

At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities guarantees that all Vitamin World® products are at the highest standard of potency and purity.



NUTRITION FROM THE SOURCE

green source®

IRON FREE

MULTI VITAMINS & MINERALS

With Whole Food Concentrates
Nature's Nutrients



120 COATED CAPLETS | VEGETARIAN DIETARY SUPPLEMENT



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
Calories	5	Manganese	2 mg 100%	Green Source®	500 mg **
Total Carbohydrate	2 g 1%	(as Manganese Gluconate)		Green and Whole Food Blend	
Dietary Fiber	1 g 4%	Chromium (as Chromium Piccolinate) 100 mcg	83%	Chlorella (<i>Chlorella vulgaris</i>) (plant), Apple Pectin (fruit), Spirulina (<i>Spirulina platensis</i>) (plant), Sodium Copper Chlorophyllin	
Vitamin A (as Beta-Carotene)	2,500 IU 50%	Molybdenum (as Sodium Molybdate) 51 mcg	68%		
Vitamin C (as Ascorbic Acid)	120 mg 200%	Sodium	10 mg <1%	Green Source® Herb Blend	100 mg **
Vitamin D (as Ergocalciferol)	2,000 IU 500%	Potassium (as Potassium Gluconate) 30 mg	1%	Ginger (<i>Zingiber officinale</i>) (root), Milk Thistle Extract (<i>Silybum marianum</i>) (seed), Cayenne (<i>Capsum spp.</i>) (fruit), Goldenseal (<i>Hydrastis canadensis</i>) (root)	
Vitamin E (as d-Alpha Tocopheryl Acetate)	30 IU 100%	Choline (as Choline Bitartrate)	10 mg **		
Thiamin	25 mg 1,667%	Inositol	10 mg **		
(Vitamin B-1) (as Thiamin Mononitrate)		Boron (as Sodium Borate)	1 mg **	Green Source® Vegetable Blend	100 mg **
Riboflavin (Vitamin B-2)	25 mg 1,471%	DNA (Deoxyribonucleic Acid)	1 mg **	(Broccoli, Extracts of Cabbage, Brussels Sprout and Cauliflower; Parsley Powder, Beet Root Powder, Carrot Powder, Asparagus Powder)	
Niacin (as Nicotinic Acid)	25 mg 125%	RNA (Ribonucleic Acid)	1 mg **		
Vitamin B-6	25 mg 1,250%	Lutein	10 mcg **	Green Source® Fruit Blend	100 mg **
(as Pyridoxine Hydrochloride)		Flaxseed	100 mg **	(Grapefruit Extract, Apple Powder (<i>Malus pumila</i>) (fruit), Peach (fruit), Strawberry (<i>Fragaria virginiana</i>) (fruit), Acai Extract (<i>Euterpe oleracea</i>) (fruit), Strawberry (<i>Vaccinium macrocarpon</i>) (fruit), Silberry Extract (<i>Vaccinium myrtillus</i>) (fruit), Pomegranate Extract (<i>Punica granatum</i>) (peel), Pineapple (<i>Ananas comosus</i>) (fruit), Noni Powder (<i>Morinda citrifolia</i>) (fruit))	
Folic Acid	400 mcg 100%	Contains Omega-3 12 mg and Omega-6 4 mg			
Vitamin B-12	500 mcg 8,333%	Citrus Bio Complex	50 mg **	Green Source® Mushroom Blend	50 mg **
(as Cyanocobalamin)		(Citrus Bioflavonoid Complex (<i>Citrus spp.</i>) (peel), Hesperidin Complex (<i>Citrus spp.</i>) (peel), Rutin, Quercetin)		(Shiitake (<i>Lentinus edodes</i>) (aria), Maitake (<i>Gifolia frondosa</i>) (aria), Reishi (<i>Ganoderma lucidum</i>) (aria))	
Biotin (as d-Biotin)	1,000 mcg 333%	Green Source® Digestive Enzyme Blend	50 mg **		
(as d-Calcium Pantothenate)	30 mg 300%	Calcium (as Calcium Carbonate)	50 mg 5%	Green Source® Mushroom Blend	50 mg **
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 300%	Iodine (from Kelp)	150 mcg 100%	(Shiitake (<i>Lentinus edodes</i>) (aria), Maitake (<i>Gifolia frondosa</i>) (aria), Reishi (<i>Ganoderma lucidum</i>) (aria))	
Calcium (as Calcium Carbonate)	50 mg 5%	Magnesium (as Magnesium Oxide)	25 mg 6%		
Iodine (from Kelp)	150 mcg 100%	Zinc (as Zinc Piccolinate)	10 mg 67%		
Magnesium (as Magnesium Oxide)	25 mg 6%	Selenium (as L-Selenomethionine)	25 mcg 36%		
Zinc (as Zinc Piccolinate)	10 mg 67%	Copper (as Cupric Gluconate)	0.5 mg 25%		
Selenium (as L-Selenomethionine)	25 mcg 36%				
Copper (as Cupric Gluconate)	0.5 mg 25%				

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

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 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. Keep out of reach of children. Store unopened container at room temperature. Do not use if seal under cap is broken or missing. Color may vary due to natural ingredients.

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

Refrigerate after opening. TO REORDER PROD. #E190 www.vitaminworld.com 1-800-228-4533

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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 Nicotinic Acid)	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%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	25 mg 6%
Zinc (as Zinc Piccolinate)	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 Piccolinate)	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	50 mg **
(Citrus Bioflavonoid Complex (<i>Citrus spp.</i>) (peel), Hesperidin Complex (<i>Citrus spp.</i>) (peel), Rutin, Quercetin)	
Green Source® Digestive Enzyme Blend	50 mg **
(Papain (Papaya Enzyme), Betaine Hydrochloride, Bromelain (from Pineapple), Amylase)	
Green Source® Probiotic Blend	25 mg **
(L. acidophilus, L. brevis, L. bulgaricus)	

Amount Per Serving %Daily Value

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

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

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

Green Source® Iron Free has been developed for those individuals who do not need to supplement their diet with extra iron, but who still want the nutritional benefits provided by this carefully blended formulation. This comprehensive formula provides natural food concentrates, essential vitamins and minerals, herbs, essential oils, and other natural food factors.

This product also provides naturally occurring active constituents of whole food concentrates including Plant Enzymes, Plant Pigments and trace elements.

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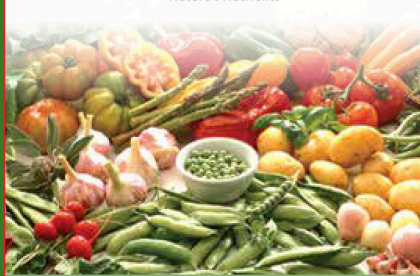
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