

ITEM #6222
B55654 141

0 74312 46222 1

ACTUAL
SIZE



Green Source®

Multi Vitamins & Minerals
with Whole Food Concentrates

Supports Heart, Bone, Immune
and Skin Health*

Specially Formulated with
Probiotics & Green Foods

Dietary Supplement

120 TABLETS



Supplement Facts

Serving Size 3 Tablets Servings Per Container 40		
Amount Per Serving		%Daily Value
Calories	5	
Total Carbohydrate	2 g	1%**
Dietary Fiber	1 g	4%**
Vitamin A (as Beta-Carotene)	2,500 IU	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Ergocalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU	100%
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)	500 mcg	8,333%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg	300%
Calcium (as Calcium Carbonate)	50 mg	5%
Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	25 mg	15%

Other Ingredients: Vegetable Cellulose, Silica. **Contains <2% of:** Vegetable Magnesium Stearate, Vegetable Stearic Acid.

No Gluten, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Fish, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor.

Color may vary due to natural ingredients.

Amount Per Serving		%Daily Value
Zinc (as Zinc Picolinate)	10 mg	67%
Selenium (as L-Selenomethionine)	25 mcg	36%
Copper (as Cupric Gluconate)	0.5 mg	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 (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	***
Flaxseed (Contains Omega-3 12 mg and Omega-6 4 mg)	100 mg	***
Citrus Bio Complex (Citrus Bioflavonoid Complex (Citrus spp.) (peel), Hesperidin Complex (Citrus spp.) (peel), Rutin, Quercetin)	50 mg	***
Green Source® Digestive Enzyme Blend (Papain (Papaya Enzyme), Betaine Hydrochloride, Bromelain (from Pineapple), Amylase)	50 mg	***
Green Source® Probiotic Blend (L. acidophilus, L. brevis, L. bulgaricus)	25 mg	***

Amount Per Serving		%Daily Value
Green Source® Green and Whole Food Blend (Chlorella (Chlorella vulgaris) (plant), Apple Pectin (fruit), Spirulina (Spirulina platensis) (plant), Sodium Copper Chlorophyllin)	500 mg	***
Green Source® Herb Blend (Garlic (Allium sativum) (bulb), Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle Extract (Silybum marianum) (seed), Cayenne (Capsicum spp.) (fruit), Goldenseal (Hydrastis canadensis) (root))	100 mg	***
Green Source® Vegetable Blend (Broccoli, Extracts of Cabbage, Brussels Sprout and Cauliflower, Parsley Powder, Beet Root Powder, Carrot Powder, Asparagus Powder)	100 mg	***
Green Source® Fruit Blend (Grapefruit Extract, Apple Powder (Malus pumila) (fruit), Peach (fruit), Strawberry (Fragaria virginiana) (fruit), Acai Extract (Euterpe oleracea) (fruit), Cranberry (Vaccinium macrocarpon) (fruit), Bilberry Extract (Vaccinium myrtillus) (fruit), Pomegranate Extract (Punica granatum) (peel), Pineapple (Ananas comosus) (fruit), Noni Powder (Morinda citrifolia) (fruit))	100 mg	***
Green Source® Mushroom Blend (Shiitake (Lentinus edodes) (aerial), Maitake (Grifola frondosa) (aerial), Reishi (Ganoderma lucidum) (aerial))	50 mg	***

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

Directions: For adults, take three (3) tablets daily, preferably with a meal.

Green Source® provides naturally occurring active constituents of green food concentrates, including plant enzymes, plant pigments, trace elements and essential oils.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, 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. Do not use if seal under cap is broken or missing.

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.

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured by
Good 'N Natural Manufacturing Corp.
Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNNATURAL.com
©2015 Good 'N Natural Manufacturing Corp.