

**UK & EU Food Supplement Label**  
**Vitamin Code® RAW Iron (30 Capsules)**

**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 1 capsule daily. May be taken with or without food. Capsule may be opened and contents may be added to water or raw juice. Not intended for children.

## Nutrition Information

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% NRV
Vitamin B12* (as Methylcobalamin)	500 µg	20000%
Vitamin C*	25 mg	31%
Folate*	400 µg	200%
Iron*	22 mg	157%

<b>RAW Organic Fruit &amp; Vegetable Blend</b>	310 mg	+
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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)

<b>RAW Probiotic &amp; Enzyme Blend</b>	60 mg	+
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Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase, [*Lactobacillus plantarum*, *Lactobacillus bulgaricus*] (500 Million CFU), *Saccharomyces cerevisiae*

+ 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).

**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.

**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 lifestyle.

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



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