



VITAMIN CODE®

RAW ONE™

FOR MEN

Once Daily Multivitamin



Garden of Life



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 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)	900 mcg	100%
Vitamin C (from Organic Amla Berry)	90 mg	100%
Vitamin D (as D3 from culture of <i>S. cerevisiae</i>)	40 mcg (1,600 IU)	200%
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>)	1.2 mg	100%
Riboflavin (B2 from culture of <i>S. cerevisiae</i>)	1.3 mg	100%
Niacin (as Niacinamide from culture of <i>S. cerevisiae</i>)	16 mg	100%
Vitamin B6 (from culture of <i>S. cerevisiae</i>)	1.7 mg	100%
Folate (from culture of <i>S. cerevisiae</i>)	400 mcg DFE	100%
Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i>)	9.6 mcg	400%
Biotin (from culture of <i>S. cerevisiae</i>)	30 mcg	100%
Pantothenic Acid (from culture of <i>S. cerevisiae</i>)	5 mg	100%
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 Brown Rice Chelate)	45 mcg	100%
Organic Emblic (Amla, <i>Phyllanthus emblica</i>) (fruit) Extract	200 mg	+
Raw Organic Fruit & Vegetable Blend	20 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	8 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)		

+Daily Value not established.

Other Ingredients: Vegetable cellulose (capsule), 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.

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.



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