

**UK & EU Food Supplement Label**  
**Vitamin Code® 50 & Wiser Women (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	Amount Per Serving	% NRV
Calories	10	Vanadium*	10 mcg +
Total Carbohydrate	1 g 1% <sup>1</sup>	Boron*	1 mg +
Protein	1 g 2% <sup>1</sup>	Organic <i>Moringa oleifera</i> (leaf) containing mixed Carotenoids	10 mg +
Vitamin A* (as beta-carotene)	1080 0 µg RE 135%	Organic <i>Vitex negundo</i> (seed) containing mixed Tocopherols	4 mg +
Vitamin C*	60 mg 75%	<b>RAW Organic Fruit &amp; Vegetable Blend</b>	680 mg +
Vitamin D* (as D3)	25 µg 500%	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)	
Vitamin E*	20.1 mg α-TE 168%	<b>RAW Probiotic &amp; Enzyme Blend</b>	40 mg +
Vitamin K*	50 µg 67%	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>	
Riboflavin* (Vitamin B2)	4 mg 286%	<b>RAW Antioxidant &amp; Immune Support Complex</b>	20 mg +
Niacin* (as Niacinamide)	20 mg NE 125%	RAW Food-Created Glutathione, RAW Food-Created SOD (Superoxide Dismutase)	
Vitamin B6*	4 mg 286%	CoQ10*	425 mcg +
Folate*	400 µg 200%		
Vitamin B12* (as Methylcobalamin)	200 µg 8000%		
Biotin*	300 µg 600%		
Pantothenic Acid*	20 mg 333%		
Calcium*	36 mg 5%		
Iodine*	75 µg 50%		
Magnesium*	43 mg 11%		
Zinc*	10 mg 100%		
Selenium*	125 µg 227%		
Copper*	1500 µg 150%		
Manganese*	2 mg 100%		
Chromium*	120 µg 300%		
Molybdenum*	75 µg 150%		

<sup>1</sup> Percent Nutrient Reference Value are based on 2,000 calorie diet. <sup>1L</sup>  
 + 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.



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