

ITEM #6191
B19956 04D



ACTUAL
SIZE



Iron Free

Green Source®

Multi Vitamin Complex

**Promotes Heart, Bone, Immune,
Skin Health & More***

**Specially Formulated with
Probiotics & Green Foods**

CERTIFIED
100% NATURAL
d-ALPHA

E Dietary Supplement

60 TABLETS



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 20

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%
Vitamin D (as Ergocalciferol)	800 IU 200%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU 333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4,167%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 300%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and d-Calcium Pantothenate)	288 mg 27%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 31%
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	25 mcg 36%
Copper (as Cupric Gluconate)	0.5 mg 25%

Manganese (as Manganese Gluconate)	4 mg 200%
Chromium (as Chromium Picolinate)	100 mcg 83%
Molybdenum (as Sodium Molybdate)	51 mcg 68%
Chloride (as Potassium Chloride)	45 mg 1%
Potassium (as Potassium Chloride)	50 mg 1%
Choline (as Choline Bitartrate)	50 mg **
Inositol	25 mg **
PABA (Para-Aminobenzoic Acid)	25 mg **
Boron (as Sodium Borate)	1 mg **
Citrus Bioflavonoids (Citrus limon) (fruit)	60 mg **
Hesperidin Complex (Citrus spp.) (fruit)	20 mg **
Rutin	20 mg **
Quercetin	20 mg **
DNA (Deoxyribonucleic Acid)	1 mg **
RNA (Ribonucleic Acid)	35 mg **
L-Glutathione	5 mg **
Lutein	10 mcg **
Proprietary Enzyme Blend (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	50 mg **
Proprietary Probiotic Blend (L. bifidus, L. bulgaricus, L. acidophilus)	25 mg **
Proprietary Omega Blend (Flaxseed, Sunflower Oil, Borage Powder)	300 mg **
(Contains Omega-3 35 mg and Omega-6 12 mg)	
Proprietary Green and Whole Food Blend (Oat Bran Extract (Avena sativa) (aerial), Spirulina (Spirulina platensis) (plant), Apple Pectin (fruit),	1,200 mg **

Wheat Grass (Triticum sativum) (aerial), Chlorella (Chlorella vulgaris) (plant), Barley Juice Concentrate, Sodium Copper Chlorophyllin)	100 mg **
Proprietary Herb Blend (Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum) (fruit), Korean Ginseng (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root))	100 mg **
Proprietary Vegetable Blend (Garlic (Allium sativum) (bulb), Beet Root Powder, Carrot Powder, Parsley Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower and Kale)	100 mg **
Proprietary Fruit Blend (Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Papaya Fruit Powder, Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Bilberry (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (fruit), Pineapple (Ananas sativa) (fruit), Orange (Citrus sinensis) (fruit), Noni Extract (Morinda citrifolia) (fruit))	50 mg **
Proprietary Mushroom Blend (Shiitake Extract, Maitake (Grifola frondosa) (aerial), Reishi Extract)	

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Hypromellose, Silica, Vegetable Stearic Acid, Vegetable Magnesium Stearate.

Contains milk and wheat ingredients.

No Egg, No Fish, No Sugar, No Artificial Color, No Artificial Flavor.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or planning any medical procedure, consult your doctor before use. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

Directions: For adults, take three (3) tablets daily, preferably with a meal or as desired.

Green Source® Iron Free has been developed for those individuals who do not need to supplement their diet with extra Iron, but who still want the nutritional benefits provided by this carefully blended formulation. This comprehensive formula is derived from natural food concentrates, essential vitamins and minerals, enzymes, herbs, essential oils, and other natural food factors.

Also provides all the naturally occurring active constituents of whole foods including lipids such as Omega-3 and Omega-6 polyunsaturates, Plant Enzymes and Plant Pigments.

Color may vary due to natural ingredients

***This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

Manufactured by Good 'N Natural®

Bohemia, NY 11716 USA

800-544-0095 www.GOODNNATURAL.com

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