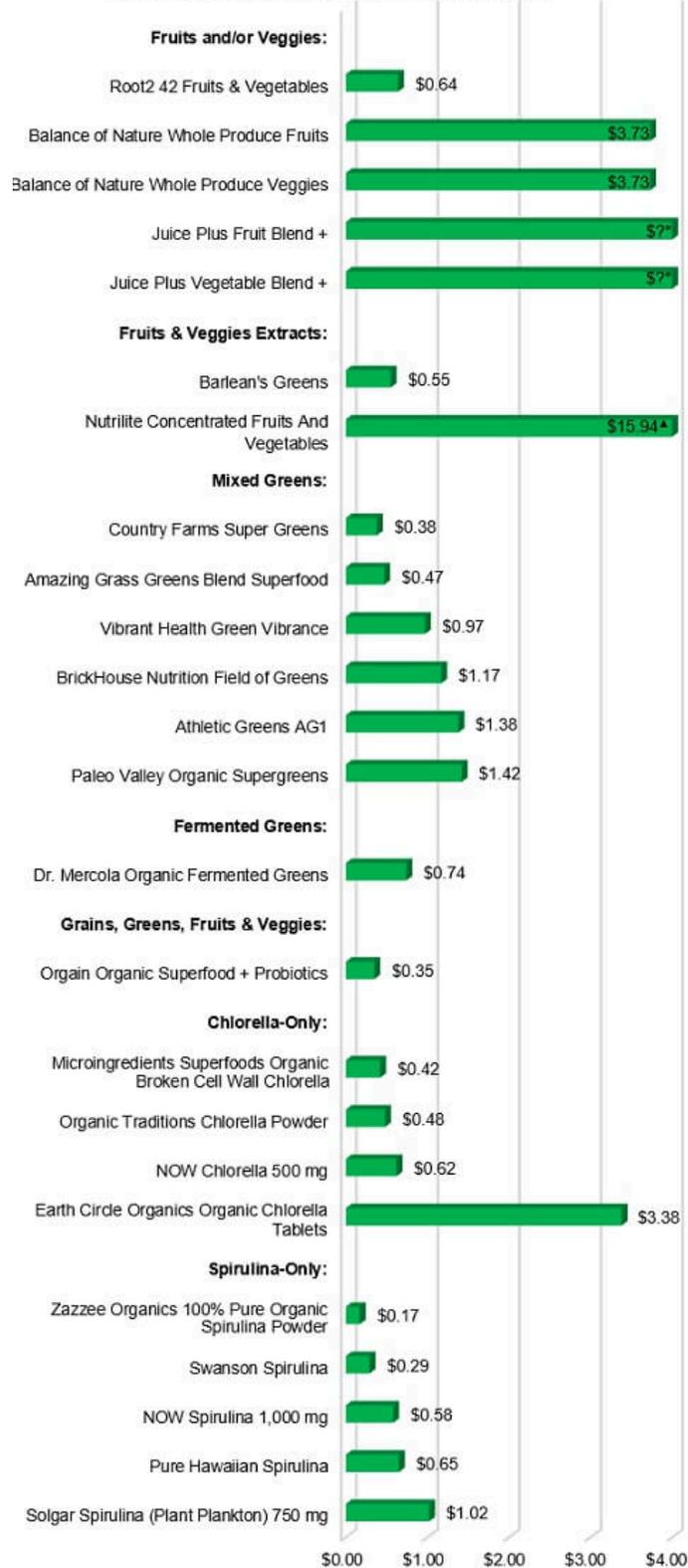
Cost

To compare products on cost, we calculated the cost to get a 5-gram (about 1 tablespoon) serving of ingredients from each of the products (excluding significant binders and fillers). For products made from dried produce, this is equal to about 50 grams or one-half cup of fresh produce. As shown in the graph below, the cost to obtain 5 grams of food powder ranged from just 17 cents from *Zazzee spirulina powder* to more than \$3 from *Balance of Nature* capsules and *Earth Circle* chlorella tablets. It was even higher -- \$15.94 -- from *Nutrilite Concentrated Fruits and Vegetables* tablets, although this provides concentrates and not dried produce.

The cost from *Juice Plus' Fruit and Vegetable* blends could not be calculated because the amounts of fruit and vegetable ingredients in them are not disclosed and the primary ingredients are listed as tapioca syrup, corn fiber, and cane sugar.

(These cost comparisons are also shown in the 6th column of the [Results table](#), along with other pricing information.)

Cost for 5 Grams of Food Powder



* Unable to estimate cost, as amounts of fruits and vegetable ingredients are not listed and primary ingredients are tapioca syrup, corn fiber, and cane sugar.

▲ Exceeds scale of graph. Cost is based on listed amount of extracts.

Top Picks:

The products in this review provide a range of nutrients from natural sources. It would seem advisable to minimize use of those with higher levels of contamination from heavy metals, as noted above. If you are going to have more than a single serving per day or share the product

with children, it may also be best to steer away from products with high amounts of added vitamin and minerals so as to avoid exceeding daily Tolerable Upper Intake Levels, as discussed above (see "[Vitamins and minerals](#)").

Among the products that were Approved in testing, the following are ConsumerLab's *Top Picks*. Bear in mind that, unlike Reviews in which single-ingredient products are tested, such as a single mineral or vitamin, the selection of *Top Picks* in this review is extremely subjective as these are very complex products, the tests focused on lack of contamination and not the presence of specific ingredients, and taste is a factor.

Fruits and Veggies Pills & Gummies

We have no *Top Pick* in this category, as none of these products seems worthwhile.

Although we found no significant contamination in suggested servings of the "Fruits" and "Veggies" pills and gummies that we reviewed, we do not think that any of them are particularly worthwhile supplements because they don't provide anything near the equivalent of the daily recommended servings of fruits and vegetables as suggested in the promotion of some products. Based on the USDA's [MyPlate](#) recommendations, adults should get about 2 cups of fruits *and* 3 cups of vegetables daily (based on fresh produce) – totaling 5 cups of fresh produce (about 500 grams), which, as dried powder, would weigh about 50 grams. In contrast, these supplements each provide only a few grams (no more than 10 grams) of dried fruits and vegetables per suggested daily serving and at much higher cost than an equivalent amount of fresh produce.

However, if you don't mind paying a lot for a little bit of fruits and/or vegetables, you would waste the least money on **Root2 42 Fruits & Vegetables** as it had very low concentrations of heavy metals, has no added sugar (unlike *Juice Plus* gummies), and is the least expensive product in this category. A 2-capsule daily serving (18 cents) provides just 1.4 grams of fruit and vegetable powder, equal to only about one-eighth of a cup of fresh produce.

Here are our assessments of the other products:

- **Balance of Nature:** As discussed in more detail in our [CL Answer about this brand](#), we estimate that a full day's serving of *Balance of Nature's Fruits and Veggies* capsules provide only about 10% of the daily recommended intake of fruits and 7% of recommended intake of vegetables. These capsules cost as much as \$3 per day. A single apple could easily provide a larger amount of macronutrients than a full daily serving of both products combined and at much lower cost.

In August, 2023, the distributor of Balance of Nature Supplements agreed to pay \$1.1 million dollars in penalties, investigative costs, and customer restitution to [settle a lawsuit in California](#) charging that the company made false and misleading claims regarding the equivalence of one serving of its products to five servings of fruit or 10 servings of salad, in addition to unsupported claims that the supplements could prevent or treat diabetes, heart disease, cancer, and other conditions.

On November 15, 2023, a [federal court](#) ordered Balance of Nature (aka Evig LLC and Premium Production LLC) to stop producing and selling its products, noting the company's failure to comply with good manufacturing practice (CGMP) requirements for dietary supplements. Among the violations cited by the [FDA](#) is lack of a system for handling customer complaints, despite the fact that, according to the [U.S. Department of Justice](#), the company had received reports that its products may have caused allergic reactions from ingredients not listed on the label. On November 21, 2023, shortly after the original injunction was ordered, the company was found to be in compliance and permitted to resume operations and sell its supplements as long as it remains in full compliance with CGMP and labeling regulations, according to a [letter](#) from the FDA shared with [CBS news](#).

- **Juice Plus:** It's impossible to know how much juice, or pulp, is provided by *Juice Plus Fruit Blend +* and *Vegetable Blend +* gummies, as neither product lists its amounts of fruits or veggies and the primary ingredients in both are tapioca syrup, soluble corn fiber (providing 1 gram of fiber per two gummies), and evaporated cane juice (adding 2 grams of added sugar per two gummies). The suggested 4 gummies per day of either product costs 46 cents per day.

Fruit & Veggies Extracts

Instead of providing dried fruits and veggies, *Barlean's Greens* and *Nutrilite Concentrated Fruits And Vegetables* provide extracts or juices from fruits and veggies. **Neither is a *Top Pick*.**

Despite its name, *Barlean's Greens* does not provide a lot of "greens." Main ingredients include cocoa, acerola extract, strawberry juice, grape juice, carrot juice, and then, barley grass. In fact, its single largest ingredient, making up nearly one-third of its weight, is actually the prebiotic fiber, inulin. There is nothing wrong with that, but we are not sure why this product is sold as a "Greens."

Nutrilite Concentrated Fruits And Vegetables provides some of the plant compounds (phytonutrients) that one might get from servings of certain fruits and vegetables. Don't be fooled to think that it replaces those foods, since it provides no fiber (let alone carbs), no proteins or oils, and does not promise any vitamins or minerals. A one-tablet (73 cents) daily serving provides relatively small amounts of [lycopene](#) (1.5 mg) and [lutein](#) (3 mg), and 75 mg of [quercetin](#), as well as 45 mg of [EGCG](#) (from [green tea](#) – about the amount in 1 brewed cup), 20 mg of ellagic acid (from [pomegranate](#)), and 30 mg of [hesperidin](#) (from orange extract).

Mixed Greens

Many of the tested products are powders made with grasses (e.g., barley, wheat, and oat grass) and/or other "greens" such as kale and spinach leaf, along with many other ingredients. About half of the powder in these "mixed greens" products is carbohydrate – providing about 1-2 grams of fiber and 1-2 grams of sugars per serving from natural sources (no added sugar, although some include a natural sweetener such as stevia or monk fruit). They tend to provide just a little protein, up to 2 grams per serving.

All of the mixed greens powders were Approved for quality, but, as [noted earlier](#), do contain lead in small concentrations. The lowest lead concentration was in *Country Farms Super Greens* (0.04 mcg/g) and the highest was in *Paleo Valley Organic Supergreens* (0.2 mcg/g). As serving sizes for these powders ranged from 8 to 15 grams – and some may be taken more than once per day – it may be prudent for children and child-bearing women to avoid or limit intake of those with the highest concentrations.

Our **Top Pick among mixed greens is *Vibrant Health Green Vibrance***, and it can substitute for a multivitamin, although it is somewhat more expensive than the other products. Most mixed greens products provide modest amounts of vitamin C and iron. Only *Vibrant Health* lists added vitamins (such as B-12 and D), which could significantly help meet one's daily requirements. On a weight basis, its cost (97 cents per 5 grams) is more than *Country Farms* and *Amazing Grass*, but less than *BrickHouse*, *Athletic Greens*, and *Paleo Valley*. Flavor-wise, *Vibrant Health* is slightly sour.

Note that a single scoop (8 to 15 grams) of *Vibrant Health* or any of the mixed greens powders would not be expected to replace more than about 1/5th of the fruits and vegetables in the diet, but this is much more than would be attained with fruit and veggies pills and gummies.

Although *Vibrant Health* is not labeled as completely organic, many of its ingredients are certified-organic and it contained less lead per gram than the organic products. For example, it had around *half* the concentration of lead in *Amazing Grass* and less than half the concentrations found in *Athletic Greens AG1* and *Paleo Valley Organic Supergreens*. While not dangerous to adults at these levels, it would be best for children or child-bearing women to avoid regular use of products with higher levels of lead. While organic products are less likely than non-organic products to contain pesticides, our tests showed that all of the products were free of pesticides (as well as pathogenic microbes).

Like *Vibrant Health*, [Athletic Greens AG1](#) also provides many vitamins, minerals and nutrients, although, like other products in this Review, it should not be considered a substitute for fruits and veggies, as a serving provides only 2 grams of fiber and it provides only small amounts (10% of the DV or less) of important minerals such as calcium, magnesium, and potassium. If you are just trying to get vitamins, *AG1* is an expensive way to go at \$3 per serving. ConsumerLab has found that you can get a [good multivitamin](#), providing 100% of the Daily Value of most vitamins and minerals for as little as 3 cents per day. If you are looking for specific active ingredients in *AG1*, it may be wiser and less costly to consider getting them from supplements in which the amounts are listed, so that you get exactly what you want and expect. If you choose to take *AG1*, be aware that anecdotal reports have linked its use with possible liver injury, although this does not prove cause-and-effect (see [below](#)).

Fermented Greens

We tested one "fermented" greens product, *Dr. Mercola Organic Fermented Greens*. The fermentation of its ingredients (such as grasses from wheat, barley, alfalfa, and oat) give it a somewhat sour, tangy flavor. Unfortunately, it had the highest concentration of lead among all of the products (0.31 mcg/g) and it is **not a Top Pick**. The recommended serving size is relatively small, one teaspoon (3 grams), which limits the lead exposure to just under 1 mcg, but be aware that a larger serving will provide more lead.

