

# VITAMIN CODE<sup>®</sup>

## WOMEN

WHOLE FOOD MULTIVITAMIN  
OPTIMAL HEALTH & ENERGY<sup>†</sup>



**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> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 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> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 156 mcg            | 130%          |
| Thiamin (B1 from culture of <i>S. cerevisiae</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 3.24 mg            | 270%          |
| 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> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 800 mcg DFE        | 200%          |
| 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%          |
| Iron (from Brown Rice Chelate)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 8.1 mg             | 45%           |
| 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 fermented media)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 425 mcg            | +             |
| Boron (from culture of <i>S. cerevisiae</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1 mg               | +             |
| Vanadium (from culture of <i>S. cerevisiae</i> )                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 10 mcg             | +             |
| <b>Raw Organic Fruit &amp; Vegetable Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 586 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) |                    |               |
| <b>Raw Probiotic &amp; Enzyme Blend</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 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)                                                                                                                                                                                                                                                                                                                                                                                                                         |                    |               |
| <b>Raw Antioxidant &amp; Immune Support Complex</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 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.

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

VCW120L-092019

**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.

**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.**



# FIPOL