

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 # 6220
www.puritan.com
 1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
 © 2020 Puritan's Pride, Inc.
 B10019 20G 14-12080



WWW.PURITAN.COM

 **Puritan's Pride**

GREEN SOURCE®

MULTIVITAMINS & MINERALS
 with
WHOLE FOOD CONCENTRATES



VEGETARIAN
DIETARY SUPPLEMENT

60 COATED
 CAPLETS

Supplement Facts

Serving Size 3 Caplets
 Servings Per Container 20

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	1 g <1%*
Vitamin A (as Beta-Carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	120 mg 133%
Vitamin D (as Cholecalciferol)	50 mcg (2,000 IU) 250%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg 90%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 2,083%
Riboflavin (Vitamin B-2)	25 mg 1,923%
Niacin (as Niacinamide)	25 mg 156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,471%
Folic Acid	666 mcg DFE (400 mcg folic acid) 167%
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	1,000 mcg 3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 600%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate)	120 mg 9%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (from Potassium Iodide)	150 mcg 100%
Magnesium (as Magnesium Oxide)	25 mg 6%
Zinc (as Zinc Gluconate)	10 mg 91%
Selenium (as L-Selenomethionine)	25 mcg 45%
Copper (as Cupric Gluconate)	0.5 mg 56%
Manganese (as Manganese Gluconate)	2 mg 87%
Chromium (as Chromium Chloride)	1,000 mcg 2,857%
Molybdenum (as Sodium Molybdate)	51 mcg 113%

Amount Per Serving	%Daily Value
Sodium	10 mg <1%
Potassium (as Potassium Gluconate)	30 mg <1%
Inositol	10 mg "
Chia (<i>Salvia hispanica</i>) (seed)	100 mg "
Citrus Bio Complex Blend (Citrus Bioflavonoid Complex (<i>Citrus spp.</i>) (peel), Quercetin, Hesperidin Complex (<i>Citrus spp.</i>) (peel))	50 mg "
Green Source® Digestive Enzyme Blend (Papain (<i>Carica papaya</i>), Betaine Hydrochloride, Bromelain (<i>Ananas comosus</i>))	50 mg "
Green Source® Green and Whole Food Blend (Chlorella (<i>Chlorella spp.</i>) (whole plant), Apple Pectin (fruit), Spirulina (<i>Arthrospira spp.</i>) (whole plant))	520 mg "
Green Source® Herb Blend (Cayenne (<i>Capsicum annuum</i>) (fruit), Echinacea (<i>Echinacea purpurea</i>) (aerial), Garlic (<i>Allium sativum</i>) (bulb), Ginger (<i>Zingiber officinale</i>) (root), Milk Thistle Extract (<i>Silybum marianum</i>) (seed))	100 mg "
Green Source® Powdered Vegetable Blend (Beet Root, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Kale Leaves, Parsley, Spinach Leaves)	205 mg "
Green Source® Powdered Fruit Blend (Grapefruit Powder (<i>Citrus paradisi</i>) (peel), Acai Extract (<i>Euterpe oleracea</i>) (fruit), Apple (<i>Malus domestica</i>) (fruit), Bilberry (<i>Vaccinium myrtillus</i>) (fruit), Cranberry (<i>Vaccinium macrocarpon</i>) (fruit), Noni (<i>Morinda citrifolia</i>) (fruit), Pear (<i>Pyrus communis</i>) (fruit), Pineapple (<i>Ananas comosus</i>) (fruit), Pomegranate (<i>Punica granatum</i>) (peel), Strawberry (<i>Fragaria spp.</i>) (fruit))	100 mg "

*Percent Daily Values are based on a 2,000 calorie diet.
 **Daily Value not established.