Grains, Greens, Fruits & Veggies

Orgain Organic Superfood + Probiotics is somewhat different from the other products in this review, as its first-listed ingredients are not grasses

but grains (and pseudograins) and sprouts of millet, amaranth, buckwheat, quinoa, and chia. (It does not contain wheat and is gluten-free -- which we confirmed in testing). This would help explain why it had hardly any lead (0.01 mcg/g), although it does include a variety of sprouts and a wide mixture of dried vegetables and fruits. Nutritionally, it is mainly carbohydrate with surprisingly little fiber (1 gram), little protein (1 gram), and very little in terms of listed vitamins and minerals -- just tiny amounts potassium, calcium, and iron. At nearly \$1 per scoop, it is an expensive way to get carbohydrates and does not seem very worthwhile despite it being pretty safe to consume. It is **not a Top Pick**.

Chlorella Supplements

All four of the chlorella-only supplements were Approved. However, the least contaminated with lead *and* the least expensive were **Microingredients Organic Broken Cell Wall Chlorella Powder** and **Organic Traditions Chlorella Powder**, making them **both Top Pick for chlorella**. There are, however, slight differences between these two *Top Picks*.

Microingredients costs a bit less than *Organic Traditions* at, respectively, 42 cents rather than 48 cents per 5-gram serving based on the prices we paid for each. However, we tested an 8-ounce version of *Microingredients* in early 2022 and it is now sold as a 10-ounce bag for \$19.95, lowering the cost for 5 grams to just 35 cents. (In contrast, to get 5 grams of chlorella from *NOW Chlorella* tablets would cost 62 cents (from 10 medium-sized tablets), or a whopping \$3.38 from 20 smaller tablets of *Earth Circle Organics*, and both contained more lead than *Microingredients* and *Organic Traditions*).

Microingredients and *Organic Traditions* chlorella are both fine, dark green powders that mix easily into liquids, but we preferred the mild, umami flavor of *Organic Traditions* to the somewhat unpleasant, mildly earthy, roasted flavor of *Microingredients*.

The label on *Organic Traditions* claims that it is a good source of iron (12 mg), vitamin A (2,916.55 IU) and B-12 (15 mcg) per 2-teaspoon (5 gram) serving. *Microingredients* claims a lower amount of iron and makes no mention of B-12.

Interestingly, *Organic Traditions* has a California Prop 65 warning on its label, indicating that the product "may expose you to chemicals including lead" but, as noted, we found very little lead and no quantifiable amounts cadmium, arsenic, or mercury.

Spirulina Supplements

As noted earlier, only 2 out of a total of 5 spirulina-only supplements passed testing, as the tablets of *NOW*, *Pure Hawaiian* and *Swanson* failed to break apart within the allotted time. Our *Top Pick* in this category is **Solgar Spirulina**. It not only passed our tests for heavy metals and disintegration, but also met its claim of being gluten-free. A suggested serving of 4 large tablets provides 3 grams of spirulina for 61 cents. It is more expensive than *Zazzee* (3.3 grams for only 17 cents), but has a lower concentration of lead than *Zazzee* (0.12 mcg/g versus 0.18 mcg/g in *Zazzee*) and also limits its daily serving to just the 4 tablets, while *Zazzee* states that it can be taken up to 3 times daily (which would contribute more lead; it would be best for children and child-bearing women to avoid regular use of *Zazzee* for this reason).

As the label suggests, *Solgar* should be taken with a meal. Be aware that spirulina does not have great flavor, so getting it as a tablet from *Solgar* may be preferable to consuming a drink made with the powder.

Test Results by Product:

Listed below are the test results for 24 products. Products are grouped by type and listed alphabetically within those groups.

ConsumerLab.com selected 23 products. One product (indicated with a CL flask) was tested at the request of its manufacturer/distributor through CL's [Quality Certification Program](#) and is included for having passed testing.

Contamination with lead, arsenic, cadmium, or mercury, microbes, pesticides, or gluten (if product makes a "gluten free" claim) is shown in the second column, along with results of disintegration testing of tablets.

Also shown are the labeled serving sizes, top listed food ingredients, as well as nutritional information and other notable dietary ingredients. Taste impressions for products in powder and gummy form are provided in the fifth column. Cost and pricing information is provided in the 6th column. The full list of ingredients is available for each product in the final column.

Results of ConsumerLab.com Testing of Greens and Whole Food Powders, Capsules and Tablets

(Price Checks are not included in printed reviews)

Approval Status Year Published Product Name	Serving & Daily Serving Size Did Not Exceed Contamination Limits Gluten-Free Tablet Disintegration	Top Listed Food Ingredients Refrigeration Suggestion on Label	Serving Size Carbs/Fiber/Sugar and Other Nutrients Per Serving as Listed	Vitamins and Minerals at 10% or More of the Adult Per Serving Taste/Pill Size	Cost Per Serving [Cost Per 5 Grams] Price	Notable Features	Full List of Ingredients Per Serving
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Fruits and/or Veggies:

