



GREEN SOURCE®

MULTIVITAMINS & MINERALS
with
WHOLE FOOD CONCENTRATES



VEGETARIAN DIETARY SUPPLEMENT

120 COATED CAPLETS

TO REORDER ITEM # 6222

Supplement Facts

Serving Size 3 Caplets
Servings Per Container 40

Amount Per Serving	%Daily Value
Calories	5
Total Carbohydrate	2 g 1*
Vitamin A (as Beta-Carotene)	750 mcg 83%
Vitamin C (as Ascorbic Acid)	120 mg 133%
Vitamin D (as Ergocalciferol)	50 mcg 250%
Vitamin E (as d-Alpha Tocopheryl Acetate)	20 mg 133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg 2,083%
Riboflavin (Vitamin B-2)	25 mg 1,923%
Niacin (as Niacinamide)	25 mg 156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	25 mg 1,471%
Folic Acid (400 mcg folic acid)	886 mcg DFE 167%
Vitamin B-12 (as Cyanocobalamin)	500 mcg 20,833%
Biotin (as d-Biotin)	1,000 mcg 3,333%
Pantothenic Acid (as d-Calcium Pantothenate)	30 mg 600%
Choline (as Choline Bitartrate)	10 mg 2%
Calcium (as Calcium Carbonate)	50 mg 4%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (from Kelp)	150 mcg 100%
Magnesium (as Magnesium Oxide)	25 mg 6%
Zinc (as Zinc Picolinate)	10 mg 91%
Selenium (as L-Selenomethionine)	25 mcg 45%
Copper (as Cupric Gluconate)	0.5 mg 50%

Amount Per Serving	%Daily Value
Manganese (as Manganese Gluconate)	2 mg 87%
Chromium (as Chromium Picolinate)	100 mcg 286%
Molybdenum (as Sodium Molybdate)	51 mcg 113%
Sodium	10 mg <1%
Potassium (as Potassium Gluconate)	30 mg <1%
Inositol	10 mg **
Boron (as Boronorganic Glycine)	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 spp.) (peel), Hesperidin Complex (Citrus spp.) (peel), Rutin, Quercetin	50 mg **
Green Source® Digestive Enzyme Blend (Papain (Papaya Enzyme), Bromelain (from Pineapple), Amylase)	50 mg **
Green Source® Probiotic Blend (L. acidophilus, L. brevis, L. bulgaricus)	25 mg **
Green Source®	500 mg **
Green and Whole Food Blend (Chlorella (Chlorella vulgaris) (plant), Apple Pectin (fruit), Spirulina (Spirulina platensis) (plant), Sodium Copper Chlorophyllin)	

Amount Per Serving	%Daily Value
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 (Cranberry (Vaccinium macrocarpon) (fruit), Apple Powder (Malus pumila) (fruit), Peach (Prunus persica) (fruit), Strawberry (Fragaria virginiana) (fruit), Acai Extract (Euterpe oleracea) (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.

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. Store unopened container at room temperature. Do not use if seal under cap is broken or missing.

Color may vary due to natural ingredients.

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.

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

TO REORDER ITEM # 6222
www.puritan.com
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Carefully Manufactured by
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