## **GREENS COMPLEX**

It's recommended to eat your greens, fruits, and vegetables multiple times per day as they help supply a variety of nutrients for overall health & immunity, function & performance, and energy. To help aid in this bodily need, it sometimes makes sense for busy adults to supplement with a Greens supplement. Know this is another insurance policy for these nutrients and needs, and not a replacement for whole foods.

The PowerStrength Greens Complex helps to supply additional vitamins, minerals, and nutrients to fill the potential gaps in nutrition.