<p>APPROVED 2022</p> <p>Balance of Nature™ Whole Produce Fruits</p>  <p>Dist. by Balance of Nature</p> <p>See Update</p>	<p>3 capsules [2 g], once daily</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.09 mcg (0.05 mcg/g)</p> <p>Cadmium: 0.16 mcg (0.08 mcg/g)</p> <p>Arsenic: 0.08 mcg (0.04 mcg/g)</p> <p>Mercury: 0.01 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Tomato (fruit), papaya (fruit), banana (fruit), apple (fruit), grape (fruit), wild blueberry (fruit), strawberry (fruit), aloe vera (leaf)</p>	<p>3 capsules 2 / /</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 10</p> <p>Suggested Use: As an addition to your diet, chew or swallow 3 capsules daily.</p>	<p>None listed</p> <p><i>Very large capsule</i></p>	<p>\$1.50/3 capsule</p> <p>[\$3.73]</p> <p>\$89.95/90 capsules (Each capsule is listed as providing 0.67 grams of whole produce fruits)</p> <p>[Note: Sold with <i>Balance of Nature™ Whole Produce Veggies</i>, totaling 180 capsules]</p>	<p><i>Vegan. No Additives/Fillers. Non GMO. No Synthetics. Gluten Free.</i></p>	<p>3 capsules</p> <p>Calories 10, Total Carbohydrate 2 g, Maintain Blend [Tomato (fruit), Papaya (fruit), Banana (fruit), Apple (fruit), Grape (fruit), Wild Blueberry (fruit), Strawberry (fruit), Aloe Vera (leaf)] 731 mg, Protect Blend [Orange (fruit), Tart Cherry (fruit), Cranberry (fruit), Wild Blueberry (fruit), Grape (fruit), Apple (fruit)]</p> <p>Additional Information</p> <p>3 capsules</p> <p>Calories 10, Total Carbohydrate 2 g, Maintain Blend [Tomato (fruit), Papaya (fruit), Banana (fruit), Apple (fruit), Grape (fruit), Wild Blueberry (fruit), Strawberry (fruit), Aloe Vera (leaf)] 731 mg, Protect Blend [Orange (fruit), Tart Cherry (fruit), Cranberry (fruit), Wild Blueberry (fruit), Grape (fruit), Apple (fruit), Grapefruit (fruit), Aloe Vera (leaf)] 719 mg, Repair Blend [Raspberry (fruit), Pineapple (fruit), Mango</p>
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							(fruit), Sweet Cherry (fruit), Lemon (fruit), Aloe Vera (leaf)] 561 mg. Other Ingredients: Vegetable Capsules (cellulose).
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<p>APPROVED 2022</p> <p>Balance of Nature™ Whole Produce Veggies</p>  <p>Dist. by Balance of Nature</p> <p>See Update</p>	<p>3 capsules [2 g], once daily</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.09 mcg (0.05 mcg/g)</p> <p>Cadmium: 0.16 mcg (0.08 mcg/g)</p> <p>Arsenic: 0.08 mcg (0.04 mcg/g)</p> <p>Mercury: 0.01 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Broccoli (whole head), spinach (leaf), soybean (seed), green cabbage (head), wheatgrass (leaves), kale (leaf), cauliflower (whole head), celery (stalk), white onion (bulb)</p>	<p>3 capsules</p> <p>1 / /</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 5</p> <p>Suggested Use: As an addition to your diet, chew or swallow 3 capsules daily.</p>	<p>None listed</p> <p><i>Large capsule</i></p>	<p>\$1.50/3 capsule</p> <p>[\$3.73]</p> <p>\$89.95/90 capsules (Each capsule is listed as providing 0.67 grams of whole produce fruits)</p> <p>[Note: Sold with <i>Balance of Nature™ Whole Produce Fruits</i>, totaling 180 capsules]</p>	<p><i>Vegan. No Additives/Fillers. Non GMO. No Synthetics. Gluten Free.</i></p> <p>Precaution: Contains: Soy.</p>	<p>3 capsules</p> <p>Calories 5, Total Carbohydrate 1 g, Maintain Blend [Broccoli (whole head), Spinach (leaf), Soybean (seed), Green Cabbage (head), Wheatgrass (leaves), Kale (leaf), Cauliflower (whole head), Celery (stalk), White Onion (bulb), Zucchini (fruit)] 720 mg, Protect Blend [Garlic (clove), Red Cabbage (head)</p> <p>Additional Information</p> <p>3 capsules</p> <p>Calories 5, Total Carbohydrate 1 g, Maintain Blend [Broccoli (whole head), Spinach (leaf), Soybean (seed), Green Cabbage (head), Wheatgrass (leaves), Kale (leaf), Cauliflower (whole head), Celery (stalk), White Onion (bulb), Zucchini (fruit)] 720 mg, Protect Blend [Garlic (clove), Red Cabbage (head), Red Onion (bulb), Soybean (seed), Carrot (root), Kale (leaf), Cayenne Pepper (fruit & seeds), Shiitake</p>
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								Mushroom (whole), Wheatgrass (leaves), Sweet Potaro (tuber) 713 mg, Repair Blend [Carrot (root), Kale (leaf), Green Onion (scape), Soybean (seed), Spinach (leaf), Cauliflower (whole head), Celery (stalk), Zucchini (fruit)] 576 mg. Other Ingredients: Vegetable Capsules (cellulose).
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<p>APPROVED 2022</p> <p>Juice Plus® Fruit Blend +</p>  <p>Dist. by The Juice Plus+ Company, LLC</p>	<p>2 chewables [4.8 g], once to twice daily</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.1 mcg (0.02 mcg/g)</p> <p>Cadmium: <0.05 mcg (<0.01 mcg/g)</p> <p>Arsenic: <0.05 mcg (<0.01 mcg/g)</p> <p>Mercury: <0.01 mcg (<0.001 mcg/g)</p> <p>Pesticides/ microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Apple, orange, cranberry, acerola cherry, pineapple, prune, beetroot, peach, mango, lemon peel, date</p>	<p>2 chewables (gummies) 4 / 1 / 2</p> <p>Protein: 0</p> <p>Fats: 0</p> <p>Sodium: 20 mg</p> <p>Calories: 15</p> <p>Suggested Use: Adults consume four chewables everyday. Children consume two every day.</p>	<p>Vitamin A 350 mcg RAE, vitamin C 36 mg & vitamin E 3.3 mg per 2 chewables</p> <p><i>Medium/large gumdrop shaped soft chewable</i></p> <p><i>Soft, moderately chewy, sweet and fruity, but slightly acidic, red gummy. Primary ingredients are tapioca syrup, corn fiber</i></p> <p><i>Additional Information</i></p> <p><i>Vitamin A 350 mcg RAE, vitamin C 36 mg & vitamin E 3.3 mg per 2 chewables</i></p> <p><i>Medium/large gumdrop shaped soft chewable</i></p> <p><i>Soft, moderately chewy, sweet and fruity, but slightly acidic, red gummy. Primary ingredients are tapioca syrup, corn fiber, and organic evaporated</i></p>	<p>\$0.47/2 chewables (gummies)</p> <p>[Unknown]</p> <p>\$224.00/four 120 chewables (gummies) pouches (480 chewables (gummies) total)</p> <p>(The weight of a chewable (gummy) is 2.4 grams)</p> <p>[Note: Sold with Juice Plus® Fruit Blend +</p> <p>Additional Information</p> <p>\$0.47/2 chewables (gummies)</p> <p>[Unknown]</p> <p>\$224.00/four 120 chewables (gummies) pouches (480 chewables (gummies) total)</p> <p>(The weight of a chewable (gummy) is 2.4 grams)</p> <p>[Note: Sold with Juice Plus® Fruit</p>	<p><i>NSF® Contents Certified seal. Non GMO Certified By NSF®. Kosher. This product is gluten-free.</i></p> <p>Precaution: Please keep out of the reach of children to avoid over-consumption.</p>	<p>2 chewables (gummies)</p> <p>Calories 15, Total Fat 0 g, Sodium 20 mg, Total Carbohydrate 4 g, Dietary Fiber 1 g, Total Sugars [Includes 2 g Added Sugars] 2 g, Protein 0 g, Vitamin A 350 mcg RAE, Vitamin C 36 mg, Vitamin E 3.3 mg.</p> <p>Ingredients: Tapioca syrup</p> <p>Additional Information</p> <p>2 chewables (gummies)</p> <p>Calories 15, Total Fat 0 g, Sodium 20 mg, Total Carbohydrate 4 g, Dietary Fiber 1 g, Total Sugars [Includes 2 g Added Sugars] 2 g, Protein 0 g, Vitamin A 350 mcg RAE, Vitamin C 36 mg, Vitamin E 3.3 mg.</p> <p>Ingredients: Tapioca syrup, soluble corn fiber [Fibersol®-2], organic evaporated cane juice, fruit and vegetable juice and pulp powder (apple, orange, cranberry, acerola cherry, pineapple, beetroot, peach,</p>
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				<i>cane juice, contributing 2 grams of added sugar.</i>	<i>Blend +, totaling 960 chewables (gummies)]</i>		mango, lemon peel, date, prune), pectin, citric acid, ascorbic acid, natural flavor (orange), citrus bioflavonoids, lactic acid, citrus pectin, coating (organic sunflower oil, organic carnauba wax), beta carotene, sunflower d-alpha tocopherol.
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<p>APPROVED 2022</p> <p>Juice Plus® Vegetable Blend +</p>  <p>Dist. by The Juice Plus+ Company, LLC</p>	<p>2 chewables [4.9 g], once to twice daily</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.1 mcg (0.02 mcg/g)</p> <p>Cadmium: <0.05 mcg (<0.01 mcg/g)</p> <p>Arsenic: <0.05 mcg (<0.01 mcg/g)</p> <p>Mercury: <0.01 mcg (<0.001 mcg/g)</p> <p>Pesticides/ microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Carrot, parsley, broccoli, rice bran, kale, elderberry, cabbage, spinach, beetroot, tomato, garlic, beet, lemon peel</p>	<p>2 chewables (gummies) 4 / 1 / 2</p> <p>Protein: 0</p> <p>Fats: 0</p> <p>Sodium: 10 mg</p> <p>Calories: 15</p> <p>Suggested Use: Adults consume four chewables everyday. Children consume two every day.</p>	<p>Vitamin A 350 mcg RAE, vitamin C 28 mg & vitamin E 5.7 mg per 2 gummies</p> <p><i>Medium/large gumdrop shaped soft chewable</i></p> <p><i>Soft, moderately chewy, sweet and fruity with mild vegetal flavor, very slightly acidic, reddish-purple gummy. Primary ingredients are tapioca syrup, corn fiber</i></p> <p><i>Additional Information</i></p> <p><i>Vitamin A 350 mcg RAE, vitamin C 28 mg & vitamin E 5.7 mg per 2 gummies</i></p> <p><i>Medium/large gumdrop shaped soft chewable</i></p> <p><i>Soft, moderately chewy, sweet and fruity with mild vegetal flavor, very slightly acidic, reddish-purple gummy. Primary ingredients</i></p>	<p>\$0.47/2 chewables (gummies)</p> <p>[Unknown]</p> <p>\$224.00/four 120 chewables (gummies) pouches (480 chewables (gummies) total)</p> <p>(The weight of a chewable (gummy) is 2.4 grams)</p> <p>[Note: Sold with Juice Plus® Vegetable Blend +</p> <p>Additional Information</p> <p>\$0.47/2 chewables (gummies)</p> <p>[Unknown]</p> <p>\$224.00/four 120 chewables (gummies) pouches (480 chewables (gummies) total)</p> <p>(The weight of a chewable (gummy) is 2.4 grams)</p> <p>[Note: Sold with Juice</p>	<p><i>NSF® Contents Certified seal. Non GMO Certified By NSF®. Kosher. This product is gluten-free.</i></p> <p>Precaution: Please keep out of the reach of children to avoid over-consumption.</p>	<p>2 chewables (gummies)</p> <p>Calories 15, Total Fat 0 g, Sodium 10 mg, Total Carbohydrate 4 g, Dietary Fiber 1 g, Total Sugars [Includes 2 g Added Sugars] 2 g, Protein 0 g, Vitamin A 350 mcg RAE, Vitamin C 28 mg, Vitamin E 5.7 mg.</p> <p>Ingredients: Tapioca syrup, soluble corn fiber [Fibersol®-2]</p> <p>Additional Information</p> <p>2 chewables (gummies)</p> <p>Calories 15, Total Fat 0 g, Sodium 10 mg, Total Carbohydrate 4 g, Dietary Fiber 1 g, Total Sugars [Includes 2 g Added Sugars] 2 g, Protein 0 g, Vitamin A 350 mcg RAE, Vitamin C 28 mg, Vitamin E 5.7 mg.</p> <p>Ingredients: Tapioca syrup, soluble corn fiber [Fibersol®-2], organic evaporated cane juice, fruit and vegetable juice and pulp powder (carrot, parsley, broccoli, rice</p>
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				<i>are tapioca syrup, corn fiber, and organic evaporated cane juice, contributing 2 grams of added sugar.</i>	<i>Plus® Vegetable Blend +, totaling 960 chewables (gummies)]</i>		bran, kale, elderberry, cabbage, spinach, beetroot, tomato, garlic, lemon peel), pectin, citric acid, ascorbic acid, natural flavor (cherry with other natural flavors), color from clack carrot juice concentrate, lactic acid, coating (organic sunflower oil, organic carnauba wax), sunflower d-alpha tocopherol, beta carotene.
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<p>APPROVED 2022</p> <p>Root2® 42 Fruits & Vegetables</p>  <p>Dist. by Vitacost.com, Inc.</p>	<p>2 capsules [1.5 g], once daily</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.15 mcg (0.1 mcg/g)</p> <p>Cadmium: 0.17 mcg (0.11 mcg/g)</p> <p>Arsenic: 0.08 mcg (0.05 mcg/g)</p> <p>Mercury: 0.01 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Blueberry (fruit), cranberry (fruit), grape (seed), strawberry (fruit), raspberry (fruit), pomegranate (seeds, pith, peel), bilberry (fruit), alfalfa (leaf), Asian pear (fruit), carrot (root)</p> <p>Keep dry and at room temperature (59° - 86° [15° - 30° C]).</p>	<p>2 capsules 1 / <1 /</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 5</p> <p>Suggested Use: Take 2 Capsules With Food Daily Or As Directed By A Healthcare Professional.</p>	<p>None Listed</p> <p><i>Large capsule</i></p>	<p>\$0.18/2 capsules</p> <p>[\$0.64]</p> <p>\$8.08/90 capsules</p> <p>(Each capsule is listed as providing 0.7 grams of greens proprietary blend)</p>	<p><i>Free of: Milk, Eggs, Peanuts, Tree Nuts, Crustacean Shellfish, Fish, Soy, Gluten, Titanium Dioxide.</i></p> <p>Precaution: Pregnant Or Lactating Women, Diabetics, Hypoglycemics And People With Known Medical Conditions And/Or Taking Drugs Should Consult With A Licensed Physician</p> <p>Additional Information</p> <p><i>Free of: Milk, Eggs, Peanuts, Tree Nuts, Crustacean Shellfish, Fish, Soy, Gluten, Titanium Dioxide.</i></p> <p>Precaution: Pregnant Or Lactating Women, Diabetics, Hypoglycemics And People With Known Medical Conditions And/Or Taking Drugs Should Consult With A Licensed Physician</p>	<p>2 capsules</p> <p>Calories 5, Total Carbohydrate 1 g, Dietary Fiber <1 g, 42 Fruits & Vegetables Blend [Blueberry (fruit), cranberry (fruit), grape (seed), strawberry (fruit), raspberry (fruit), pomegranate (seeds, pith, peel), bilberry (fruit), alfalfa (leaf), Asian pear (<i>Pyrus pyrifolia</i>) (fruit), carrot (root), beet (root), broccoli (florete, stalk)</p> <p>Additional Information</p> <p>2 capsules</p> <p>Calories 5, Total Carbohydrate 1 g, Dietary Fiber <1 g, 42 Fruits & Vegetables Blend [Blueberry (fruit), cranberry (fruit), grape (seed), strawberry (fruit), raspberry (fruit), pomegranate (seeds, pith, peel), bilberry (fruit), alfalfa (leaf), Asian pear (<i>Pyrus pyrifolia</i>) (fruit), carrot (root), beet (root), broccoli (florete, stalk), acai (<i>Euterpe oleracea</i>), chokeberry (<i>Aronia melanocarpa</i>) (fruit), apple</p>
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						<p>And/Or Pharmacist Prior To Taking Dietary Supplements.</p> <p>(fruit), organic apple pectin, maqui (<i>Aristotelia chilensis</i>) (fruit), Concord grape (<i>Vitis labrusca</i>) (skin), black cherry (fruit), tomato (fruit), barely grass juice (aerial), celery (seed), chlorella, black currant (fruit), artichoke (leaf), mango (fruit), pineapple (fruit), spirulina, dandelion (root), wheatgrass (leaf), green tea (leaf), milk thistle (seed), eleuthero (root), ashitaba (<i>Angelica keiskei</i>) (leaf), sweet cherry (fruit), European elder (fruit), goji extract (<i>Lycium barbarum</i>) (fruit), organic grapefruit (fruit), mangosteen (fruit), spinach (leaf), sour cherry (skin), papaya (fruit)] 1.4 g.</p> <p>Other Ingredients: Gelatin, Vegetable Magnesium Stearate, Microcrystalline Cellulose and Vegetable Stearic Acid.</p>
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Fruits & Veggies Extracts:

<p>APPROVED 2023</p> <p>Barlean's Greens - Chocolate Silk</p>  <p>Dist. by Barlean's</p>	<p>1 scoop [9 g], no recommended daily serving size</p> <p>Heavy metals: ✔</p> <p><u>Found Per Serving:</u> Lead: 0.63 mcg (0.07 mcg/g) Cadmium: 1.7 mcg (0.19 mcg/g) Arsenic: 0.45 mcg (0.05 mcg/g) Mercury: 0.009 mcg (0.001 mcg/g)</p> <p>Pesticides/ microbes: ✔</p> <p>Gluten-free: ✔</p>	<p>Alkalized cocoa, acerola cherry extract, chicory inulin, strawberry juice, grape juice, carrot juice, barley grass</p> <p>For the very best flavor, seal tightly and refrigerate after use.</p>	<p>1 scoop 5 / 3 / 1</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 25</p> <p>Suggested Use: Add one scoop to your favorite milk or smoothie and stir or shake - or mix into protein balls or other snacks</p> <p>Additional Information</p> <p>1 scoop 5 / 3 / 1</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 25</p> <p>Suggested Use: Add one scoop to your favorite milk or smoothie and stir or shake - or mix into protein balls or other snacks. For the very best flavor, seal tightly and refrigerate after use.</p>	<p>None listed</p> <p><i>Fine brown powder, mixes with some small clumps in water yielding a sweet, chocolatey, slightly metallic flavor. Lingering sweetness from stevia. No added sugar.</i></p>	<p>\$1.00/scoop [\$0.55] \$29.93/9.52 oz [270 g] container (approx. 30 servings)</p>	<p><i>No dairy, soy, gluten or added sugar. Non-GMO, vegan. Gluten Free.</i></p> <p>Made in the U.S.A.</p>	<p>1 scoop Calories 25, Total Carbohydrate 5 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Vitamin C (from acerola cherry extract) 30 mg, Antioxidant Blend [Alkalized cocoa, acerola cherry extract (acerola, maltodextrin), quercetin extract, grape seed extract, licorice root extract, cinnamon bark</p> <p>Additional Information</p> <p>1 scoop Calories 25, Total Carbohydrate 5 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Vitamin C (from acerola cherry extract) 30 mg, Antioxidant Blend [Alkalized cocoa, acerola cherry extract (acerola, maltodextrin), quercetin extract, grape seed extract, licorice root extract, cinnamon bark, turmeric root extract, milk thistle (fruit & seed) extract] 3.19 g, Fiber Blend [Chicory</p>
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							<p>inulin, defatted flaxseed] 2.5 g, Greens, Fruits, and Vegetables Blend [Strawberry juice, maltodextrin, grape juice, carrot juice, barley grass, raspberry juice, pomegranate juice, blueberry juice, acai juice, goji fruit extract, parsley leaf, broccoli juice, spinach juice, spirulina, chlorella] 1.87 g.</p> <p>Other Ingredients: Natural flavors, Rebaudioside A (<i>Stevia rebaudiana</i> Leaf), silicon dioxide.</p>
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<p>APPROVED 2022</p> <p>Nutrilite™ Concentrated Fruits And Vegetables</p>  <p>Dist. by Amway Corp.</p>	<p>1 tablet [0.87 g], once daily</p> <p>Heavy metals: ✓ <u>Found Per Serving:</u> Lead: 0.17 mcg (0.2 mcg/g) Cadmium: <0.01 mcg (<0.01 mcg/g) Arsenic: <0.01 mcg (<0.01 mcg/g) Mercury: 0.002 mcg (0.002 mcg/g)</p> <p>Pesticides/ microbes: ✓</p> <p>Disintegration: ✓</p>	<p>Blueberry powder (fruit), elderberry extract (fruit), rosemary extract (leaves), acerola concentrate (fruit), broccoli dehydrate (inflorescence), spinach powder (leaves), carrot pulp powder (root)</p>	<p>1 tablet //</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories:</p> <p>Suggested Use: Take one tablet, preferably with a meal.</p>	<p>None listed</p> <p>Medium/large tablet</p>	<p>\$0.73/tablet</p> <p>[\$15.94]</p> <p>\$44.00/60 tablets</p> <p>(Each tablet is listed as providing 0.23 grams of greens proprietary blend and additional ingredients from whole food extracts)</p>	<p>NSF® Contents Certified seal. Halal. Kosher.</p>	<p>1 tablet EGCG (Epigallocatechin gallate) (from green tea extract) 45 mg, Quercetin (<i>Dimorphandra mollis</i>) (pod) 75 mg, Ellagic Acid (from pomegranate extract) 20 mg, Hesperidin (from orange extract) 30 mg, Lutein (from marigold extract) (<i>Tagetes erecta</i>) (flower) 3 mg</p> <p>Additional Information</p> <p>1 tablet EGCG (Epigallocatechin gallate) (from green tea extract) 45 mg, Quercetin (<i>Dimorphandra mollis</i>) (pod) 75 mg, Ellagic Acid (from pomegranate extract) 20 mg, Hesperidin (from orange extract) 30 mg, Lutein (from marigold extract) (<i>Tagetes erecta</i>) (flower) 3 mg, Lycopene (from tomato extract) (fruit) 1.5 mg, Nutrilite Phytonutrient Concentrate [Blueberry Powder (fruit), Elderberry Extract (fruit), Rosemary Extract (leaves),</p>
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							<p>Acerola Concentrate (<i>Malpighia glabra</i> L.) (fruit), Broccoli Dehydrate (<i>Brassica</i> <i>oleracea</i>) (inflorescence), Spinach Powder (<i>Spinacia oleracea</i> L.) (leaves), Carrot Pulp Powder (root)] 55 mg.</p> <p>Other Ingredients: Microcrystalline Cellulose, Maltodextrin, Sucrose, Croscarmellose Sodium, Stearic Acid, Soy Protein Isolate, Sodium Alginate, Agar, Palm Oil, Acacia, Hydroxypropyl Methylcellulose, Silicon Dioxide, Glycerin, Carnauba Wax.</p>
Mixed Greens:							

