

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 # 6193
www.puritan.com
 1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
 Ronkonkoma, NY 11779 U.S.A.
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GREEN SOURCE®

IRON FREE

MULTIVITAMINS & MINERALS
 with
WHOLE FOOD CONCENTRATES



DIETARY
 SUPPLEMENT

240 COATED
 CAPLETS

Supplement Facts

Serving Size 3 Caplets
 Servings Per Container 80

Amount/Per Serving	%Daily Value	Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Zinc	5	Iodine (from Potassium Iodide)	150 mcg 100%	Green Source® Powdered Fruit Blend	10 mg
Vitamin C (as Ascorbic Acid)	1 g 100%	Rapeseed (as Rapeseed Oil)	25 mg 5%	Orange Peel (Citrus aurantium) (peel), Ice Cream (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin E (as d-Alpha-Tocopherol)	150 mcg 100%	Zinc (as Zinc Sulfate)	15 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin K (as Menaquinone-7)	120 mcg 100%	Selenium (as L-Selenomethionine)	25 mcg 50%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B1 (as Thiamine Hydrochloride)	30 mg 100%	Copper (as Cupric Gluconate)	0.5 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin B2 (as Riboflavin)	15 mg 100%	Manganese (as Manganese Gluconate)	2 mg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B3 (as Nicotinamide)	25 mg 100%	Chromium (as Chromium Chloride)	1,000 mcg 1,000%	Green Source® Fruit Blend	10 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg 100%	Molybdenum (as Sodium Molybdate)	50 mcg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Sodium	15 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin D3 (as Cholecalciferol)	25 mcg 1,000%	Potassium (as Potassium Gluconate)	30 mg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Calcium (as Calcium Hydroxide)	10 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Black Chia (Salvia Hispanica) (seed)	100 mg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Green Source®	100 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Green and Whole Food Blend	100 mg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Chlorella (Chlorella spp.) (whole plant), Kelp (Macrophylus robustum) (whole plant), Apple Pectin (fruit), Spirulina (Arthrospira spp.) (whole plant)	100 mg 100%	Green Source® Fruit Blend	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Green Source® Powdered Vegetable Blend	100 mg 100%	Carrot (Daucus carota) (root), Orange (Citrus aurantium) (fruit), Apple (Malus domestica) (fruit), Strawberry (Fragaria vesca) (fruit), Raspberry (Rubus idaeus) (fruit), Blackberry (Rubus fruticosus) (fruit), Blueberry (Vaccinium corymbosum) (fruit), Elderberry (Sambucus racemosa) (fruit), Lemon (Citrus limon) (fruit), Lime (Citrus aurantifolia) (fruit), Peach (Prunus persica) (fruit), Pear (Pyrus communis) (fruit), Plum (Prunus domestica) (fruit), Raspberry (Rubus idaeus) (fruit), Strawberry (Fragaria vesca) (fruit)	10 mg
Vitamin B12 (as Methylcobalamin)	25 mcg 1,000%	Broccoli, Kale Leaves, Spinach Leaves, Beet Root, Broccoli Sprout, Cabbage, Carrot, Cauliflower, Parsley	100 mg 100%	Green Source® Fruit Blend	10 mg

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Contains 4% of Maltodextrin, Silica, Triacetin, Vegetable Magnesium Stearate, Vegetable Starch Acid.

May contain fish and shellfish.

Contains bioengineered food ingredients.