

# UK & EU Food Supplement Label

## Vitamin Code® 50 & Wiser Men (240 Caps)

### Food Supplement

Manufactured in the USA by: Garden of Life LLC 4200 Northcorp Parkway Palm Beach Gardens, FL 33410 USA, [www.gardenoflife.com](http://www.gardenoflife.com)

**Suggested Use:** Adults take 4 capsules daily. Best when taken 2 capsules twice a day. May be taken with or without food. Capsules may be opened and contents may be added to water or raw juice. Not intended for children.

## Nutrition Information

Serving Size 4 Capsules  
Servings Per Container 60

Amount Per Serving	% NRV
Calories	10
Total Carbohydrate	2 g 1% <sup>1</sup>
Protein	1 g 2% <sup>1</sup>
Vitamin A* (as beta-carotene)	1080 0 µg RE 135%
Vitamin C*	60 mg 75%
Vitamin D* (as D3)	25 µg 500%
Vitamin E*	20.1 mg α-TE 168%
Vitamin K*	80 µg 107%
Thiamin* (Vitamin B1)	8 mg 727%
Riboflavin* (Vitamin B2)	4 mg 286%
Niacin* (as Niacinamide)	20 mg NE 125%
Vitamin B6*	4 mg 286%
Folate*	400 µg 200%
Vitamin B12* (as Methylcobalamin)	100 µg 4000%
Biotin*	300 µg 600%
Pantothenic Acid*	20 mg 333%
Calcium*	29 mg 4%
Iodine*	75 µg 50%
Magnesium*	30 mg 8%
Zinc*	15 mg 150%
Selenium*	125 µg 227%
Copper*	1700 µg 170%
Manganese*	2 mg 100%
Chromium*	120 µg 300%
Molybdenum*	75 µg 150%

Amount Per Serving	% NRV
Vanadium*	10 mcg +
Boron*	1 mg +
Organic <i>Moringa oleifera</i> (leaf) containing mixed Carotenoids	11 mg +
Organic <i>Vitex negundo</i> (seed) containing mixed Tocopherols	4 mg +

### RAW Organic Fruit &

### Vegetable Blend

520 mg +
Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Blueberry (fruit), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)

### RAW Probiotic & Enzyme Blend

60 mg +
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [ <i>Lactobacillus bulgaricus</i> , <i>Lactobacillus plantarum</i> ] (500 Million CFU), <i>Saccharomyces cerevisiae</i>

### RAW Antioxidant &

### Immune Support Complex

RAW Food-Created Glutathione, RAW Food-Created SOD (Superoxide Dismutase)	
CoQ10*	425 mcg +

<sup>1</sup> Percent Nutrient Reference Value are based on 2,000 calorie diet.  
+ Nutrient Reference Value not established

Store in a cool, dry place. Do not exceed the recommended daily dose. Do not use if safety seal is broken or missing. Do not use as a substitute for a balanced and varied diet and a healthy lifestyle.

**KEEP OUT OF REACH OF CHILDREN.**

**Best Before Date**  
– See product outer packaging

Other Ingredients: Vegetable cellulose (capsule), organic rice (hull).

\*To learn more about the **RAW Food-Created Nutrients™** used exclusively by Garden of Life, go to [www.gardenoflife.com](http://www.gardenoflife.com).

**CAUTION:** As with any food supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, take medication on a regular basis or are otherwise under medical supervision.



NHC17057