

	Greens First	GNC Green Earth Food	GNC Maximum Greens
Total Calories per serving	30	35	40
Calories from Fat	10	10	10
Total Fat (grams)	1.2g	1g	1g
Sodium	30mg	20mg	60mg
Carbohydrates	3g	4g	5g
Fiber	2g	1g	2.5g
Sugar	1g	0g	0g
Protein	2g	1.5g	2.5g
Green Blend	2500mg	2562mg	4200mg
Contains	Barley Grass Juice, Chlorella, Spirulina	Wheat Grass, Alfalfa Juice, Chlorella, Spirulina	Barley Grass, Wheat Grass, Alfalfa Grass, Spirulina,
Vegetable Blend	1500mg		975mg
Contains	Carrot Juice, Broccoli Juice, Cauliflower Juice, Spinach Juice, Parsley Juice, Kale Juice (all powdered)	Carrot, Celery, Spinach, Tomato	Broccoli, Spinach, Tomato, Carrot, Soy Bean Sprouts
Fruit Blend		400mg	
Contains		Apple, Banana, Pineapple, Papaya	
Add'l proprietary	300mg	3150mg	495mg
Contains	Carrot & carrot powder, Green Tea extract (decaf), Blueberry, Plum, Grape seed extract, Cranberry, Raspberry, Tart Cherry, Pine Bark extract, Broccoli powder, Tomato, Spinach, Kale, Brussel sprouts	Maltodextrin, Bee Pollen, Honey, Acerola, Royal Jelly, Cats Claw, Yucca, Reishi Mushroom, Ginkgo Biloba, Garcinia, Bilberry Extract, Wild Yam, Ginseng Astragalus, Echinacea, Ginger Root	Stevia Leaf, Kelp, Acerola Berry, Siberian Root, Ginkgo Biloba, Green Tea, Bilberry Extract, Grape Seed Extract
Lecithin (non GMO Soy)	1800mg	1862mg	2200mg
Fiber Blend	1950mg	672mg	1605mg
Contains	Oat Beta-glucan, Apple Fiber Pectin, Brown Rice Bran	Apple fiber pectin, Brown Rice, Wheat Germ	Apple Fiber Pectin, Whole Rice Bran,
Enzyme Blend	200mg	200mg	
Contains	Bromelain Extract, Papain, Protease, Amylase, Lipase, Cellulase, Lactase	Lipase, Amylase, Protease	
Probiotics	200mg		200mg
Sprouted Barley Malt	200mg		
Green Tea Extract (add'l)	100mg	500mg	15mg
Quercetin	100mg		
Resveratrol	100mg		
Milk Thistle Seed Extract	75mg	25mg	60mg
Red Beet Root	50mg	50mg	40mg
Cinnamon Powder	50mg		
Aloe Leaf Powder	50mg	50mg	
Turmeric Rhizome Extract	20mg		
Atlantic Kelp Powder	15mg		75mg
Licorice Root Extract	5mg	120mg	100mg
Potassium		20mg	
Chromium		40mcg	
Inositol		50mg	
Ccholine		40mg	