

UK & EU Food Supplement Label
Vitamin Code® Liquid Orange Mango (900ml)
Food Supplement

Manufactured in the USA by: Garden of Life LLC 4200 Northcorp Parkway Palm Beach Gardens, FL 33410 USA, www.gardenoflife.com

Suggested Use: Adults take 1 capful (approximately 1fl. oz.) daily with food. Shake bottle well, serve cold and may be diluted with water. For optimal freshness, refrigerate after opening and use entire contents within 60 days. Not intended for children.

Nutrition Information

Serving Size 1 Capful (Approximately 1 fluid ounce or 30 ml)
 Servings Per Container 30

	% NRV	Amount Per Serving	% NRV
Calories	25		
Total Carbohydrate	5 g	1%	
Dietary Fiber	1 g	4%	
Protein	< 1 g	2%	
Vitamin A* (as beta-carotene)	936 µg RE	117%	
Vitamin C*	240 mg	300%	
Vitamin D*	25 µg	500%	
Vitamin E*	18.09 mg α-TE	151%	
Vitamin K*	100 µg	133%	
Thiamin* (Vitamin B1)	8 mg	727%	
Riboflavin* (Vitamin B2)	8 mg	571%	
Niacin* (as Niacinamide)	40 mg NE	250%	
Vitamin B6*	8 mg	571%	
Folate*	400 µg	200%	
Vitamin B12*	100 µg	4000%	
Biotin*	300 µg	600%	
Pantothenic Acid*	40 mg	667%	
Calcium*	20 mg	3%	
Magnesium*	10 mg	3%	
Iron*	3 mg	21%	
Iodine*	150 µg	100%	
Zinc*	8 mg	80%	
Selenium*	125 µg	227%	
Copper*	2000 µg	200%	
Manganese*	4 mg	200%	
Chromium*	120 µg	300%	
Molybdenum*	75 µg	150%	
Potassium*	50 mg	3%	
Mixed Tocopherols*		13 mg	+
alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol, beta-tocopherol, gamma-tocopherol			
Mixed Carotenoids*		12 mg	+
alpha-carotene, gamma-carotene, Lycopene			
RAW Organic Fruit & Vegetable Blend		150 mg	+
Organic Strawberry (fruit), Organic Cherry (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Beet Juice (root), Organic Carrot Juice (root), Organic Spinach Juice (leaf), Organic Broccoli Juice (flower & stem), Organic Tomato Juice (fruit), Organic Kale Juice (leaf), Organic Red Cabbage Juice (leaf), Organic Parsley Juice (leaf), Organic Brussels Sprout Juice (leaf), Organic Green Bell Pepper Juice (fruit), Organic Cucumber Juice (gourd), Organic Celery Juice (stalk), Organic Garlic Juice (bulb), Organic Ginger Juice (root), Organic Green Onion Juice (root), Organic Cauliflower Juice (flower & stem), Organic Asparagus Juice (flower & stem)			
RAW Citrus C Blend		51 mg	+
RAW Amla Berry, Grapefruit Bioflavonoids (Naringin, Isonaringin, Naringenin, Neohesperidin, Neohesperidin, Poncicidin, Hesperidin, Rhofitolin)			
RAW Organic Mushroom Mycelia Blend		50 mg	+
Organic Reishi (Ganoderma lucidum), Organic Cordy Gen (Bionectria ochroleuca), Organic Turkey Tail (Coriolus versicolor), Organic Fuling (Wolfiporia cocos), Organic Lion's Mane (Hericium erinaceus), Organic Shiitake (Lentinula edodes), Organic Maitake (Grifola frondosa), Organic White Wood Ear (Tremella fuciformis), Organic Rosy Polypore (Fomitopsis cajanderi), Organic Blazei (Agaricus blazei)			
RAW Organic Sprout Blend		50 mg	+
Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Flax Seed Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Chia Seed Sprout, Organic Sesame Seed Sprout			

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

Other Ingredients: Purified water, vegetable glycerin, medium chain triglycerides, apple juice, RAW organic apple cider vinegar, organic lemon juice, natural flavors (tropical punch, orange, mango), algae, *Lactobacillus bulgaricus*, *Saccharomyces cerevisiae*, rebaudioside A (stevia), citrus extract and grapefruit seed extract (to preserve freshness). Contains tree nuts (coconut).

*To learn more about the **RAW Food-Created Nutrients™** used exclusively by Garden of Life, go to 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.

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



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