

UK & EU Food Supplement Label

Vitamin Code® Mens 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

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 30

Amount Per Serving	% NRV	Amount Per Serving	% NRV
Calories	10	Vanadium*	10 mcg +
Total Carbohydrate	1 g 1%	Boron*	1 mg +
Protein	1 g 2%	Organic Moringa oleifera (leaf) containing mixed Carotenoids	11 mg +
Vitamin A* (as beta-carotene)	1080 µg RE 135%	Organic Vitex negundo (seed) containing mixed Tocopherols	4 mg +
Vitamin C*	60 mg 75%	RAW Organic Fruit & Vegetable Blend	560 mg +
Vitamin D* (as D3)	10 µg 200%	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%	RAW Probiotic & Enzyme Blend	110 mg +
Vitamin K*	80 µg 107%	Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [Lactobacillus bulgaricus, Lactobacillus plantarum] (500 Million CFU), Saccharomyces cerevisiae	
Thiamin* (Vitamin B1)	8 mg 72%	RAW Antioxidant & Immune Support Complex	20 mg +
Riboflavin* (Vitamin B2)	4 mg 286%	RAW Food-Created Glutathione, RAW Food-Created SOD (Superoxide Dismutase)	
Niacin* (as Niacinamide)	20 mg NE 125%	CoQ10*	425 mcg +
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*	18 mg 2%		
Iodine*	75 µg 50%		
Magnesium*	17 mg 5%		
Zinc*	15 mg 150%		
Selenium*	125 µg 227%		
Copper*	1500 µg 150%		
Manganese*	2 mg 100%		
Chromium*	120 µg 300%		
Molybdenum*	75 µg 150%		

* Percent Nutrient Reference Values 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.

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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