

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. **Your health & safety are our first priority!**



green source®

MULTI VITAMINS & MINERALS
with Whole Food Concentrates

IRON FREE

 **VITAMIN WORLD®**
get healthy.™

120 coated caplets
VEGETARIAN DIETARY SUPPLEMENT



B19956

11D

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

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 Acid 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%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 31%
Zinc (as Zinc Oxide)	15 mg 100%

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

Contains milk and wheat ingredients.

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

Amount Per Serving	%Daily Value
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 Bioflavonoid 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 *

is derived from natural food concentrates, essential vitamins and minerals, enzymes, herbs, essential oils, and other natural food factors.

This product also provides naturally occurring active constituents of whole food concentrates including Plant Enzymes, Plant Pigments and Omega-3 and Omega-6 polyunsaturates.

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

Amount Per Serving	%Daily Value
L-Glutathione	5 mg *
Lutein	10 mcg *
Green Source Digestive Enzyme Blend (Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	50 mg *
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	1,200 mg *
Green and Whole Food Blend (Oat Extract (Avena sativa) (aerial), Wheat Grass (Triticum aestivum) (aerial), Spirulina (Spirulina platensis) (plant), Apple Pectin (fruit), Chlorella (Chlorella vulgaris) (plant), Barley Grass (Hordeum vulgare) (aerial), Sodium Copper Chlorophyllin)	100 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	100 mg *

No Artificial Color or Flavor, No Sugar, No Fish.
Color may vary due to natural ingredients.

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. Keep out of

Amount Per Serving	%Daily Value
Biloba Extract (Ginkgo biloba) (leaf), Goldenseal (Hydrastis canadensis) (root)	100 mg *
Green Source 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 *
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 Extract (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (fruit), Pineapple (Ananassa sativa) (fruit), Orange (Citrus spp.) (fruit), Noni Extract (Morinda citrifolia) (fruit))	50 mg *
Green Source Mushroom Blend (Shiitake Extract, Maitake (Grifola frondosa) (aerial), Reishi Extract)	50 mg *

reach of children. Store unopened container at room temperature. Refrigerate after opening. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # 6190
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