

## Suggested Use:

Mix 1-1/4 teaspoon with 8 oz. of water or juice for a serving of a deep green leafy vegetable.

Store in a cool, dry place.

## Ingredients:

Organic barley grass

**PINES International, Inc.**

PO Box 927, Lawrence, KS 66044

1-800-MY-PINES (697-4637)

[www.wheatgrass.com](http://www.wheatgrass.com)

Certified Organic by QAI

US-ORG-050



# Nutrition Facts

Serving Size: 1-1/4 tsp (3.5g)

Servings per container: about 29

## Amount Per Serving

**Calories 10**

**%Daily Value\***

**Total Fat** 0g **0%**

**Sodium** 0mg **0%**

**Potassium** 115mg **4%**

**Total Carbohydrate** 2g **0%**

Dietary Fiber 1g **4%**

Sugars 1g

**Protein** 1g **2%**

Vitamin A (100% as betacarotene) **25%**

Vitamin C **2%**

Iron **4%**

Folate **6%**

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol or calcium.

\*Percent Daily Values (DV) are based on a 2000 calorie diet.