

NATURE'S BOUNTY

Your Life[®] MULTI

Green Source[®]
Multivitamin/Multimineral
Specialty Formula

with
**Whole Food
Concentrates &
Phytonutrients**

» Supports Heart, Bone, Immune
and Skin Health*

» Specially Formulated with
Probiotics & Green Foods

60 Coated Caplets

VEGETARIAN FORMULA
Dietary Supplement

Supplement Facts

Serving Size 3 Caplets
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)	268 mg 27%
Iron (as Ferrous Sulfate)	15 mg 83%
Iodine (from Kelp)	150 mcg 100%

Other Ingredients: Vegetable Cellulose, Silica. Contains <2% of: Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk and wheat ingredients.

DIRECTIONS: For adults, take three (3) caplets daily, preferably with meals.

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

Suitable for Vegetarians

Color may vary due to natural ingredients.

Amount Per Serving	%Daily Value
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 Complex (Citrus spp.) (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 **
Green Source Digestive Enzyme Blend	50 mg **

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, 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. Store unopened container at room temperature. Refrigerate after opening. Do not use if seal under cap is broken or missing.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Amount Per Serving	%Daily Value
(Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	
Green Source Probiotic Blend (B. bifidum, L. bulgaricus, L. acidophilus)	25 mg **
Green Source Omega Blend (Flaxseed, Sunflower Oil, Borage Powder) (Contains Omega-3 35 mg and Omega-6 12 mg)	300 mg **
Green Source Green and Whole Food Blend (Oat Extract (Avena sativa) (aerial), Chlorella (Chlorella vulgaris) (plant), Wheat Grass (Triticum sativum) (aerial), Spirulina (Spirulina platensis) (plant), Apple Pectin (fruit), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper Chlorophyllin)	1,230 mg **
Green Source Herb Blend (Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle (Silybum marianum) (seed), Cayenne (Capsicum annuum) (fruit), Korean Ginseng Extract (Panax ginseng) (root), Ginkgo Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root))	100 mg **
Green Source Vegetable Blend (Garlic (Allium sativum) (bulb), Wheat Grass (Triticum sativum) (aerial), Beet Root Powder, Carrot Powder, Parsley Powder, Asparagus Powder, and Extracts of	100 mg **

For educational health tips and to join our money saving
Healthy Rewards™ program, visit www.NaturesBounty.com

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

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

Amount Per Serving	%Daily Value
Broccoli, Cabbage, Brussels Sprouts, Cauliflower and Kale)	
Green Source 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))	100 mg **
Green Source Mushroom Blend (Shiitake Extract, Maitake (Grifola frondosa) (aerial), Reishi Extract)	50 mg **

**Daily Value not established.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
Bohemia, NY 11716 U.S.A. • ©2012 Nature's Bounty, Inc.

Prod. No. 6220 B19953 13E