<p>APPROVED 2023</p> <p>Amazing Grass® Greens Blend Superfood - Chocolate</p>  <p>Dist. by Amazing Grass</p>	<p>1 scoop [8 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 1.2 mcg (0.15 mcg/g)</p> <p>Cadmium: 1.8 mcg (0.22 mcg/g)</p> <p>Arsenic: 0.64 mcg (0.08 mcg/g)</p> <p>Mercury: 0.02 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Organic wheat grass, organic alfalfa, organic barley grass, organic broccoli, organic spinach, organic spirulina, organic chlorella (cracked cell-wall)</p> <p>Best kept frozen, refrigerated, or in a cool, dry place after opening.</p>	<p>1 scoop 4 / 2 / <1</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium: 70 mg</p> <p>Calories: 25</p> <p>Suggested Use: Add 8 g (about one scoop) to 8-12 fl oz or more of water, juice or smoothie.</p>	<p>Vitamin A 40 mcg, Vitamin C 4 mg, Vitamin K 40 mcg, Calcium 30 mg, Iron 1.9 mg, Sodium 70 mg, Potassium 110 mg per scoop</p> <p><i>Fine brown-grey powder, mixes well in water yielding a slightly sweet, herbaceous flavor with hint of chocolate. No added sugar or sweeteners.</i></p>	<p>\$0.75/scoop [\$0.47]</p> <p>\$22.36/8.5 oz [240 g] container (approx. 30 servings)</p> <p>CCOD Non-GMO & More seal. Gluten Free. No Sugar Added. Non GMO. Kosher.</p> <p>Manufactured in the U.S.A. with select ingredients thoughtfully curated from around the world.</p>	<p>1 scoop</p> <p>Calories 25, Total Carbohydrate 4 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] <1 g, Protein 2 g, Vitamin A 40 mcg, Vitamin C 4 mg, Vitamin K 40 mcg, Calcium 30 mg, Iron 1.9 mg, Sodium 70 mg, Potassium 110 mg, Amazing Grass® Green Food Blend [Organic Wheat Grass, Organic Alfalfa, Organic Barley Grass, Organic Broccoli, Organic Spinach, Organic Spirulina, Organic Chlorella (cracked cell-</p> <p>Additional Information</p> <p>1 scoop</p> <p>Calories 25, Total Carbohydrate 4 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] <1 g, Protein 2 g, Vitamin A 40 mcg, Vitamin C 4 mg, Vitamin K 40 mcg, Calcium 30 mg, Iron 1.9 mg, Sodium 70 mg, Potassium 110 mg, Amazing Grass® Green Food Blend [Organic Wheat Grass, Organic Alfalfa, Organic Barley Grass, Organic Broccoli, Organic Spinach, Organic Spirulina, Organic Chlorella (cracked cell-</p>
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wall)] 3.7 g,
Cocoa Blend
[Organic Cocoa,
Redwood Cocoa,
Organic Cacao]
2.3 g, Digestive
Enzyme &
Activate Culture
Pre/Probiotic
Blend [F.O.S.
(Fructooligo-
saccharide),
Amylase
(*Aspergillus*
oryzae), Protease
(*Aspergillus*
oryzae), Lipase
(*Aspergillus*
niger), Lactase
(*Aspergillus*
oryzae), Cellulase
(*Trichoderma*
reesei),
Lactobacillus
acidophilus] 464
mg, EFA Fiber
Blend [Organic
Flax Seed, Apple
Pectin] 419 mg,
Amazing Grass®
Antioxidant Blend
[Organic Carrot,
Organic Acai
Berry, Organic
Rose Hips,
Organic Beet
Root, Organic
Maca Root,
Organic
Pineapple,
Raspberry,
Acerola Cherry
Extract, Green
Tea Leaf Extract]
311 mg.

Other Ingredients:
Natural Flavor,

								Salt, Silica, Peppermint Leaf.
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<p>APPROVED 2022</p> <p>Athletic Greens AG1™</p>  <p>Dist. by Athletic Greens Inc.</p>	<p>1 scoop [12 g], once daily</p> <p>Heavy metals: ✓ <u>Found Per Serving:</u> Lead: 2.1 mcg (0.18 mcg/g) Cadmium: 0.36 mcg (0.03 mcg/g) Arsenic: 1.9 mcg (0.16 mcg/g) Mercury: 0.04 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p>	<p>Organic spirulina, organic apple powder, organic wheat grass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley leaf powder, acerola fruit juice powder extract, broccoli flower powder, papaya fruit powder</p> <p>Additional Information</p> <p>Organic spirulina, organic apple powder, organic wheat grass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley leaf powder, acerola fruit juice powder extract, broccoli flower powder,</p>	<p>1 scoop [12 g] 6 / 2 / <1</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium: 45 mg</p> <p>Calories: 50</p> <p>Suggested Use: Take One Scoop (12 g) every day in 8 to 12 ounces of cold water. To optimize nutrient absorption</p> <p>Additional Information</p> <p>1 scoop [12 g] 6 / 2 / <1</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium: 45 mg</p> <p>Calories: 50</p> <p>Suggested Use: Take One Scoop (12 g) every day in 8 to 12 ounces of cold water. To optimize nutrient absorption, drink before breakfast on an empty stomach or as recommended by your Health Care Professional.</p>	<p>Vitamin A 555 mcg RAE [1,800 IU], vitamin C 420 mg, vitamin E 83 mg, thiamin 3 mg, riboflavin 2 mg, niacin 20 mg NE, vitamin B6 3 mg, folate 680 mcg DFE, vitamin B12 22 mcg, biotin 330 mcg, pantothenic acid 4 mg, calcium 118 mg, phosphorus 130 mg, magnesium 26 mg, zinc 15 mg, selenium 20 mcg</p> <p>Additional Information</p> <p>Vitamin A 555 mcg RAE [1,800 IU], vitamin C 420 mg, vitamin E 83 mg, thiamin 3 mg, riboflavin 2 mg, niacin 20 mg NE, vitamin B6 3 mg, folate 680 mcg DFE, vitamin B12 22 mcg, biotin 330 mcg, pantothenic acid 4 mg, calcium 118 mg, phosphorus</p>	<p>\$3.30/scoop</p> <p>[\$1.38]</p> <p>\$99.00/12.7 oz [360 g] bag (approx. 30 servings)</p>	<p><i>NSF® Certified Sport seal. Vegetarian, Vegan, Paleo, Keto, Low-Carb. Absolutely NO: GMO's, Gluten, Dairy, Corn, Egg or Peanuts, Lactose, Sucrose, Dextrose, Animal Byproducts, Herbicides or Pesticides, Artificial Colors, Flavors, Preservatives or Sweeteners.</i></p> <p>Made in New Zealand</p> <p>Additional Information</p> <p><i>NSF® Certified Sport seal. Vegetarian, Vegan, Paleo, Keto, Low-Carb. Absolutely NO: GMO's, Gluten, Dairy, Corn, Egg or Peanuts, Lactose, Sucrose, Dextrose, Animal Byproducts, Herbicides or Pesticides, Artificial Colors, Flavors, Preservatives or Sweeteners.</i></p> <p>Made in New Zealand.</p> <p>Precaution:</p>	<p>1 scoop</p> <p>Calories 50, Total Carbohydrate 6 g, Dietary Fiber 2 g, Total Sugars <1 g, Protein 2 g, Vitamin A (as beta-carotene) 555 mcg RAE, Vitamin C (ascorbic acid) 420 mg, Vitamin E (as d-alpha tocopherol succinate) 83 mg, Thiamin (Vitamin B1) (as thiamine hydrochloride) 3 mg</p> <p>Additional Information</p> <p>1 scoop</p> <p>Calories 50, Total Carbohydrate 6 g, Dietary Fiber 2 g, Total Sugars <1 g, Protein 2 g, Vitamin A (as beta-carotene) 555 mcg RAE, Vitamin C (ascorbic acid) 420 mg, Vitamin E (as d-alpha tocopherol succinate) 83 mg, Thiamin (Vitamin B1) (as thiamine hydrochloride) 3 mg, Riboflavin (Vitamin B2) 2 mg, Niacin (as nicotinic acid, niacinamide) 20 mg NE, Vitamin B6 (as pyridoxine hydrochloride) 3 mg, Folate (as 5-MTHF) 680 mcg DFE, Vitamin B12 (as</p>
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<p>papaya fruit powder</p> <p>Refrigerate after opening and use within 90 days.</p>	<p>130 mg, magnesium 26 mg, zinc 15 mg, selenium 20 mcg, copper 195 mcg, manganese 400 mcg & chromium 25 mcg per scoop</p>	<p><i>Light green powder, becomes a dark-green suspension in water with a complex, rich, herbaceous and somewhat pineapple-like fruity flavor that is moderately sweet (due to fruit powders and stevia, but no added sugar).</i></p>	<p>Contains: Soy. This product contains a premium lecithin from phosphatidyl choline and phosphatidyl inositol content, which is derived from soy. This product has been tested and contains no soy trypsin inhibitor or other soy proteins.</p>	<p>methylcobalamin) 22 mcg, Biotin (Vitamin B7) 330 mcg, Pantothenic acid (as calcium pantothenate) 4 mg, Calcium (as calcium citrate 300 mg, calcium carbonate, calcium phosphate) 118 mg, Phosphorus (as potassium phosphate 280 mg, calcium phosphate) 130 mg, Magnesium (as magnesium glycinate 200 mg) 26 mg, Zinc (as zinc citrate) 15 mg, Selenium (as selenomethionine 5 mg) 20 mcg, Copper (as copper gluconate 2 mg) 195 mcg, Manganese (as manganese amino acid chelate 4 mg) 400 mcg, Chromium (as chromium picolinate) 25 mcg, Sodium 45 mg, Potassium 300 mg, Alkaline, Nutrient-Sense Raw Superfood Complex [Organic spirulina, lecithin (65% phosphatides), organic apple powder, inulin (FOS prebiotics), organic wheat</p>
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grass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley (Hordeum vulgare) leaf powder, acerola fruit juice powder extract (4:1), broccoli flower powder, papaya (Carica papaya) fruit powder, pineapple fruit concentrate (9:1), bilberry fruit extract (100:1), beet root powder, rose hip (Rosa canina) fruit powder (4:1), carrot root powder, spinach leaf powder, cocoa bean polyphenol extract, grape seed extract (120:1) (std. 95% OPC), green tea (Camellia sinensis) extract (leaf) (10:1), licorice root powder, lyceum berry fruit extract (4:1), ginger rhizome powder, slippery elm (Ulmus rubra) bark powder, kelp whole plant powder] 7,388 mg, Nutrient Dense Extract Herbs & Antioxidants

[Alkaline pea protein isolate, citrus bioflavonoids extract, artichoke leaf extract (15:1), citric acid (anhydrous), rhodiola (Rhodiola rosea) root dry extract (15:1), eleuthero (Eleutherococcus senticosus) root extract (10:1), rosemary leaf extract (4:1), milk thistle seed extract (70:1), R,S alpha-lipoic acid, ashwagandha (Withania somnifera) root extract (5:1), dandelion whole plant dry concentrate (4:1), hawthorn berry extract (10:1), beta glucans, policosanol, co-enzymes Q-10 (ubidecarenone), stevia (Stevia rebaudiana) leaf powder, Vitamin K2 (as menaquinone-7)] 2,732 mg, Digestive Enzyme & Super Mushroom Complex [Astragalus (Astragalus membranaceus) root powder extract (4:1), bromelain

