

VITAMIN CODE®

VITAMIN CODE® LIQUID is a comprehensive whole food multi-nutrient formula, specifically designed to provide the nourishment the body craves to maintain optimal health and well-being.¹

Organically grown fruits and vegetables, mixed carotenoids and mixed tocopherols add supporting antioxidants, vitamins and nutrient cofactors.

- ▶ 24 Whole Food Vitamins & Minerals - No Isolates or Synthetic Nutrients
- ▶ 23 Powdered Organically Grown Fruits & Vegetables
- ▶ 10 Organically Grown Mushrooms
- ▶ 12 Sprouted Seeds & Legumes
- ▶ No Chemical Preservatives



MENTAL & PHYSICAL ENERGY*



HEART HEALTH*



IMMUNE SUPPORT*

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.

Do not use if safety seal is broken or missing. **Keep out of reach of children. Use only as directed.** Store in a cool, dry place.

Made without dairy, soy, wheat, peanut, fish and shellfish. Manufactured in a facility that also processes soy, dairy, fish and shellfish.

No artificial colors, flavors, sweeteners or preservatives.

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.

¹ 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.

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Garden of Life

VITAMIN CODE® Liquid

MULTIVITAMIN FORMULA

**WHOLE FOOD
VITAMINS & MINERALS**

46 SUPERFOODS

OPTIMAL HEALTH & ENERGY*

**FOODSTABLE™ 100% WHOLE FOOD PRESERVATION SYSTEM
NO SODIUM BENZOATE OR POTASSIUM SORBATE**

VEGETARIAN • GLUTEN FREE • DAIRY FREE • NO ARTIFICIAL COLORS OR FLAVORS

30 FL OZ (900 mL)

DIETARY SUPPLEMENT



Suggested Use: Shake well before each use. Adults take 1 capful (approximately 1 fl. oz.) daily with food. Serve cold and may be diluted with water. For optimal freshness, refrigerate after opening and use entire contents within 60 days. Not intended for children.

Supplement Facts

Serving Size 1 Capful (About 30 mL)
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	25	Mixed Carotenoids (from Marigold leaves)	12 mg *
Total Carbohydrate	5 g 2%	alpha-carotene, beta-carotene, gamma-carotene, lycopene	
Dietary Fiber	1 g 4%	Mixed Tocopherols (from culture of <i>Saccharomyces cerevisiae</i>)	3 mg *
Protein	<1 g	alpha-tocotrienol, beta-tocotrienol, gamma-tocotrienol, delta-tocotrienol, alpha-tocopherol, beta-tocopherol, gamma-tocopherol, delta-tocopherol	
Vitamin A (as beta-carotene from culture of <i>Saccharomyces cerevisiae</i>)	2,560 mcg 179%	Raw Organic Fruit & Vegetable Blend	150 mg *
Vitamin C (from culture of <i>L. bulgaricus</i>)	240 mg 267%	Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Raspberry (fruit), Organic Beet Juice (root), Organic Carrot Juice (root), Organic Spinach Juice (leaf), Organic Broccoli Juice (flower & stem), Organic Tomato Juice (fruit), Organic Kale Juice (leaf), Organic Red Cabbage Juice (leaf), Organic Parsley Juice (leaf), Organic Brussels Sprout Juice (leaf), Organic Green Bell Pepper Juice (fruit), Organic Cucumber Juice (ground), Organic Celery Juice (stalk), Organic Garlic Juice (bulb), Organic Ginger Juice (root), Organic Green Onion Juice (root), Organic Cauliflower Juice (flower & stem), Organic Asparagus Juice (flower & stem)	
Vitamin D (from culture of <i>Lactobacillus bulgaricus</i>)	25 mcg (1,000 IU) 125%	Raw Organic Mushroom Mycelia Blend	50 mg *
Vitamin E (from culture of <i>Lactobacillus bulgaricus</i>)	18 mg 121%	Organic Reishi (<i>Ganoderma lucidum</i>), Organic Cordy-Gem® (<i>Biostratum ochroleucum</i>), Organic Turkey Tail (<i>Coriolarius versicolor</i>), Organic Piling (<i>Molliporia coxii</i>), Organic Lion's Mane (<i>Hericium erinaceus</i>), Organic Shiitake (<i>Lentinula edodes</i>), Organic Maitake (<i>Grifola frondosa</i>), Organic Agarikon (<i>Polyporus gilvus</i>), Organic Turkey Tail (<i>Coriolarius versicolor</i>), Organic Reishi (<i>Ganoderma lucidum</i>)	
Vitamin K (from culture of <i>Saccharomyces cerevisiae</i>)	100 mcg 83%	Raw Organic Sprout Blend	50 mg *
Thiamin (Vitamin B1) (from culture of <i>Lactobacillus bulgaricus</i>)	8 mg 667%	Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Flax Seed Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Chia Seed Sprout, Organic Sesame Seed Sprout	
Riboflavin (Vitamin B2) (from culture of <i>Lactobacillus bulgaricus</i>)	8 mg 615%		
Niacin (as Niacinamide from culture of <i>Saccharomyces cerevisiae</i>)	40 mg 250%		
Vitamin B6 (from culture of <i>Lactobacillus bulgaricus</i>)	8 mg 471%		
Folate (from culture of <i>Lactobacillus bulgaricus</i>)	400 mcg DFE 100%		
Vitamin B12 (from culture of <i>Lactobacillus bulgaricus</i>)	100 mcg 4,074%		
Biotin (from culture of <i>Saccharomyces cerevisiae</i>)	300 mcg 1,000%		
Pantothenic Acid (from culture of <i>Lactobacillus bulgaricus</i>)	40 mg 800%		
Calcium (from calcareous marine algae [<i>Lithothamnion</i> spp.])	20 mg 2%		
Iron (from brown rice chelate)	3 mg 17%		
Iodine (from culture of <i>Saccharomyces cerevisiae</i>)	150 mcg 100%		
Magnesium (from brown rice chelate)	30 mg 2%		
Zinc (from brown rice chelate)	8 mg 73%		
Selenium (from brown rice chelate)	125 mcg 227%		
Copper (from brown rice chelate)	2 mg 222%		
Manganese (from brown rice chelate)	4 mg 174%		
Chromium (from brown rice chelate)	120 mcg 343%		
Molybdenum (from brown rice chelate)	75 mcg 167%		
Potassium (from brown rice chelate)	50 mg 1%		

*Percent Daily Values are based on a 2,000 calorie diet. *Daily Value not established.

Other Ingredients: Purified water, vegetable glycerin, medium chain triglycerides, apple juice, raw organic apple cider vinegar, organic lemon juice, natural flavor (fruit punch, orange, mango), alginate, stevia (Rebaiside A from *Rebaiside* root), citrus extract and grapefruit seed extract (to preserve freshness).

Contains: Tree nuts (coconut), sesame