

# UK & EU Food Supplement Label

## Vitamin Code® Family Multivitamin (120)

### 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 and children over 6 years of age, 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 under 6 years of age.

### Nutrition Information

Serving Size 4 Capsules  
Servings Per Container 30

Amount Per Serving	% NRV	Amount Per Serving	% NRV
Calories	10	Vanadium*	10 mcg +
Total Carbohydrate	2 g 1%	Organic Moringa oleifera (leaf) containing mixed Carotenoids	20 mg +
Protein	1 g 2%	Organic Vitex negundo (seed) containing mixed Tocopherols	4 mg +
Vitamin A* (as beta-carotene)	1224 0 µg RE 153%	<b>RAW Organic Fruit &amp; Vegetable Blend</b>	640 mg +
Vitamin C*	60 mg 75%	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 D* (as D3)	25 µg 500%	<b>RAW Probiotic &amp; Enzyme Blend</b>	60 mg +
Vitamin E* 20.1 mg α-TE	168%	Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [Lactobacillus bulgaricus, Lactobacillus plantarum] (500 Million CFU), Saccharomyces cerevisiae	
Vitamin K*	80 µg 107%	<b>RAW Antioxidant &amp; Immune Support Complex</b>	20 mg +
Thiamin* (Vitamin B1)	6 mg 545%	RAW Food-Created Glutathione, RAW Food-Created SOD (Superoxide Dismutase)	
Riboflavin* (Vitamin B2)	6 mg 429%	CoQ10*	425 mcg +
Niacin* (as Niacinamide)	25 mg NE 156%		
Vitamin B6*	6 mg 429%		
Folate*	400 µg 200%		
Vitamin B12* (as Methylcobalamin)	100 µg 4000%		
Biotin*	300 µg 600%		
Pantothenic Acid*	30 mg 500%		
Calcium*	21 mg 3%		
Iron*	2 mg 14%		
Iodine*	75 µg 50%		
Magnesium*	21 mg 6%		
Zinc*	10 mg 100%		
Selenium*	125 µg 227%		
Copper*	1500 µg 150%		
Manganese*	2 mg 100%		
Chromium*	120 µg 300%		
Molybdenum*	75 µg 150%		

\* Percent Nutrient Reference Value are based on 2,000 calorie diet.  
+ Nutrient Reference Value not established

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.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.



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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 life-style. **KEEP OUT OF REACH OF CHILDREN. Best Before Date** – See product outer packaging