

UK & EU Food Supplement Label

Vitamin Code® RAW B Complex (60 Caps)

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 2 capsules daily. 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 2 Capsules
Servings Per Container 30

	Amount Per Serving	% NRV
Thiamin* (Vitamin B1)	5 mg	455%
Riboflavin* (Vitamin B2)	10 mg	714%
Niacin*	45 mg NE	281%
Vitamin B6*	10 mg	714%
Folate*	450 µE	225%
Vitamin B12* (as Methylcobalamin)	133 µg	5320%
Biotin*	325 µg	650%
Pantothenic Acid*	45 mg	750%

RAW Organic Fruit & Vegetable Blend	360 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>		

+ 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.

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.

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



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