							(dietary enzyme), burdock root powder (4:1), reishi mushroom powder, shiitake mushroom powder] 154 mg, Dairy Free Probiotics [Lactobacillus acidophilus - UALa-01, Bifidobacterium bifidum - UABb-10] 7.2 billion CFUs. Other Ingredients: Natural flavors.
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<p>APPROVED 2023</p> <p>BrickHouse Nutrition Field Of Greens</p>  <p>Dist. by Brickhouse Nutrition</p>	<p>1 scoop [10 g], once to twice daily</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.8 mcg (0.08 mcg/g)</p> <p>Cadmium: 0.2 mcg (0.02 mcg/g)</p> <p>Arsenic: 0.5 mcg (0.05 mcg/g)</p> <p>Mercury: 0.01 mcg (0.001 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Organic spinach powder, organic parsley powder, organic kale powder, organic barley grass powder, organic wheat grass powder, organic spirulina powder, organic chlorella powder, organic green pepper powder, organic green apple powder, organic green banana powder, organic sweet potato powder</p> <p>Additional Information</p> <p>Organic spinach powder, organic parsley powder, organic kale powder, organic barley grass powder, organic wheat grass powder, organic spirulina powder, organic chlorella powder,</p>	<p>1 scoop 3 / 2 / 1</p> <p>Protein: <1</p> <p>Fats: 0</p> <p>Sodium: 10 mg</p> <p>Calories: 10</p> <p>Suggested Use: Enjoy 1 Scoop With Your Choice Of Beverage 1-2 Times Daily.</p>	<p>None listed</p> <p><i>Fine green-brown powder, mixes well in water, yielding a sweet, tangy, somewhat fruity, very slightly herbaceous flavor. Contains stevia, but no lingering sweetness. No added sugar.</i></p>	<p>\$2.33/scoop</p> <p>[\$1.17]</p> <p>\$69.95/10.6 oz [300 g] (approx. 30 servings)</p> <p>USDA Organic seal. Gluten Free. Vegan. Vegetarian.</p> <p>Proudly Made in America</p> <p>Precaution: Warning: This product contains Green Tea Extract and Beet Root, which can expose you to chemicals including caffeic acid, which are known to the State of California to cause cancer.</p> <p>Additional Information</p> <p>USDA Organic seal. Gluten Free. Vegan. Vegetarian.</p> <p>Proudly Made in America</p> <p>Precaution: Warning: This product contains Green Tea Extract and Beet Root, which can expose you to chemicals including caffeic acid, which are known to the State of California to cause cancer.</p>	<p>1 scoop</p> <p>Calories 10, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Contains 0 g Added Sugar] 1 g, Protein <1 g.</p> <p>Ingredients: Organic Greens Blend (Organic Spinach Powder, Organic Parsley Powder, Organic Kale Powder</p> <p>Additional Information</p> <p>1 scoop</p> <p>Calories 10, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Contains 0 g Added Sugar] 1 g, Protein <1 g.</p> <p>Ingredients: Organic Greens Blend (Organic Spinach Powder, Organic Parsley Powder, Organic Kale Powder, Organic Barley Grass Powder, Organic Wheat Grass Powder, Organic Spirulina</p>
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		<p>organic green pepper powder, organic green apple powder, organic green banana powder, organic sweet potato powder, organic broccoli powder</p>				<p>For more information, go to . Allergen Warning: This Product Was Produced on Equipment Which Also Processes Dairy, Soy, Wheat, Eggs, Peanuts, And Tree Nuts.</p>	<p>Powder, Organic Chlorella Powder, Organic Green Pepper Powder, Organic Green Apple Powder, Organic Green Banana Powder, Organic Sweet Potato Powder, Organic Broccoli Powder), Organic Prebiotic Fiber (Inulin), Organic Antioxidant Reds Blend (Organic Beet Root Powder, Organic Strawberry Powder, Organic Raspberry Powder, Organic Blueberry Powder, Organic Tart Cherry Powder, Organic Pomegranate Powder, Organic Cranberry Powder), Organic Metabolic Blend (Organic Ginger Powder, Organic Licorice Powder, Organic Turmeric Powder, Organic Green Tea Powder). Other Ingredients: Natural Flavors, Organic Stevia Extract.</p>
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<p>APPROVED 2023</p> <p>Country Farms Super Greens - Berry</p>  <p>Dist. by Country Farms®</p>	<p>1 scoop [15 g], no recommended daily serving size.</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.62 mcg (0.04 mcg/g)</p> <p>Cadmium: 0.3 mcg (0.02 mcg/g)</p> <p>Arsenic: 0.6 mcg (0.04 mcg/g)</p> <p>Mercury: 0.02 mcg (0.001 mcg/g)</p> <p>Pesticides/microbes: ✓</p>	<p>Organic oat fiber, organic wheat grass, organic spinach, organic parsley, organic spirulina, organic alfalfa, organic aloe vera, organic barley grass, organic chlorella, organic broccoli, organic cabbage, organic kale</p> <p>Store in cool, dry place.</p>	<p>1 scoop 12 / 5 / 3</p> <p>Protein: <1</p> <p>Fats: 0</p> <p>Sodium: 40 mg</p> <p>Calories: 60</p> <p>Suggested Use: Add 1 scoop to 10-12 fl. oz. of cold water or any beverage of your choice</p> <p>Additional Information</p> <p>1 scoop 12 / 5 / 3</p> <p>Protein: <1</p> <p>Fats: 0</p> <p>Sodium: 40 mg</p> <p>Calories: 60</p> <p>Suggested Use: Add 1 scoop to 10-12 fl. oz. of cold water or any beverage of your choice. Stir until smooth or use a shaker cup or blender.</p>	<p>None listed</p> <p><i>Fine pink powder, mixes well in water, yielding a moderately sweet, slightly thick/creamy, beet-flavor. Slight lingering sweetness from stevia. No added sugar.</i></p>	<p>\$1.14/scoop [\$0.38]</p> <p>\$114.23/five 10.6 oz [300 g] containers (53 oz [1,500 g] total) (approx. 100 servings)</p>	<p><i>USDA Organic seal. No Added Sugar. Vegan.</i></p> <p>Made in the U.S.A. from Globally Sourced Ingredients.</p> <p>Precaution: Contains Wheat.</p> <p>1 scoop Calories 60, Total Fat 0 g, Total Carbohydrate 12 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] 3 g, Protein <1 g, Calcium 14 mg, Sodium 40 mg, Potassium 130 mg, Organic Superfood Blend [Organic Greens Blend [Organic Oat Fiber, Organic Wheat Grass</p> <p>Additional Information</p> <p>1 scoop Calories 60, Total Fat 0 g, Total Carbohydrate 12 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] 3 g, Protein <1 g, Calcium 14 mg, Sodium 40 mg, Potassium 130 mg, Organic Superfood Blend [Organic Greens Blend [Organic Oat Fiber, Organic Wheat Grass, Organic Spinach, Organic Parsley, Organic Spirulina, Organic Alfalfa, Organic Aleo Vera, Organic Barley Grass, Organic Chlorella, Organic Broccoli, Organic Cabbage, Organic Kale],</p>
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Organic Prebiotic & Fiber Blend [Organic Pea Fiber, Organic Apple Fiber, Organic Acacia Gum, Organic Blue Agave Inulin, Organic Jerusalem Artichoke Inulin, Organic Flaxseed], Organic Fruits and Vegetable Blends [Organic Beet, Organic Noni, Organic Peach, Organic Grape, Organic Raspberry, Organic Cranberry, Organic Goji Berry, Organic Strawberry, Organic Blackberry, Organic Blueberry, Organic Pomegranate, Organic Carrot, Organic Cherry, Organic Acerola, Organic Apple, Organic Banana, Organic Mango, Organic Papaya, Organic Pear, Organic Pineapple, Organic Tomato, Organic Acai], Digestive and Probiotic Blend [Apple Pectin, Lactospore® *Bacillus*

coagulans,
Bacillus subtilis] 100 million CFU,
 Organic
 Mushroom Blend
 [Organic Chaga
 (*Inonotus obliquus*)
 Mushroom,
 Organic
Cordyceps sinensis
 Mushroom,
 Organic
 Himematsutake
 (*Agricus blazei*)
 Mushroom,
 Organic Lion's
 Mane (*Hericium erinaceus*)
 Mushroom,
 Organic Maitake
 (*Grifolia frondosus*)
 Mushroom,
 Organic
 Meshimakobu
 (*Phellinus linteus*)
 Mushroom,
 Organic Oyster
 (*Pleurotus ostreatus*)
 Mushroom,
 Organic Reishi
 (*Ganoderma lucidum*)
 Mushroom,
 Organic Shitake
 (*Lentinula edodes*)
 Mushroom,
 Organic Turkey
 Tail (*Trametes versicolor*)
 Mushroom]] 10 g.

Other Ingredients:
 Organic Tapioca
 Maltodextrin,

							Organic Guar Gum, Citric Acid, Organic Natural Flavor, Organic Stevia Extract, Organic Rice Hulls, Organic Sunflower Oil Powder.
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<p>APPROVED 2023</p> <p>Paleo Valley Organic Supergreens - Organic Strawberry Lemonade Flavor with a Touch of Mint</p>  <p>Dist. by Paleo Valley</p>	<p>1 tbsp [8.06 g], once daily</p> <p>Heavy metals: ✓ <u>Found Per Serving:</u> Lead: 1.6 mcg (0.2 mcg/g) Cadmium: 1.2 mcg (0.15 mcg/g) Arsenic: 0.48 mcg (0.06 mcg/g) Mercury: 0.02 mcg (0.003 mcg/g)</p> <p>Pesticides/ microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Organic kale leaf, organic broccoli whole head, organic spirulina algae, organic spinach leaf, organic kale sprout, organic cabbage head, organic cauliflower head, organic collard greens leaf, organic parsley leaf, organic sprouted broccoli seed</p> <p>Store in a cool, dark, dry place.</p>	<p>1 tbsp 5 / 1 / 1</p> <p>Protein: 1</p> <p>Fats:</p> <p>Sodium: 30 mg</p> <p>Calories: 25</p> <p>Suggested Use: Mix 1 Tbsp with 8-16 fluid oz. daily.</p>	<p>Vitamin A 100 mcg RAE, vitamin C 87 mg & iron 1.6 mg per tbsp</p> <p><i>Fine green powder, mixes well in water, yielding a sweet, slightly tangy, herbaceous flavor. Some lingering sweetness from monk fruit.</i></p>	<p>\$2.29/tbsp [\$1.42] \$63.99/8 oz [225 g] container (approx. 28 servings)</p>	<p><i>USDA Organic seal. Oregon Tilth Certified Organic seal. Gluten Free. Non GO. No Fillers. No Cereal Grains. No Artificial Sweeteners or Preservatives. Soy Free, Grain Free + Dairy Free.</i></p>	<p>1 tbsp Calories 25, Sodium 30 mg, Total Carbohydrate 5 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Protein 1 g, Vitamin A (as beta-Carotene) 100 mcg RAE, Vitamin C 87 mg, Calcium 30 mg, Iron 1.6 mg, Potassium 130 mg, All Organic Superfood Complex [Organic Kale Leaf, Organic Broccoli Whole Head, Organic Spirulina Algae, Organic Spinach Leaf, Organic Kale</p> <p>Additional Information</p> <p>1 tbsp Calories 25, Sodium 30 mg, Total Carbohydrate 5 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Protein 1 g, Vitamin A (as beta-Carotene) 100 mcg RAE, Vitamin C 87 mg, Calcium 30 mg, Iron 1.6 mg, Potassium 130 mg, All Organic Superfood Complex [Organic Kale Leaf, Organic Broccoli Whole Head, Organic Spirulina Algae, Organic Spinach Leaf, Organic Kale</p>
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Sprout, Organic
Cabbage Head,
Organic
Cauliflower Head,
Organic Collard
Greens Leaf,
Organic Parsley
Leaf, Organic
Sprouted Broccoli
Seed] 3,464 mg,
Organic
Antioxidant
Complex [Organic
Turmeric
Rhizome, Organic
Acerola Cherry,
Organic Carrot
Root, Organic
Ginger Rhizome,
Organic Lemon
Fruit, Organic
Strawberry Fruit,
Organic
Raspberry Fruit,
Organic Blueberry
Fruit, Organic
Beet Root,
Organic Tart
Cherry Fruit,
Organic European
Elderberry Fruit,
Organic Cranberry
Fruit] 2,536 mg,
Isomaltooligo-
saccharide (IMO)
Prebiotic (from
Organic non-GMO
Vegetable
Starch)] 1,210
mg, Digestive
Enzyme Complex
[Protease,
Amylase,
Cellulase,
Lactase, Lipase]
40 mg.

