

NATURE'S BOUNTY.

Your Life[®]
MULTIGreen Source[®]
Multivitamin/Multimineral
Specialty Formulawith
Whole Food
Concentrates &
Phytonutrients>> Promotes Heart, Bone, Immune,
Skin Health & More*>> Specially Formulated with
Probiotics and Green Foods

60 Coated Caplets

VEGETARIAN FORMULA
Dietary Supplement

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 20

Amount Per Serving	%Daily Value
Vitamin A (as Beta-Carotene)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	500 mg 833%
Vitamin D (as Ergocalciferol)	800 IU 200%
Vitamin E (as d-Alpha Tocopheryl Succinate)	100 IU 333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 1,667%
Riboflavin (Vitamin B-2)	25 mg 1,471%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	250 mcg 4,167%
Biotin (as d-Biotin)	300 mcg 100%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 300%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and d-Calcium Pantothenate)	268 mg 27%
Iron (as Ferrous Sulfate)	15 mg 83%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	125 mg 31%

Other Ingredients: Vegetable Cellulose, Silica. Contains <2%
of: Vegetable Magnesium Stearate, Vegetable Stearic Acid.
Contains milk and wheat ingredients.DIRECTIONS: For adults, take three (3) caplets daily,
preferably with meals.No Artificial Color or Flavor, No Sugar, No Fish.
Suitable for Vegetarians

Color may vary due to natural ingredients.

Amount Per Serving	%Daily Value
Zinc (as Zinc Oxide)	15 mg 100%
Selenium (as L-Selenomethionine)	25 mcg 36%
Copper (as Cupric Gluconate)	0.5 mg 25%
Manganese (as Manganese Gluconate)	4 mg 200%
Chromium (as Chromium Picolinate)	100 mcg 83%
Molybdenum (as Sodium Molybdate)	51 mcg 68%
Chloride (as Potassium Chloride)	45 mg 1%
Potassium (as Potassium Chloride)	50 mg 1%
Choline (as Choline Bitartrate)	50 mg **
Inositol	25 mg **
PABA (Para-Aminobenzoic Acid)	25 mg **
Boron (as Sodium Borate)	1 mg **
Citrus Bioflavonoids (<i>Citrus spp.</i>) (fruit)	60 mg **
Hesperidin Complex (<i>Citrus spp.</i>) (fruit)	20 mg **
Rutin	20 mg **
Quercetin	20 mg **
DNA (Deoxyribonucleic Acid)	1 mg **
RNA (Ribonucleic Acid)	35 mg **
L-Glutathione	5 mg **
Lutein	10 mcg **
Green Source Digestive Enzyme Blend	50 mg **
(Betaine Hydrochloride, Bromelain (from Pineapple), Papain (Papaya Enzyme), Amylase, Lipase, Cellulase, Protease)	

WARNING: Not intended for use by pregnant or nursing women.
If you are taking any medications or planning any medical
procedure, consult your doctor before use. 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. Refrigerate after
opening. Do not use if seal under cap is broken or missing.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.

Amount Per Serving	%Daily Value
Green Source Probiotic Blend	25 mg **
(<i>B. bifidum</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i>)	
Green Source Omega Blend	300 mg **
(Flaxseed, Sunflower Oil, Borage Powder) (Contains Omega-3 35 mg and Omega-6 12 mg)	
Green Source Green	1,200 mg **
and Whole Food Blend	
(Oat Extract (<i>Avena sativa</i>) (seed), Wheat Grass (<i>Triticum sativum</i>) (aerial), Spirulina (<i>Spirulina platensis</i>) (plant), Apple Pectin (fruit), Chlorella (<i>Chlorella vulgaris</i>) (plant), Barley Grass (<i>Hordeum vulgare</i>) (aerial), Sodium Copper Chlorophyllin)	
Green Source Herb Blend	100 mg **
(Echinacea (<i>Echinacea purpurea</i>) (aerial), Ginger (<i>Zingiber officinale</i>) (root), Milk Thistle (<i>Silybum</i> <i>marianum</i>) (seed), Cayenne (<i>Capiscum annuum</i>) (fruit), Korean Ginseng Extract (<i>Panax ginseng</i>) (root), Ginkgo Biloba Extract (<i>Ginkgo biloba</i>) (leaf), Goldenseal (<i>Hydrastis canadensis</i>) (root))	
Green Source Vegetable Blend	100 mg **
(Garlic (<i>Allium sativum</i>) (bulb), Wheat Grass (<i>Triticum</i> <i>sativum</i>) (aerial), Beet Root Powder, Carrot Powder, Parsley Powder, Asparagus Powder, and Extracts of Broccoli, Cabbage, Brussels Sprouts, Cauliflower and Kale)	

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Healthy Rewards[™] program, visit www.NaturesBounty.comNutrition Questions or Comments?
Call NutraPhone[®] 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET*This statement has not been evaluated by the Food and
Drug Administration. This product is not intended to
diagnose, treat, cure or prevent any disease.

Amount Per Serving	%Daily Value
Green Source Fruit Blend	100 mg **
(Grapefruit Extract, Apple Powder (<i>Malus pumila</i>) (fruit), Papaya Fruit Powder, Peach (fruit), Strawberry (<i>Fragaria virginiana</i>) (fruit), Acai (<i>Euterpe oleracea</i>) (fruit), Cranberry (<i>Vaccinium</i> <i>macrocarpon</i>) (fruit), Blueberry (<i>Vaccinium</i> <i>corymbosum</i>) (fruit), Bilberry (<i>Vaccinium myrtillus</i>) (fruit), Pomegranate Extract (<i>Punica granatum</i>) (fruit), Pineapple (<i>Ananassa sativa</i>) (fruit), Orange (<i>Citrus sinensis</i>) (fruit), Noni Extract (<i>Morinda</i> <i>citrifolia</i>) (fruit))	
Green Source Mushroom Blend	50 mg **
(Shiitake Extract, Maitake (<i>Grifola frondosa</i>) (aerial), Reishi Extract)	

**Daily Value not established.

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