

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, including a known sensitivity to latex, 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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

~ Color may vary due to natural ingredients.



TO REORDER ITEM # 6190
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

GREEN SOURCE®

IRON FREE

MULTIVITAMINS & MINERALS
 with
WHOLE FOOD CONCENTRATES



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	Amount Per Serving	%Daily Value
Iron	1	Iron (from Potassium Iodide)	150 mcg 100%	Green Source® Powdered Folic Acid	0.5 mg
Ascorbic Acid	1 g >15%	Magnesium (as Magnesium Oxide)	25 mg 5%	Capsule (Other products) (as Other products)	0.5 mg
Iron (as Iron)	15 mcg 85%	Silica (as Silica Glucosate)	10 mg 5%	Apple (from Apple) (as Apple)	0.5 mg
Iron (as Iron)	15 mcg 85%	Selenium (as L-Selenomethionine)	25 mcg 40%	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Copper (as Cupric Glucosate)	1.5 mg 50%	Noni (Morus chinensis) (as Noni)	0.5 mg
Iron (as Iron)	15 mcg 85%	Manganese (as Manganese Glucosate)	3 mg 60%	Pineapple (from Pineapple)	0.5 mg
Iron (as Iron)	15 mcg 85%	Chromium (as Chromium Chloride)	1,000 mcg 1,000%	Green Source® Folic Acid	0.5 mg
Iron (as Iron)	15 mcg 85%	Molybdenum (as Sodium Molybdate)	25 mcg 50%	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Sodium	15 mg <1%	Apple (from Apple)	0.5 mg
Iron (as Iron)	15 mcg 85%	Potassium (as Potassium Glucosate)	25 mg <1%	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Iron	15 mg	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Black Chia (Salvia Hispanica) (seed)	150 mg	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Green Source®	500 mg	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Green and Whole Food Blend		Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	(Chlorophyll (Chlorophyll a) (whole plant), Repl. Microphyllon		Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	redoubt) (whole plant), Apple Pearls (fruit), Spirulina		Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	(Astragalus spp.) (whole plant)		Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Green Source® Powdered Vegetable Blend	200 mg	Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	(Broccoli, Kale Leaves, Spinach Leaves, Beet Root, Brussels		Carrot (from Carrot)	0.5 mg
Iron (as Iron)	15 mcg 85%	Sprout, Cabbage, Carrot, Cauliflower, Parsley)		Carrot (from Carrot)	0.5 mg

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. **Contains <2% of:** Maltodextrin, Silica, Iron, Lipoic Acid, Magnesium Stearate, Vegetable Stearic Acid.

May contain fish and shellfish.

Contains bioengineered food ingredients.