

**Other Ingredients:** Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of: Maltodextrin, Silica, Triacetin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains bioengineered food ingredients.

**DIRECTIONS:** For adults, take three (3) caplets daily, preferably with a meal.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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. Do not use if seal under cap is broken or missing.

Color may vary due to natural ingredients. Refrigerate after opening.

**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.

**TO REORDER ITEM # 6222**  
[www.puritan.com](http://www.puritan.com)  
 1-800-645-1030

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 PURITAN'S PRIDE, INC.  
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Puritan's Pride

# GREEN SOURCE®

## MULTIVITAMINS & MINERALS

with

## WHOLE FOOD CONCENTRATES



VEGETARIAN  
DIETARY SUPPLEMENT

120 COATED  
CAPLETS

## Supplement Facts

Serving Size 3 Caplets  
 Servings Per Container 40

| Amount Per Serving                                | %Daily Value           | Amount Per Serving                                                                                                                                                                                                                                   | %Daily Value |
|---------------------------------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|
| Calories                                          | 5                      | Sodium                                                                                                                                                                                                                                               | 10 mg <1%    |
| Total Carbohydrate                                | 1 g <1%*               | Potassium (as Potassium Gluconate)                                                                                                                                                                                                                   | 30 mg <1%    |
| Vitamin A (as Beta-Carotene)                      | 750 mcg 83%            | Inositol                                                                                                                                                                                                                                             | 10 mg **     |
| Vitamin C (as Ascorbic Acid)                      | 120 mg 133%            | Chia ( <i>Salvia hispanica</i> ) (seed)                                                                                                                                                                                                              | 100 mg **    |
| Vitamin D (as Cholecalciferol)                    | 50 mcg (2,000 IU) 250% | Citrus Bio Complex Blend<br>(Citrus Bioflavonoid Complex ( <i>Citrus spp.</i> ) (peel),<br>Quercetin, Hesperidin Complex ( <i>Citrus spp.</i> ) (peel))                                                                                              | 50 mg **     |
| Vitamin E<br>(as dl-Alpha Tocopheryl Acetate)     | 13.5 mg 90%            | Green Source® Digestive Enzyme Blend<br>(Papain ( <i>Carica papaya</i> ), Betaine Hydrochloride,<br>Bromelain ( <i>Ananas comosus</i> ))                                                                                                             | 50 mg **     |
| Thiamin<br>(Vitamin B-1) (as Thiamin Mononitrate) | 25 mg 2,083%           | Green Source® 520 mg **                                                                                                                                                                                                                              |              |
| Riboflavin (Vitamin B-2)                          | 25 mg 1,923%           | Green and Whole Food Blend<br>(Chlorella ( <i>Chlorella spp.</i> ) (whole plant), Apple Pectin<br>(fruit), Spirulina ( <i>Arthrospira spp.</i> ) (whole plant))                                                                                      |              |
| Niacin (as Niacinamide)                           | 25 mg 156%             | Green Source® Herb Blend 100 mg **                                                                                                                                                                                                                   |              |
| Vitamin B-6<br>(as Pyridoxine Hydrochloride)      | 25 mg 1,471%           | (Cayenne ( <i>Capsicum annuum</i> ) (fruit), Echinacea ( <i>Echinacea purpurea</i> ) (aerial), Garlic ( <i>Allium sativum</i> ) (bulb),<br>Ginger ( <i>Zingiber officinale</i> ) (root), Milk Thistle Extract<br>( <i>Silybum marianum</i> ) (seed)) |              |
| Folic Acid                                        | 666 mcg DFE 167%       |                                                                                                                                                                                                                                                      |              |
| (400 mcg folic acid)                              | 500 mcg 20,833%        |                                                                                                                                                                                                                                                      |              |
| Vitamin B-12<br>(as Cyanocobalamin)               | 1,000 mcg 3,333%       |                                                                                                                                                                                                                                                      |              |
| Biotin (as d-Biotin)                              | 30 mg 600%             |                                                                                                                                                                                                                                                      |              |
| Pantothenic Acid<br>(as d-Calcium Pantothenate)   | 10 mg 2%               |                                                                                                                                                                                                                                                      |              |
| Choline (as Choline Bitartrate)                   | 120 mg 9%              |                                                                                                                                                                                                                                                      |              |
| Calcium (as Calcium Carbonate)                    | 18 mg 100%             |                                                                                                                                                                                                                                                      |              |
| Iron (as Ferrous Fumarate)                        | 150 mcg 100%           |                                                                                                                                                                                                                                                      |              |
| Iodine (from Potassium Iodide)                    | 25 mg 6%               |                                                                                                                                                                                                                                                      |              |
| Magnesium<br>(as Magnesium Oxide)                 | 10 mg 91%              |                                                                                                                                                                                                                                                      |              |
| Zinc (as Zinc Gluconate)                          | 25 mcg 45%             |                                                                                                                                                                                                                                                      |              |
| Selenium<br>(as L-Selenomethionine)               | 0.5 mg 56%             |                                                                                                                                                                                                                                                      |              |
| Copper (as Cupric Gluconate)                      | 2 mg 87%               |                                                                                                                                                                                                                                                      |              |
| Manganese<br>(as Manganese Gluconate)             | 1,000 mcg 2,857%       |                                                                                                                                                                                                                                                      |              |
| Chromium (as Chromium Chloride)                   | 51 mcg 113%            |                                                                                                                                                                                                                                                      |              |
| Molybdenum (as Sodium Molybdate)                  |                        |                                                                                                                                                                                                                                                      |              |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.