



— PRODUCT GUIDE

Total Greens

Greens + Fruits Superfood Mix

The complete superfood solution.

Cleansing Support/Gut Health/Immune Support/Positive Mood

Why you'll love it

Total Greens is the ultimate daily superfood boost, offering a full spectrum of antioxidant-rich fruit and vegetable powders plus dietary fiber to support energy, immune health, and glowing skin.*

FEATURES & BENEFITS

- Proprietary blend of 37 fruits and vegetables
- 4 g of dietary oat fiber to support digestion*
- Helps improve energy and mood*
- Supports the immune system and total body hydration*
- Delicious Berry Green flavor with no added sugar

HOW TO USE

Mix one scoop with 8 oz. of water or juice. For best results, stir, or shake vigorously. May also be added to your favorite smoothie. Use daily for maximum benefit.

FAQ

Q: What flavor is MONAT total greens?

A: Total Greens contains a proprietary blend of fruits and vegetables with a delicious Berry Green flavor sweetened with stevia extract.

Q: What are the benefits of consuming Total Greens?

A: A colorful diet comprised of a variety of fruits and vegetables is ideal. However, it can be time-consuming and difficult to ensure you achieve the recommended daily intake of fruits and vegetables. Total Greens provides a quick and convenient way to boost your diet with the much-needed phytonutrients it may be lacking.*

Q: What is the fiber benefit of Total Greens?

A: Most modern diets are lacking the sufficient amount of dietary fiber helpful in keeping the body's hunger in check and supporting the digestive system. Total Greens helps provide the daily dietary fiber that may be lacking.

INGREDIENTS OVERVIEW



Oat Fiber

Oat fiber comes from the fibrous husk of the oat. While this gluten-free fiber does not provide calories or significant nutrients, it is great for absorbing water.*



Acai

These fruits are also rich in fatty acids, provide amino acids, and include numerous sterols which helps block the absorption of cholesterol.*



Goji

A true antioxidant powerhouse, goji berries provide vitamins and minerals to support eye health, promote healthy skin, help improve mood, and boost the immune system.*



Papaya

This fruit supplies fiber, along with many vitamins and minerals to help maintain healthy bones and skin, and contains an enzyme called papain that aids digestion.*



Matcha Green Tea

Rich in polyphenols, flavonoids, catechins, antioxidants, nutrients, and other compounds providing benefits important for health.*



Greens Blend

Comprised of spirulina (algae), parsley, barley grass, brussels sprouts, spinach, and kale.

Supplement Facts

Serving Size: 1 Scoop (10 g)

Servings Per Container: 30

Amount per Serving		% Daily Value
Calories	20	
Total Carbohydrate	8 g	3%**
Dietary Fiber	4 g	14%**
Sodium	20 mg	1%

Proprietary Blend 4500 mg †

Organic Oat Fiber, Organic Spirulina (Whole Plant) Powder, Parsley (Leaf), Barley (Grass), Wheat (Grass), Organic Amaranth (Grain), Organic Acai (*Euterpe oleracea*) Fruit Powder, Organic Goji (Fruit) Powder, Organic Papaya (Fruit) Powder, Organic Milk Thistle (Seed), Organic Matcha Green Tea (Leaf) Powder, Pineapple (Fruit) Powder, Broccoli (*Brassica oleracea*) (whole plant) Powder, Carrot (Root) Powder, Apple (Fruit) Powder, Orange (Fruit) Powder, Tomato (Fruit) Powder, Brussel Sprouts (Whole Plant) Powder, Cauliflower (Whole Plant) Powder, Beet (Root) Powder, Blueberry (Fruit) Powder, Celery (Aerial Parts) Powder, Grape (Fruit) Powder, Grapefruit (Fruit) Powder, Kale (Leaf) Powder, Plum (Fruit) Powder, Raspberry (Fruit) Powder, Spinach (Aerial Parts) Powder, Strawberry (Fruit) Powder, Radish (Root) Powder, Watermelon (Fruit) Powder, Lemon (Fruit) Powder, Lime (Fruit) Powder, Cantaloupe (*Cucumis melo*) (Fruit) Powder, Cherry (Fruit) Powder, Leek (*Allium ampeloprasum*) (Aerial Parts) Powder, Onion (Bulb) Powder, Peach (Fruit) Powder, Pear (*Pyrus communis*) (Fruit) Powder, Ginger (Root) Powder, Green Pea (Seed) Powder.

**Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value (DV) not established.

Other Ingredients: Organic Maltodextrin, Organic Acacia Gum, Citric Acid, Natural Flavors, Rebaudioside A [as Stevia (leaf) Extract].

***These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**