



WHOLE FOOD MULTIVITAMIN
OPTIMAL HEALTH & ENERGY†

VITAMIN CODE® MEN



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 juice. Not intended for children.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin A (as beta-carotene)	1,080 mcg	120%
Vitamin C (from culture of <i>S. cerevisiae</i>)	90 mg	100%
Vitamin D (as D3 from culture of <i>S. cerevisiae</i>)	20 mcg (800 IU)	100%
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>)	6.36 mg	530%
Riboflavin (B2 from culture of <i>S. cerevisiae</i>)	3.12 mg	240%
Niacin (as Niacinamide from culture of <i>S. cerevisiae</i>)	16 mg	100%
Vitamin B6 (from culture of <i>S. cerevisiae</i>)	3.4 mg	200%
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>)	10 mg	200%
Iodine (from Organic Sea Kelp)	75 mcg	50%
Zinc (from Brown Rice Chelate)	11 mg	100%
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 fermented media)	425 mcg	+
Lycopene (from fermented media)	250 mcg	+
Boron (from culture of <i>S. cerevisiae</i>)	1 mg	+
Vanadium (from culture of <i>S. cerevisiae</i>)	10 mcg	+
Raw Organic Fruit & Vegetable Blend	560 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 Ginger (root), Organic Blueberry (fruit), 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	40 mg	+
Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase [<i>Lactobacillus bulgaricus</i> , <i>Lactobacillus plantarum</i>] (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: Organic potato starch, vegetable cellulose (capsule), organic gum arabic.

Distributed by Garden of Life LLC

4200 Northcorp Parkway, Palm Beach Gardens, FL 33410 USA
Made in the U.S.A. from foods grown in the U.S.A. and other countries.

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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.

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.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Certified



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