

240 VEGETARIAN CAPSULES



DIETARY SUPPLEMENT



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.

VITAMIN CODE[®]

WOMEN

WHOLE FOOD MULTIVITAMIN
OPTIMAL HEALTH & ENERGY[™]



Supplement Facts

Serving Size 4 Capsules
Servings Per Container 60

	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	+
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	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)		
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	10 mg	+
Glutathione from culture of <i>S. cerevisiae</i> , CoQ10 from fermented media		

+ 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.
www.gardenoflife.com

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VCW240L-100621

LOT 50291113 Best Used By 11/2023

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.