Other Ingredients:
Organic Flavors,

							Organic <i>Siraitia grosvenorii</i> Fruit (Monk Fruit) Extract, Himalayan Pink Salt.
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<p>APPROVED 2022</p> <p>Top Pick for mixed greens Vibrant Health® Green Vibrance</p>  <p>Dist. by Vibrant Health</p>	<p>1 scoop [11.26 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.88 mcg (0.08 mcg/g)</p> <p>Cadmium: 0.9 mcg (0.08 mcg/g)</p> <p>Arsenic: 5.1 mcg (0.45 mcg/g)</p> <p>Mercury: 0.03 mcg (0.003 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Barley grass leaf powder [certified organic], oat grass leaf powder [certified organic], wheat grass leaf powder [certified organic], barley grass juice powder [certified organic], wheat grass juice powder [certified organic]</p>	<p>1 scoop 8 / 3 / 2</p> <p>Protein: 2</p> <p>Fats: 0</p> <p>Sodium: 49 mg</p> <p>Calories: 40</p> <p>Suggested Use: None listed</p>	<p>Vitamin A 1.25 mg (4,500 IU), vitamin C 52 mg, iron 2 mg, vitamin D 25 mcg (1,000 IU), vitamin E 67 mg (100 IU), vitamin K 54 mcg, folate 307 mcg, vitamin B12 2 mcg, iodine 154 mcg, chromium 80 mcg & sodium 49 mg per scoop</p> <p><i>Fine green powder, mixes well in water, yielding thin, mildly herbaceous flavor. No sweeteners or added sugar.</i></p>	<p>\$2.17/scoop [\$0.97]</p> <p>\$32.60/5.96 oz [168.9 g] container (approx. 15 servings)</p> <p>Soy Free. Dairy Free. Non-GMO. Gluten Free. Vegan Friendly.</p> <p>Made in the U.S.A. since 1992 with worldwide ingredients.</p>	<p>1 Scoop</p> <p>Calories 40, Total Fat 0 g, Total Carbohydrate 8 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 2 g, Protein 2 g, Vitamin A (90% as beta-carotene) 1.25 mg (4,500 IU), Vitamin C 52 mg, Calcium 60 mg, Iron 2 mg, Vitamin D (D3 from lichen oil) 25 mcg (1,000 IU), Vitamin E (water dispersible-alpha-tocopheryl acetate) 67 mg (100 IU)</p> <p>Additional Information</p> <p>1 Scoop</p> <p>Calories 40, Total Fat 0 g, Total Carbohydrate 8 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 2 g, Protein 2 g, Vitamin A (90% as beta-carotene) 1.25 mg (4,500 IU), Vitamin C 52 mg, Calcium 60 mg, Iron 2 mg, Vitamin D (D3 from lichen oil) 25 mcg (1,000 IU), Vitamin E (water dispersible-alpha-tocopheryl acetate) 67 mg (100 IU), Vitamin K 54 mcg, Folate 307 mcg, Vitamin</p>
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B12 2 mcg,
Phosphorus 45
mg, Iodine 154
mcg, Magnesium
25 mg, Chromium
80 mcg, Sodium
49 mg,
Potassium 221
mg, Cereal
Grasses [Barley
grass leaf powder
[certified organic]
700 mg, Oat
grass leaf powder
[certified organic]
700 mg, Wheat
grass leaf powder
[certified organic]
700 mg, Barley
grass juice
powder [certified
organic] 400 mg,
Oat grass juice
powder [certified
organic] 400 mg,
Wheat grass juice
powder [certified
organic] 400 mg],
Plant Based
Micro-Nutrition
[Spirulina powder
[certified organic]
600 mg,
Sunflower lecithin
powder 350 mg,
Parsley leaf &
stem pdr.
[certified organic]
300 mg, Beet root
juice powder
[certified organic]
250 mg, Zucchini
(cucurbita pepo)
fruit powder 250
mg, Carrot root
powder [certified
organic] 200 mg,
Spinach leaf
powder [certified

organic] 200 mg,
Ascophyllum
nodosum
seaweed powder
[certified organic]
100 mg, Broccoli
sprouts pdr.
[certified organic]
100 mg, Kale leaf
powder 50 mg],
Antioxidant Life
Preservers
[Tomato fruit
powder 400 mg,
Amla whole fruit
powder 350 mg,
Strawberry fruit
powder 200 mg,
Goji berry juice
powder [certified
organic] 150 mg,
Turmeric root
powder [certified
organic] 150 mg,
D-alpha
tocopherol
acetate supplying
100 IU Vitamin E,
Camu camu fruit
20% natural
vitamin C
standardized
extract 125 mg,
Acerola fruit juice
16% natural vit. C
std. ext. 100 mg,
Ginkgo biloba
24%
ginkgo flavon-
glycosides 6%
terpene lactones
standardized
extract 20 mg,
Grape seed 95%
polyphenols 40%
OPCs
standardized
extract 20 mg,
Grape skin 30%

polyphenols std.
ext. 20 mg, Green
tea 98%
polyphenols 60%
catechins 50%
EGCG
standardized
extract decaf. 20
mg, Pomegranate
whole fruit 40%
ellagic acid
standardized
extract 20 mg,
Chromium
nicotinate 10%
800 mcg],
Immune Support
[Astragalus 70%
polysaccharides
std. ext. 200 mg,
Beta 1,3-1,6
glucans 70%
standardized
extract from
Saccharomyces
cerevisiae yeast
30 mg,
STOPLarch
arabinogalactans
extract
(ResistAid®) 30
mg], Adaptogens
[Eleuthero root
0.8%
eleutherosides
standardized
extract 125 mg,
Holy basil 2%
ursolic acid std.
ext. 100 mg],
Skeletal Support
[Cissus
Quarangularis
extract 400 mg,
Calcium
fructoborate
providing 3 mg of
Boron 120 mg,
Lichen oil pdr.

providing 1,000 IU
vegan Vitamin D3
10 mg], Fiber
[Acacia gum fiber
[certified organic]
1.01 g, Flaxseed
pdr. de-oiled
[certified organic]
480 mg, Fructo-
oligosaccharides
86% oligofructose
& inulin
standardized
extract 400 mg,
Apple fruit pdr.
[certified organic]
400 mg], Liver
Support [Burdock
root 10:1 extract
90 mg, Silamarina
milk thistle 55
mg, Dandelion
root 4:1 extract
50 mg], Enzymes
& Tonics [Ginger
root pdr. [certified
organic] 20 mg,
Enzymes
[Protease 4.5
(aspergillus
oryzae) 1,000
HUT, Protease 6.0
(aspergillus
oryzae) 800 HUT,
Lipase
(aspergillus niger)
600 FIP, Amylase
(aspergillus
oryzae) 800 DU,
Invertase
(saccharomyces
cerevisiae) 150
SU, Cellulase
(trichoderma
longbrachiatum)
1,000 CU],
Cayenne pepper
pdr. [certified
organic] 2 mg],

<p>APPROVED 2023</p> <p>Dr. Mercola® Organic Fermented Greens</p>  <p>Dist. by NHP</p>	<p>1 tsp [3 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.94 mcg (0.31 mcg/g)</p> <p>Cadmium: 0.42 mcg (0.14 mcg/g)</p> <p>Arsenic: 0.6 mcg (0.2 mcg/g)</p> <p>Mercury: 0.02 mcg (0.005 mcg/g)</p> <p>Pesticides/ microbes: ✓</p>	<p>Organic wheatgrass, organic barley grass, organic alfalfa grass, organic oat grass</p>	<p>1 tsp 2 / 1 / 0</p> <p>Protein: 1</p> <p>Fats: 0</p> <p>Sodium: 20</p> <p>Calories: 10</p> <p>Suggested Use: Mix one (1) tsp. (3 g) with 8 oz. of water.</p>	<p>Iron 5 mg per tsp</p> <p><i>Fine green-brown powder mixes well in water, yielding a somewhat sour, tangy, very slightly sweet, herbaceous flavor. Sweetened with stevia and monk fruit. No added sugar.</i></p>	<p>\$0.44/tsp [\$0.74]</p> <p>\$39.97/9.5 oz [270 g] pouch (approx. 90 servings)</p>	<p><i>USDA Organic seal. Zero grams of Sugar. Soy Free GMO Free.</i></p> <p>Precaution: Contains Wheat (Wheatgrass). Warning: Reproductive Harm - .</p>	<p>1 tsp</p> <p>Calories 10, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Total Carbohydrate 2 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 27 mg, Iron 5 mg, Potassium 72 mg.</p> <p>Ingredients: Fermented Grass Blend</p> <p>Additional Information</p> <p>1 tsp</p> <p>Calories 10, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg, Total Carbohydrate 2 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 27 mg, Iron 5 mg, Potassium 72 mg.</p> <p>Ingredients: Fermented Grass Blend (Organic Wheatgrass, Organic Barley Grass, Organic Alfalfa Grass, Organic Oat</p>
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							Grass), Fermented Vegetable Blend (Organic Broccoli, Organic Kale, Organic Spinach, Organic Green Cabbage, Organic Celery), Fermented Sprout Blend (Organic Alfalfa Sprout, Organic Cabbage Sprout, Organic Broccoli Sprout, Organic Cauliflower Sprout, Organic Kale Sprout), Fermented Herb Blend [Organic Moringa, Organic Matcha (Green Tea Powder), Organic Tulsi (Holy Basil), Organic Yerba Mate Leaf Extract, Organic Parsley, Organic Peppermint, Organic Rosemary], Organic Natural Flavors, Fermented Algae Blend (Organic Spirulina, Organic Chlorella), Organic Steviol Glycosides (From Organic <i>Stevia</i> <i>Rebaudiana</i> Leaf), Organic Monk Fruit Extract.
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Grains, Greens, Fruits & Veggies:

<p>APPROVED 2023</p> <p>Orgain® Organic Superfood™ + Probiotics</p>  <p>Dist. by Orgain, LLC</p>	<p>1 scoop [14 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p>Found Per Serving:</p> <p>Lead: 0.2 mcg (0.01 mcg/g)</p> <p>Cadmium: 0.42 mcg (0.03 mcg/g)</p> <p>Arsenic: <0.14 mcg (<0.01 mcg/g)</p> <p>Mercury: <0.01 mcg (<0.001 mcg/g)</p> <p>Pesticides/microbes: ✓</p> <p>Gluten-free: ✓</p>	<p>Millet, amaranth, buckwheat, quinoa, chia, kale, acai, cranberry, wheat grass, barley grass, banana, mango</p>	<p>1 scoop 11 / 1 / 1</p> <p>Protein: 1</p> <p>Fats: 0</p> <p>Sodium: 5 mg</p> <p>Calories: 40</p> <p>Suggested Use: Mix 1 scoop in 12 ounces of water in a shaker cup until dissolved. Drink and enjoy!</p>	<p>Iron 0.6 mg per scoop</p> <p><i>Fine, light brown-green powder, mixes in water with some small clumps, yielding slightly sweet, mildly cinnamon-herbaceous-wheaty flavor.</i></p> <p><i>No added sugar.</i></p>	<p>\$0.99/scoop [\$0.35]</p> <p>\$19.79/9.9 oz [280 g]</p> <p>container (approx. 20 servings)</p>	<p><i>USDA Organic seal. Certified Plant Based seal. Gluten Free, Kosher. Vegan. No Soy</i></p> <p><i>Ingredients. Non-GMO.</i></p>	<p>1 scoop</p> <p>Calories 40, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrate 11 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Protein 1 g, Vitamin D 0 mcg, Calcium 20 mg, Iron 0.6 mg, Potassium 50 mg.</p> <p>Ingredients: Orgain Organic 50 Superfoods Blend™</p> <p>Additional Information</p> <p>1 scoop</p> <p>Calories 40, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrate 11 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 1 g, Protein 1 g, Vitamin D 0 mcg, Calcium 20 mg, Iron 0.6 mg, Potassium 50 mg.</p> <p>Ingredients: Orgain Organic 50 Superfoods Blend™ [Organic Millet, Organic Amaranth, Organic Buckwheat,</p>
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Organic Quinoa,
Organic Chia,
Organic Kale
Powder, Organic
Apple Pump,
Organic
Cinnamon,
Organic Sprouts
Blend (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), Orgain
Organic Super
Veggies, Super
Berries, Super
Grasses & Super
Foods Blend™
(Organic Acai,
Organic
Cranberry,
Organic Wheat
Grass, Organic
Barley Grass,
Organic Oat
Grass, Organic
Banana, Organic
Mango, Organic
Beet, Organic
Carrot, Organic
Spinach, Organic
Broccoli, Organic
Tomato, Organic

