

# RAW ONE™ FOR MEN



30 VEGETARIAN CAPSULES

WHOLE FOOD DIETARY SUPPLEMENT

**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.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

|                                                   | Amount Per Serving | % Daily Value |
|---------------------------------------------------|--------------------|---------------|
| Vitamin A* (as beta-carotene)                     | 5,000 IU           | 100%          |
| Vitamin C*                                        | 60 mg              | 100%          |
| Vitamin D* (as D3)                                | 800 IU             | 200%          |
| Vitamin E*                                        | 30 IU              | 100%          |
| Vitamin K*                                        | 120 mcg            | 150%          |
| Thiamin* (Vitamin B1)                             | 1.5 mg             | 100%          |
| Riboflavin* (Vitamin B2)                          | 1.7 mg             | 100%          |
| Niacin* (as Nicotinamide)                         | 20 mg              | 100%          |
| Vitamin B6*                                       | 2 mg               | 100%          |
| Folate*                                           | 400 mcg            | 100%          |
| Vitamin B12* (as Methylcobalamin)                 | 24 mcg             | 400%          |
| Biotin*                                           | 150 mcg            | 50%           |
| Pantothenic Acid*                                 | 10 mg              | 100%          |
| Calcium (from Algae)                              | 16 mg              | 2%            |
| Magnesium*                                        | 30 mg              | 8%            |
| Zinc*                                             | 15 mg              | 100%          |
| Selenium*                                         | 75 mcg             | 170%          |
| Copper*                                           | 2 mg               | 100%          |
| Manganese*                                        | 1 mg               | 50%           |
| Chromium*                                         | 120 mcg            | 100%          |
| Molybdenum*                                       | 20 mcg             | 30%           |
| <b>RAW Organic Amla Berry (Indian Gooseberry)</b> | <b>120 mg</b>      |               |
| <b>RAW Organic Fruit &amp; Vegetable Blend</b>    | <b>40 mg</b>       |               |

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 Coney (stalk), Organic Asparagus (flower & stem)

### RAW Probiotic & Enzyme Blend

8 mg

Lipase, Protease, Amylase, Bifidobacterium, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Pepsinase, Pectinase, Xylanase, Hemicellulase, Lactobacillus sugarosus, Lactobacillus plantarum (500 Million CFU)

\* Daily Value not established.

Other Ingredients: Vegetable cellulose (capsule), organic Rice (fruit).

\*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 dietary 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.

Keep out of reach of children.

Store in a cool, dry place.

Do not use if safety seal is broken or missing. Contains no filler ingredients, artificial colors or preservatives.



We Buy 100% Certified Renewable Energy



Recyclable Bottle

Distributed by Garden of Life LLC

4200 Northcoast Parkway

Palm Beach Gardens, FL 33410 USA

Made in the U.S.A.

[www.gardenoflife.com](http://www.gardenoflife.com)

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