



Garden of Life

# VITAMIN CODE<sup>®</sup>

RAW ONE<sup>™</sup>

FOR

WOMEN

Once Daily Multivitamin



30 VEGETARIAN CAPSULES

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 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> )   | 25 mcg (1,000 IU)  | 125%          |
| 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> )  | 800 mcg DFE        | 200%          |
| Vitamin B12 (as Methylcobalamin from culture of <i>S. cerevisiae</i> )  | 4.8 mcg            | 200%          |
| Biotin (from culture of <i>S. cerevisiae</i> )  | 30 mcg             | 100%          |
| Pantothenic Acid (from culture of <i>S. cerevisiae</i> )  | 5 mg               | 100%          |
| Iron (from Brown Rice Chelate)  | 5.4 mg             | 30%           |
| Zinc (from Brown Rice Chelate)  | 5.5 mg             | 50%           |
| Selenium (from culture of <i>S. cerevisiae</i> )  | 27.5 mcg           | 50%           |
| 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             | +             |
| <b>Raw Organic Fruit &amp; Vegetable Blend</b>  | 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) |                    |               |
| <b>Raw Probiotic &amp; Enzyme Blend</b>   | 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.

**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.



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GLASS  
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# APPOLO

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