



#848



®

**GREEN
SOURCE**®

**Whole Food
Vitamin-Mineral Complex**

Dietary Supplement

90 TABLETS

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

Amount Per Serving	% DV
Vitamin A (as 100% beta carotene).....	2500 IU 50%
Vitamin C (as L-ascorbic acid).....	120 mg 200%
Vitamin D (as ergocalciferol).....	2000 IU 500%
Vitamin E (as d-alpha Tocopheryl acetate)	30 IU 100%
Thiamin (B-1) (as thiamin mononitrate).....	25 mg 1667%
Riboflavin (Vitamin B-2).....	25 mg 1471%
Niacin (as niacinamide).....	25 mg 125%
Vitamin B-6 (as pyridoxine HCl).....	25 mg 1250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as cyanocobalamin).....	500 mcg 8333%
Biotin (as d-Biotin)	1000 mcg 333%
Pantothenic Acid (as calcium pantothenate) ...	30 mg 300%
Calcium (as calcium carbonate)	50 mg 5%
Iron (as ferrous sulfate).....	18 mg 100%
Iodine (as kelp).....	150 mcg 100%
Magnesium (as magnesium oxide).....	25 mg 5%
Zinc (as zinc picolinate).....	10 mg 87%
Selenium (as L-selenomethionine)	25 mg 36%
Copper (as cupric gluconate)	480 mcg 25%
Manganese (as manganese gluconate)	2 mg 100%
Chromium (as chromium picolinate).....	100 mcg 83%
Molybdenum (as sodium molybdate).....	51 mcg 68%
Sodium	10 mg <1%*
Potassium (as potassium gluconate).....	30 mg <1%
Choline Bitartrate (as choline bitartrate).....	10 mg *
Inositol	10 mg *
Boron (as sodium borate)	1 mg *
DNA (Deoxyribonucleic Acid)	1 mg *
RNA (Ribonucleic Acid)	1 mg *
Lutein.....	10 mcg *

Amount Per Serving	% DV
Flaxseed	100 mg *
{containing Omega-3 (12 mg), Omega-5 (4 mg)}	
Citrus Bioflavonoids Complex.....	50 mg *
(Citrus bioflavonoids (peel), Hesperidin complex (peel), Rutin, Quercetin)	
Digestive Enzyme Blend.....	50 mg *
{Papain (papaya enzyme), Betaine HCl, Bromelain (from pineapple), Amylase}	
Probiotic Blend	25 mg *
(L. acidophilus, L. brevis, L. bulgaricus)	
Green and Whole Food Blend	500 mg *
{Chlorella (plant), Apple Pectin (fruit), Spirulina (plant), Sodium Copper Chlorophyllin}	
Herbal Blend.....	100 mg *
{Garlic (bulb), Echinacea (aerial), Ginger (root), Milk Thistle Extract (seed), Cayenne (fruit), Goldenseal (root)}	
Vegetable Blend.....	100 mg *
{Broccoli, Extract of Cabbage, Brussels Sprout and Cauliflower, Parsley Pwd., Beet Root Pwd., Carrot Pwd., Asparagus Pwd.}	
Fruit Blend	100 mg *
{Grapefruit Extract, Apple Pwd., (fruit), Peach (fruit), Strawberry (fruit), Acai Extract (fruit), Cranberry (fruit), Bilberry Extract (fruit), Pomegranate Extract (peel), Pineapple (fruit), Noni Pwd. (fruit)}	
Mushroom Blend	50 mg *
{Shiitake (aerial), Maitake (aerial), Reishi (aerial)}	

* Daily Value not established.

DIRECTIONS: As a dietary supplement, take three (3) tablets daily, preferably with a meal or as desired.

TAMPER EVIDENT: Do not use this product if imprinted foil seal under cap is broken or missing.

Suitable for Vegetarians/Vegans

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C).

Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Conforms to USP <2091> for weight. Meets USP<2040> disintegration for maximum bioavailability.

Other Ingredients: Vegetable Cellulose, vegetable stearic acid, vegetable magnesium stearate, and silica. Non-GMO

CAUTION: If you are pregnant or nursing, consult your physician before taking this product. Avoid this product if you are allergic to sunflowers, ragweed or daisy-like flowers.

CONTAINS NO preservatives, sugar, starch, milk, lactose, gluten, wheat, yeast, fish, artificial color, flavor, or sweetener.

Rev. #07

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose contact a doctor or poison control center immediately.

Distributed by: **Dee Cee Laboratories, Inc.** ®
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Made in USA