



VITAMIN CODE[®]

FAMILY

WHOLE FOOD MULTIVITAMIN
SUPPORT FOR ADULTS,
TEENS & KIDS 6 AND OLDER



Suggested Use: Adults and children over 6 years of age 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 juice. Not intended for children under 6 years of age.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	1,260 mcg	140%
Vitamin C (from culture of <i>S. cerevisiae</i>)	90 mg	100%
Vitamin D (as D3 from culture of <i>S. cerevisiae</i>)	50 mcg (2,000 IU)	250%
Vitamin E (as d-alpha tocopherol from Sunflower Oil)	15 mg	100%
Vitamin K (as K1 from culture of <i>S. cerevisiae</i>)	120 mcg	100%
Thiamin (B1 from culture of <i>S. cerevisiae</i>)	4.8 mg	400%
Riboflavin (B2 from culture of <i>S. cerevisiae</i>)	4.55 mg	350%
Niacin (as Niacinamide from culture of <i>S. cerevisiae</i>)	20.8 mg	130%
Vitamin B6 (from culture of <i>S. cerevisiae</i>)	5.1 mg	300%
Folate (from culture of <i>S. cerevisiae</i>)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i>)	40.1 mcg	1670%
Biotin (from culture of <i>S. cerevisiae</i>)	30 mcg	100%
Pantothenic Acid (from culture of <i>S. cerevisiae</i>)	15 mg	300%
Iron (from Brown Rice Chelate)	1.8 mg	10%
Iodine (from Organic Sea Kelp)	75 mcg	50%
Zinc (from Brown Rice Chelate)	7.7 mg	70%
Selenium (from culture of <i>S. cerevisiae</i>)	55 mcg	100%
Manganese (from Brown Rice Chelate)	2.3 mg	100%
Chromium (from culture of <i>S. cerevisiae</i>)	35 mcg	100%
Molybdenum (from culture of <i>S. cerevisiae</i>)	45 mcg	100%
Vitamin K2 (as menaquinone-4 from culture of <i>S. cerevisiae</i>)	20 mcg	+
CoQ10 (from culture of media)	425 mcg	+
Lycopene (from culture of <i>S. cerevisiae</i>)	250 mcg	+
Vanadium (from culture of <i>S. cerevisiae</i>)	10 mcg	+
Raw Organic Fruit & Vegetable Blend	665 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 Sea Kelp, 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	30 mg	+
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase, [Lactobacillus bulgaricus, Lactobacillus plantarum] (500 Million CFU)		
Raw Antioxidant & Immune Support Complex	20 mg	+
Glutathione & SOD (Superoxide Dismutase) from culture of <i>S. cerevisiae</i>		
+ Daily Value not established.		

Other Ingredients: Vegetable cellulose (capsule), organic potato starch, organic gum arabic.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, giving product to children, 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.

Keep out of reach of children. Store in a cool, dry place. Do not use if safety seal is broken or missing.

Made without dairy or soy ingredients, peanut, tree nuts or shellfish. Manufactured in a facility that also processes soy, dairy, peanut, tree nuts and shellfish.

No artificial colors or preservatives.

Package size is determined by labeling information, not the number of servings in this container. The serving size and contents are clearly marked.



FIPOL

Distributed by Garden of Life LLC

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Made in the U.S.A. from foods grown in the U.S.A. and other countries.

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VCF120L-102119

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