

Nutrition analysis Juice Plus Vegetable Blend Capsules. Copyright The Nutrition Guru and the Chef.

<b>Ingredient Common Name</b>	<b>Milligrams per capsule</b>	<b>Milligrams converted to grams</b>	<b>1 serve of vegetable (grams)*</b>	<b>Percentage of 1 serve</b>
Carrot	194.5mg	0.19g	75	3% of a serve of carrot
Parsley	133mg	0.13g	-	-
Lemon	77 mg	0.07g	-	-
Broccoli	61.3mg	0.06g	75	0.08% Of a serve of broccoli
Cabbage	10.4mg	0.01g	75	0.13% of a serve of cabbage
Kale	23.3mg	0.02g	75	0.03% of a serve of kale
Spinach	50mg	0.05g	75	0.06% of a serve of spinach
Tomato	20mg	0.02g	75	0.02% of a serve of tomato
Beetroot	10mg	0.01g	75	0.01% of a serve of beetroot
Rice	20mg	0.02g	100g (75-120)	0.02% of a serve of rice
Garlic	15mg	0.01g	-	-
Spirulina	15	0.015	-	-