<p>APPROVED 2022</p> <p>Earth Circle Organics™ Organic Chlorella Tablets</p>  <p>Dist. by Earth Circle Organics</p>	<p>4 tablets [1 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.05 mcg (0.19 mcg/g)</p> <p>Cadmium: 0.002 mcg (0.006 mcg/g)</p> <p>Arsenic: 0.01 mcg (0.06 mcg/g)</p> <p>Mercury: <0.01 mcg (<0.01 mcg/g)</p> <p>Gluten-free: ✓</p> <p>Disintegration: ✓</p>	<p>Organic chlorella with no other ingredient: 1 gram per 4 tablet serving.</p>	<p>4 tablets 0 / 0 / 0</p> <p>Protein: 1</p> <p>Fats: 0</p> <p>Sodium: 0 mg</p> <p>Calories: 5</p> <p>Suggested Use: None listed</p>	<p>Vitamin D 2 mcg [80 IU] & iron 2 mg per 4 tablets</p> <p><i>Medium circular tablet</i></p>	<p>\$0.68/4 tablets [\$3.38]</p> <p>\$16.99/100 tablets (Each tablet is listed as providing 0.25 grams of chlorella)</p>	<p><i>Non GMO Project Verified seal. Certified Vegan Vegan.com seal. Glyphosate Residue Free. Halal. Kosher. Gluten Free.</i></p>	<p>4 tablets</p> <p>Calories 5, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 0 g, Dietary Fiber 0 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 2 mcg, Calcium 4 mg, Iron 2 mg, Potassium 10 mg.</p> <p>Ingredients: Organic Chlorella Pyrenoidosa.</p>
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<p>APPROVED 2022</p> <p>Microingredients Superfoods™ Organic Broken Cell Wall Chlorella Powder</p>  <p>Dist. by Micro Ingredients</p>	<p>1 scoop [3 g], no recommended daily serving size</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: <0.02 mcg (<0.01 mcg/g)</p> <p>Cadmium: <0.02 mcg (<0.01 mcg/g)</p> <p>Arsenic: 0.09 mcg (0.03 mcg/g)</p> <p>Mercury: <0.02 mcg (<0.01 mcg/g)</p> <p>Gluten-free: ✓</p>	<p>Organic chlorella with no other ingredient: 3 grams per 1 scoop serving.</p>	<p>1 scoop 0.5 / 0 / 0</p> <p>Protein: 2</p> <p>Fats: 0</p> <p>Sodium: 50 mg</p> <p>Calories: 13</p> <p>Suggested Use: Mix into smoothies, desserts, juice, oatmeal, tea and yogurt.</p>	<p>Vitamin A 1,440 mcg RAE & iron 1.8 mg per scoop</p> <p><i>Dark green powder, which remains that color when mixed in water. Mildly earthy, roasted flavor. Not particularly pleasant.</i></p>	<p>\$0.25/scoop [\$0.42]</p> <p>\$18.95/8 oz [227 g] bag (approx. 75.6 servings)</p>	<p><i>USDA Organic seal. Vegan. Non-GMO. Kosher. No Preservatives. Additives Free. Gluten-Free. Free of: Sugar, Soy, Dairy, Yeast, Gluten, Corn & Additives.</i></p> <p>Note (3/27/23): Label no longer claims product is kosher.</p>	<p>1 scoop Calories 13, Calories from Fat 0, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 50 mg, Total Carbohydrate 0.5 g, Dietary Fiber 0 g, Sugars 0 g, Protein 2 g, Percent of recommended daily intake: Vitamin A 160%, Vitamin C 1%, Calcium 0%, Iron 10%.</p> <p>Ingredients: Organic Chlorella Powder.</p>
<p>APPROVED 2022</p> <p>NOW® Chlorella 500 mg</p>  <p>Dist. By Now Foods</p>	<p>6 tablets [3.1 g], once daily</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.34 mcg (0.11 mcg/g)</p> <p>Cadmium: 0.03 mcg (0.01 mcg/g)</p> <p>Arsenic: 0.78 mcg (0.25 mcg/g)</p> <p>Mercury: <0.02 mcg (<0.01 mcg/g)</p> <p>Disintegration: ✓</p>	<p>Organic chlorella with no other ingredient: 3 grams per 6 tablet serving.</p>	<p>6 tablets <1 / /</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 10</p> <p>Suggested Use: Take 6 tablets daily.</p>	<p>None listed</p> <p><i>Medium circular tablet</i></p>	<p>\$0.39/6 tablets [\$0.62]</p> <p>\$12.84/200 tablets (Each tablet is listed as providing 0.5 grams of chlorella)</p>	<p><i>Non GMO Project Verified seal. USDA Organic seal. Kosher. Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish or tree nut ingredients.</i></p> <p>Precaution: Caution: May cause GI discomfort in sensitive individuals.</p>	<p>6 tablets Calories 10, Total Carbohydrate <1 g, Protein 2 g, Organic Chlorella (Broken Cell Wall) (Chlorella spp.) (Whole Plant) 3,000 mg.</p> <p>Other Ingredients: None.</p>

<p>APPROVED 2023</p> <p>Top Pick for chlorella supplements</p> <p>Organic Traditions® Chlorella Powder</p>  <p>Dist. by Health Matters America Inc.</p>	<p>2 tsp [5 g], half to four teaspoons daily.</p> <p>Heavy metals: ✓ Found Per Serving: Lead: 0.05 mcg (0.01 mcg/g) Cadmium: <0.5 mcg (<0.01 mcg/g) Arsenic: 0.1 mcg (0.02 mcg/g) Mercury: <0.005 mcg (<0.001 mcg/g)</p>	<p>Organic chlorella with no other ingredient: 5 grams.</p>	<p>2 tsp 2 / 0 / 0</p> <p>Protein: 3</p> <p>Fats: 0</p> <p>Sodium: 0 mg</p> <p>Calories: 15</p> <p>Suggested Use: If it is your first time taking Chlorella, start with 1/2-1 tsp. of powder and build gradually</p> <p>Additional Information</p> <p>2 tsp 2 / 0 / 0</p> <p>Protein: 3</p> <p>Fats: 0</p> <p>Sodium: 0 mg</p> <p>Calories: 15</p> <p>Suggested Use: If it is your first time taking Chlorella, start with 1/2-1 tsp. of powder and build gradually. To enjoy benefits of Chlorella consume 1-4 teaspoons daily. Add Chlorella to water, smoothies, yogurt or on top of berries and</p>	<p>Iron 12 mg, Vitamin A 2,916.55 IU & Vitamin B12 15 mcg per tsp</p> <p><i>Fine, dark-green powder, mixes well in water, yielding a mild umami flavor. No added sugar.</i></p>	<p>\$0.48/2 tsp [\$0.48]</p> <p>\$14.52/5.3 oz [150 g] pouch (approx. 30 servings)</p>	<p><i>USDA Organic seal. Kosher. No Added Fillers, Flavors, Additives or Preservatives.</i></p> <p>Precaution: California Proposition 65 WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer</p> <p>Additional Information</p> <p><i>USDA Organic seal. Kosher. No Added Fillers, Flavors, Additives or Preservatives.</i></p> <p>Precaution: California Proposition 65 WARNING: Consuming this product can expose you to chemicals including lead which are known to the State of California to cause cancer and birth defects or other reproductive harm.</p>	<p>2 tsp</p> <p>Calories 15, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 2 g, Dietary Fiber 0 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 3 g, Vitamin D 0 mcg, Calcium 16.65 mg, Iron 12 mg, Potassium 0 mg, Vitamin A 2,916.55 IU, Vitamin B12 15 mcg</p> <p>Additional Information</p> <p>2 tsp</p> <p>Calories 15, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 2 g, Dietary Fiber 0 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 3 g, Vitamin D 0 mcg, Calcium 16.65 mg, Iron 12 mg, Potassium 0 mg, Vitamin A 2,916.55 IU, Vitamin B12 15 mcg, Vitamin C 1 mg.</p> <p>Ingredients: Organic Broken Cell Wall Chlorella Powder.</p>
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			make delicious and nourishing raw food desserts, power snacks and truffles.			Allergens: Manufactured/ Packaged in a facility with the following allergens present: tree nuts, sesame.
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Spirulina-Only:

<p>NOT APPROVED 2023</p> <p>NOW® Spirulina 1,000 mg</p>  <p>Dist. by NOW Foods</p>	<p>3 tablets [3 g], once daily</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.12 mcg (0.04 mcg/g)</p> <p>Cadmium: 0.12 mcg (0.04 mcg/g)</p> <p>Arsenic: 0.63 mcg (0.21 mcg/g)</p> <p>Mercury: 0.009 mcg (0.003 mcg/g)</p> <p>Disintegration: Failed to disintegrate in 30 minutes (continued to fail at 60 minutes)</p>	<p>Spirulina: 3 grams per 3 tablet serving.</p>	<p>3 tablets <1 //</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium:</p> <p>Calories: 10</p> <p>Suggested Use: Take 3 tablets daily.</p>	<p>None listed</p> <p><i>Large tablet</i></p>	<p>\$0.35/3 tablets [\$0.58]</p> <p>\$13.90/120 tablets (Each tablet is listed as providing 1 grams of spirulina)</p>	<p><i>Non GMO Project Verified seal. USDA Organic seal. Kosher.</i></p> <p>Precaution: Not manufactured with yeast, wheat, gluten, soy, corn, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergen.</p>	<p>3 tablets</p> <p>Calories 10, Total Carbohydrate <1 g, Protein 2 g, Organic Spirulina (<i>Arthrospira platensis</i>) 3 g (3,000 mg).</p> <p>Other Ingredients: Silicon Dioxide.</p>
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<p>NOT APPROVED 2022</p> <p>Pure Hawaiian Spirulina®</p>  <p>Dist. by Nutrex Hawaii Inc</p>	<p>6 tablets [3.1 g], once daily</p> <p>Heavy metals: ✓</p> <p><u>Found Per Serving:</u></p> <p>Lead: 0.42 mcg (0.14 mcg/g)</p> <p>Cadmium: 0.03 mcg (0.01 mcg/g)</p> <p>Arsenic: 0.42 mcg (0.14 mcg/g)</p> <p>Mercury: 0.03 mcg (0.01 mcg/g)</p> <p>Gluten: ✓</p> <p>Disintegration: Failed to disintegrate in 30 minutes (continued to fail at 90 minutes)</p>	<p>Spirulina: 3 grams per 6 tablet serving.</p> <p>Refrigerate after opening to maximize freshness.</p>	<p>6 tablets <1 //</p> <p>Protein: 2</p> <p>Fats:</p> <p>Sodium: 60 mg</p> <p>Calories: 10</p> <p>Suggested Use: 6 tablets daily with or between meals.</p>	<p>Iron 3 mg per 6 tablets</p> <p>Medium circular tablet</p>	<p>\$0.39/6 tablets [0.65]</p> <p>\$25.89/400 tables (Each tablet is listed as providing 0.5 grams of spirulina)</p>	<p><i>Non GMO Project Verified seal. Certified Vegan Vegan.com seal. Glyphosate Residue Free. Halal. Kosher. Gluten Free.</i></p> <p>Precaution: Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning of children under 6.</p>	<p>6 tablets</p> <p>Calories 10, Total Carbohydrate <1 g, Protein 2 g, Iron 3 mg, Sodium 60 mg, Spirulina (<i>Arthrospira platensis</i>) 3 g.</p> <p>Other Ingredients: Silica, chicory inulin, vegetable magnesium stearate.</p>
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<p>APPROVED 2022</p> <p>Top Pick for spirulina supplements</p> <p>Solgar® Spirulina (Plant Plankton) 750 mg </p> <p>Mfd. by Solgar, Inc.</p>	<p>4 tablets [4 g], once daily</p> <p>Heavy metals:  <u>Found Per Serving:</u></p> <p>Lead: 0.5 mcg (0.12 mcg/g)</p> <p>Cadmium: 0.03 mcg (0.01 mcg/g)</p> <p>Arsenic: 0.19 mcg (0.05 mcg/g)</p> <p>Mercury: <0.02 mcg (<0.01 mcg/g)</p> <p>Gluten-free: </p> <p>Disintegration: </p>	<p>Spirulina: 3 grams per 4 tablet serving.</p>	<p>4 tablets 1 / /</p> <p>Protein:</p> <p>Fats:</p> <p>Sodium: 40 mg</p> <p>Calories: 10</p> <p>Suggested Use: As a dietary supplement for adults, take four (4) tablets daily, preferably with a meal or as directed by a healthcare practitioner.</p>	<p>Vitamin A 1,125 mcg RAE [2,250 mcg beta-carotene] per 4 tablets (Naturally occurring from spirulina)</p> <p><i>Large tablet</i></p>	<p>\$0.61/4 tablets [\$1.02]</p> <p>\$38.37/250 tablets (Each tablet weighs 1 gram and provides 0.75 grams of spirulina)</p>	<p><i>Kosher. Non-GMO. Gluten, Wheat & Dairy Free. Suitable For Vegans. Free Of: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Artificial Flavors, Sweetener, Preservatives and Color.</i></p>	<p>4 tablets</p> <p>Calories 10, Total Carbohydrate 1 g, Vitamin A (as 100% beta-carotene) 2,250 mcg, Sodium 40 mg, Spirulina 3 g.</p> <p>Ingredients: Organic Spirulina Powder, Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.</p>
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<p>NOT APPROVED</p> <p>2022</p> <p>Swanson® Spirulina</p>  <p>Dist. by Swanson Health Products</p>	<p>2 tablets [1 g], three times daily</p> <p>Heavy metals: ✓ Found Per Serving: Lead: 0.09 mcg (0.09 mcg/g) Cadmium: 0.01 mcg (0.01 mcg/g) Arsenic: 0.21 mcg (0.2 mcg/g) Mercury: <0.01 mcg (<0.01 mcg/g)</p> <p>Disintegration: Failed to disintegrate in 30 minutes (continued to fail at 90 minutes)</p>	<p>Organic spirulina with no binders or fillers: 1 gram per 2 tablet serving.</p>	<p>2 tablets // Protein: <1 Fats: Sodium: Calories: Suggested Use: As a dietary supplement, take two tablets three times per day with water.</p>	<p>Chromium 3.5 mcg per 2 tablets <i>Medium circular tablet</i></p>	<p>\$0.06/2 tablets [\$0.29] \$5.19/180 tablets (Each tablet is listed as providing 0.5 grams of spirulina)</p>	<p>None.</p>	<p>2 tablets Protein <1 g, Iron 0.7 mg, Magnesium 6 mg, Selenium 1.25 mcg, Chromium 3.5 mcg, Parry's Vegetarian Certified Organic Spirulina™ (Arthrospira platensis) (microalgae) 1 g.</p> <p>Other Ingredients: None listed.</p>
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<p>APPROVED 2022</p> <p>Zazzee Organics 100% Pure Organic Spirulina Powder</p>  <p>Dist. by Zazzee Organics</p>	<p>1 level tsp [3.3 g], once to three times daily</p> <p>Heavy metals: ✓ <u>Found Per Serving:</u> Lead: 0.59 mcg (0.18 mcg/g) Cadmium: 0.04 mcg (0.01 mcg/g) Arsenic: 2.5 mcg (0.76 mcg/g) Mercury: <0.02 mcg (<0.01 mcg/g)</p> <p>Gluten-free: ✓</p>	<p>Organic spirulina with no other ingredient: 3.3 grams per 1 level tsp serving.</p>	<p>1 level tsp [3.3 g] 1 / /</p> <p>Protein: 2</p> <p>Fats: 0</p> <p>Sodium: 35 mg</p> <p>Calories: 15</p> <p>Suggested Use: Take 1 level teaspoon 1-3 times daily. Enjoy mixed in a juice, shake, or your favorite fruit smoothie.</p>	<p>Vitamin A 1,980 mcg RAE, iron 1.4 mg & vitamin B12 4.6 mcg per level tsp</p> <p><i>Dark green powder becomes dark blue/green in water, slightly clumpy/smudgy. Somewhat unpleasant flavor, which is savory, earthy, and very slightly salty.</i></p>	<p>\$0.11/level tsp [\$0.17]</p> <p>\$33.97/2.2 lb [1,000 g] container (approx. 303 servings)</p>	<p><i>USDA Organic seal. 100% Pure. Vegan. Gluten Free. Non-GMO. Zero Pesticides, Herbicides, Yeast, Wheat, Gluten, Soy, Milk, Egg, Fish, Shellfish Or Tree Nut Ingredients.</i></p> <p>Precaution: Allergen Information: Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients</p> <p>Additional Information</p> <p><i>USDA Organic seal. 100% Pure. Vegan. Gluten Free. Non-GMO. Zero Pesticides, Herbicides, Yeast, Wheat, Gluten, Soy, Milk, Egg, Fish, Shellfish Or Tree Nut Ingredients.</i></p> <p>Precaution: Allergen Information: Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut</p>	<p>1 level tsp</p> <p>Calories 15, Total Fat 0 g, Sodium 35 mg, Total Carbohydrate 1 g, Protein 2 g, Percent of recommended daily intake: Vitamin A 220%, Calcium 0%, Iron 8%, Vitamin B-12 190%.</p> <p>Ingredients: 100% Pure, Non-GMO, Organic Spirulina Powder.</p>
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						ingredients. Produced in a GMP facility that processes ingredients containing these allergens.
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Unless otherwise noted, information about the products listed above is based on the samples purchased by ConsumerLab.com (CL) for this Product Review. The samples are from a single lot of the respective product. Be aware that there may be lot-to-lot variation in products, particularly natural products. Manufacturers may change ingredients and label information at any time, so be sure to check labels carefully when evaluating the product you use or buy as it may be different from the product we tested. Manufacturers may also change ingredient suppliers, which can affect product quality.

