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GREEN SOURCE®

MULTIVITAMINS & MINERALS
with
WHOLE FOOD CONCENTRATES



VEGETARIAN DIETARY SUPPLEMENT

240 COATED CAPLETS

TO REORDER ITEM # 6224

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
Calories	5	Manganese	2 mg 87%	Green Source® Herb Blend	100 mg **
Total Carbohydrate	2 g 1%	(as Manganese Gluconate)		(Garlic (Allium sativum) (bulb), Echinacea (Echinacea purpurea) (aerial), Ginger (Zingiber officinale) (root), Milk Thistle Extract (Silybum marianum) (seed), Cayenne (Capsicum spp.) (fruit), Golden Seal (Hydrastis canadensis) (root))	
Vitamin A (as Beta-Carotene)	750 mcg 80%	Chromium (as Chromium Picolinate)	100 mcg 288%	Green Source® Vegetable Blend	100 mg **
Vitamin C (as Ascorbic Acid)	120 mg 133%	Molybdenum (as Sodium Molybdate)	51 mcg 113%	(Broccoli, Extracts of Cabbage, Brussels Sprout and Cauliflower, Parsley Powder, Beet Root Powder, Carrot Powder, Asparagus Powder)	
Vitamin D (as Ergocalciferol)	50 mcg 250%	Sodium	10 mg <1%	Green Source® Fruit Blend	100 mg **
Vitamin E	20 mg 133%	Potassium (as Potassium Gluconate)	30 mg <1%	(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), Nani Powder (Morinda citrifolia) (fruit))	
(as d-Alpha Tocopheryl Acetate)		Inositol	10 mg **	Green Source® Mushroom Blend	90 mg **
Thiamin	25 mg 2,063%	Boron (as Boronorganic Glycine)	1 mg **	(Shiitake (Lentinus edodes) (aerial), Maitake (Grifola frondosa) (aerial), Reishi (Ganoderma lucidum) (aerial))	
(Vitamin B-1) (as Thiamin Mononitrate)		DNA (Deoxyribonucleic Acid)	1 mg **		
Riboflavin (Vitamin B-2)	25 mg 1,923%	RNA (Ribonucleic Acid)	1 mg **		
Niacin (as Niacinamide)	25 mg 156%	Lutein	10 mcg **		
Vitamin B-6	25 mg 1,471%	Flaxseed	100 mg **		
(as Pyridoxine Hydrochloride)		(Contains Omega-3 12 mg and Omega-6 4 mg)			
Folic Acid	966 mcg DFE 167%	Citrus Bio Complex	50 mg **		
(400 mcg folic acid)		(Citrus Bioflavonoid Complex (Citrus spp.) (peel), Hesperidin Complex (Citrus spp.) (peel), Rutin, Quercetin)			
Vitamin B-12	500 mcg 20,833%	Green Source® Digestive Enzyme Blend	50 mg **		
(as Cyanocobalamin)		(Papain (Papaya Enzyme), Betaine Hydrochloride, Bromelain (from Pineapple), Amylase)			
Biotin (as d-Biotin)	1,000 mcg 3,333%	Green Source® Probiotic Blend	25 mg **		
Pantothenic Acid	30 mg 900%	(L. acidophilus, L. brevis, L. bulgaricus)			
(as d-Calcium Pantothenate)		Green Source®	500 mg **		
Choline (as Choline Bitartrate)	10 mg 2%	Green and Whole Food Blend			
Calcium (as Calcium Carbonate)	50 mg 4%	(Chlorella (Chlorella vulgaris) (plant), Apple Pectin (fruit), Spirulina (Spirulina platensis) (plant), Sodium Copper Chlorophyllin)			
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 58%				

*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.

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www.puritan.com

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Carefully Manufactured by
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