The information contained in this report is based on the compilation and review of information from product labeling and analytic testing. CL applies what it believes to be the most appropriate testing methods and standards. The information in this report does not reflect the opinion or recommendation of CL, its officers or employees. CL cannot assure the accuracy of information.

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ConsumerTips™:

Read labels carefully.

Greens products often list a myriad of ingredients. Be aware that ingredients are listed in order of amount (weight) in the product. An ingredient that is not among the first listed may occur in very small amounts.

Be careful with ingredients

Herbal extracts, vitamins, and other active ingredients may be added to greens products. As noted earlier, the amounts provided may or may not be at levels known to be useful. If you want a particular active ingredient, consider getting it from a separate product. This will increase the likelihood that the supplement provides an adequate dose and, if tested by a reputable third party such as ConsumerLab.com, provides quality ingredients.

Probiotics may not be viable

Probiotic organisms can be sensitive to heat, light and moisture. Getting probiotics from a powder in a container that is repeatedly opened and closed may lead to a loss of viability of the organisms. If you want a probiotic, a safer bet may be from a separate probiotic supplement, particularly one in which each serving is enclosed, such as in a capsule. See the [Probiotic Product Review](#) for more information.

Preparing chlorella and spirulina

Due to the somewhat unpleasant taste of chlorella and spirulina (which can be particularly savory), it is recommended that those powders be mixed into more flavorful beverages or foods – such as juices, smoothies, shakes, or yogurts – rather than into plain water.

Concerns and Cautions:

While most of the food ingredients in greens products are generally safe, these products frequently include herbal extracts, vitamins and minerals, and other ingredients that may potentially cause unexpected side-effects and/or interact with other nutrients and drugs. Particular caution should be exercised by women who are pregnant or nursing, and by parents seeking to give the product to children.

Gastrointestinal side effects:

In small studies, chlorella has been reported to have gastrointestinal side effects. In a 12-week study of patients with hepatitis C infection given approximately 8 to 9.5 grams of chlorella daily from a combination of dry pulverized chlorella (*Sun Chlorella A*) in tablets and a liquid extract (*Wakasa Gold*), one patient dropped out due to constipation, which resolved after stopping chlorella treatment. Among other participants, the main side effects were mild to moderate constipation or diarrhea, although these symptoms resolved within the first two weeks of treatment. Levels of ALT, a liver enzyme, also decreased in these patients, signifying decreased liver inflammation – a beneficial effect ([Azocar, World J Gastroenterol 2013](#)). In another study involving the same chlorella products but among patients with fibromyalgia, most of the participants reported increased episodes of diarrhea and abdominal cramping ([Merchant, Phytother Res 2000](#)). Some members of ConsumerLab.com have reported vomiting after using chlorella products (see these reports in the "Comments" section of this related [CL Answer](#)).

Liver injury:

The U.S. FDA received 118 reports during 2023 and 2024 of adverse events possibly linked with AG1, more than 30 of which involved **elevated liver enzymes** and symptoms of liver injury, according to a report in [The New Zealand Herald](#). Keep in mind that these reports cannot prove cause-and-effect, and the FDA has not confirmed whether the reported side effects were caused by AG1. Nevertheless, AG1 contains undisclosed amounts of ingredients, such as [green tea extract](#) and [ashwagandha](#), that have been linked with liver injury. **It may be prudent for people with a history of liver disease, or those at risk, to use caution if taking AG1.**

Autoimmune disease:

Be aware that common ingredients in greens supplements, including spirulina and *Aph. flos-aquae* (types of cyanobacteria formerly called blue-green algae), as well as chlorella and alfalfa, have been shown in laboratory studies to have immune-stimulating effects, and have been reported to trigger or worsen symptoms in people with certain **autoimmune diseases** ([Pugh, Planta Med 2001](#); [Bax, Ann Transl Med 2021](#)). Spirulina, for example, has been shown to stimulate inflammatory cytokines in blood cells of people with **dermatomyositis**, an autoimmune disease that causes muscle inflammation and skin rash ([Bax, iScience 2023](#)), and use of supplements containing spirulina and/or *Aph. flos-aquae* has been associated with onset and/or worsening of dermatomyositis symptoms ([Lee, Arch Dermatol 2004](#); [Konno, Rinsho Shinkeigaku 2011](#)). Alfalfa sprouts (as well as soybean, certain other legumes, clover, and onions) contain L-canavanine, a non-protein amino acid that may compete with L-arginine for certain enzymes, thereby producing structurally aberrant proteins that may cause immune reactions in some people. Reactivation of **systemic lupus erythematosus (SLE)** in people with latent SLE, and onset of lupus-like symptoms in people *without* a history of lupus, including muscle pain and rash, have been reported in people taking alfalfa tablets (8 to 24 tablets daily for weeks or months) that were shown to contain L-canavanine ([Akaogi, Autoimmun Rev 2006](#)). To be safe, people with autoimmune disease should consult with a physician before taking supplements containing any of these ingredients.

Drug Interactions:

Be aware that alfalfa can be a significant source of vitamin K (as can certain other greens), with one cup of alfalfa sprouts containing approximately 10 mcg of vitamin K ([USDA FoodData Central 2006](#)), or approximately 10% the Adequate Intake for adults (90 mcg for women and 120 mcg for men). A single serving of some greens products may provide close to half or more of this amount of vitamin K (*Amazing Grass Greens Blend Superfood - Chocolate*, tested in the Review, contain 40 mcg vitamin K per 8-gram suggested serving, while *Amazing Grass Greens Blend Superfood – Original* (not tested by CL), contains 70 mcg per same serving size). People taking the blood-thinning drug **warfarin (Coumadin)** who need to limit or monitor their intake of vitamin K should consult with their physician before taking greens supplements.

Contamination:Spirulina

Contamination is a known issue with ingredients derived from algae. Although spirulina has generally been found safe, all algae can accumulate heavy metals such as lead and mercury, and, with *Spirulina*, there have been rare reports of allergic reaction, rhabdomyolysis (muscle breakdown), and, in a baby whose mother used *Spirulina* for a long period of time, seizures ([Heussner, Tox Appl Pharmacol 2012](#)). An analysis of heavy metal and mineral levels in 25 supplements containing *Spirulina* grown in various countries (including the U.S., Canada, Australia, Japan and India) found none exceeded daily intake levels for nickel, zinc, mercury, platinum, manganese or magnesium and concluded they were safe for consumption. However, the supplements were *not* tested for levels of lead or arsenic ([Al-Dhabi, Saudi J Biol Sci 2013](#)). In ConsumerLab.com's review (above) lead contamination was identified in two spirulina products.

Concern has been raised with the environmental neurotoxin BMAA, as it can be produced by cyanobacteria, although this has not been proven with *Spirulina*. Chronic exposure to BMAA can lead to dementia due to the formation of neurofibrillary tangles and amyloid deposits in the brain ([Cox, Proc R Soc B, 2016](#)).

Small studies of dietary supplements containing spirulina or, more generally, cyanobacteria, have not found BMAA to be present. The most recent of these studies included samples of *Spirulina* ingredients from two raw material suppliers and four "green drink" supplements (not identified by name but each listing 1,450 grams of *Spirulina* per serving). *Spirulina* is considered safe by the USP. For a *Spirulina* product to meet USP standards, it must not exceed limits for heavy metals and microcystin toxin (see paragraph below), but there is no requirement regarding BMAA ([McCarron, Aquat Biosys 2014](#); USP 2013 – not available online).

Aph. flos-aquae

Aph. flos-aquae (formerly called blue-green algae), typically harvested from Klamath Lake in Oregon, is frequently contaminated with toxins, including microcystin toxin – a potential human carcinogen also known for acute toxic effects on the liver. A study in 2010 of dietary supplements sold in Germany found this toxin in every supplement containing *Aph flos-aquae* (sourced from Oregon) at levels considered unsafe for infants and, in the case of single-ingredient supplements, unsafe for older children as well. Although the levels were below established limits of toxicity to adults, some researchers indicate that exposure to microcystin should be minimized and eliminated where possible – which would suggest avoidance of supplements containing *Aph. flos-aquae*.

A study in Canada of dietary supplements purchased mainly on the Internet found that 3 out of 4 *A. flos-aquae* products exceeded the microcystin toxin limit proposed by the World Health Organization, which is 2.4 mcg per day for a 60 kg (132 lb.) adult and is based on daily use over a lifetime. Product names were not published, but two were from Klamath Lake and were contaminated with 3.3 mcg and 4.5 mcg, respectively, of microcystin toxin in their recommended doses of 800 mg and 3,000 mg per day. The highest microcystin toxin level was 16.4 mcg per 2,000 mg daily dose in a product purchased at a store that didn't list its source of ingredient. A fourth product, from Klamath Lake, had a lower amount (0.8 mcg) in a 1,000 mg dose. These products had expiration dates in mid-2015. The study also tested four *Spirulina* supplements with 2015 expiration dates: one slightly exceeded the limit (based on a 3,000 mg dose) and one had a lower amount (0.6 mcg in a 3,000 mg dose). Results were included for 10 other spirulina products from earlier years (expiration dates of 2006 to 2009), of which only one had a detectable amount of microcystin toxins – 0.25 mcg in a 1,200 mg dose of the product, which was store bought and listed Hawaii as the source of ingredient ([Roy-Lachapelle, Toxins 2017](#)).

Recommended Tolerable Upper Intake Levels (ULs) have been established for many vitamins and minerals, so it is advisable to keep track of the amounts that you may be ingesting from the powders as well as from other foods and supplements (see www.ConsumerLab.com/RDAs for Recommended Dietary Allowances (RDAs) and ULs).

+ 30 sources

Information on this site is provided for informational purposes only. It is not an endorsement of any product nor is it meant to substitute for the advice provided by physicians or other healthcare professionals. The information contained herein should not be used for diagnosing or treating a health problem or disease. Consumers should inform their healthcare providers of the dietary supplements they take.

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