

120 VEGETARIAN CAPSULES

WHOLE FOOD DIETARY SUPPLEMENT



VITAMIN CODE[®]

PERFECT WEIGHT[™]

WHOLE FOOD MULTIVITAMIN



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 raw juice. Not intended for children.

Supplement Facts

Serving Size 4 Capsules
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Vanadium*	50 mcg +
Total Carbohydrate	1 g 1%*	Boron*	1 mg +
Protein	1 g 2%*	Organic <i>Moringa oleifera</i> (leaf) containing mixed Carotenoids	11 mg +
Vitamin A* (as beta-carotene)	6,000 IU 120%	Organic <i>Vitex negundo</i> (seed) containing mixed Tocopherols	4 mg +
Vitamin C*	60 mg 100%	Perfect Weight Antioxidant, Immune & Metabolism Blend	
Vitamin D* (as D3)	1,000 IU 250%	Ashwagandha (<i>Withania somnifera</i>) Root and Leaf (8% withanolides), White Tea Extract, Green Tea Extract, Black Tea Extract	270 mg +
Vitamin E*	30 IU 100%	RAW Organic Fruit & Vegetable Blend	
Vitamin K*	50 mcg 60%	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)	100 mg +
Thiamin* (Vitamin B1)	10 mg 680%	RAW Enzyme Blend	
Riboflavin* (Vitamin B2)	8 mg 470%	Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Xylanase, Hemicellulase	50 mg +
Niacin* (as Niacinamide)	40 mg 200%	* Percent Daily Values are based on a 2,000 calorie diet. + Daily Value not established.	
Vitamin B6*	8 mg 400%		
Folate*	400 mcg 100%		
Vitamin B12* (as Methylcobalamin)	200 mcg 3330%		
Biotin*	300 mcg 100%		
Pantothenic Acid*	40 mg 400%		
Calcium*	21 mg 2%		
Iron*	2 mg 10%		
Iodine*	75 mcg 50%		
Magnesium*	14 mg 4%		
Zinc*	10 mg 70%		
Selenium*	125 mcg 180%		
Copper*	1.5 mg 80%		
Manganese*	2 mg 100%		
Chromium*	200 mcg 170%		
Molybdenum*	75 mcg 100%		

Other Ingredients: Vegetable cellulose (capsule), organic rice (fill).

*To learn more about the **RAW Food-Created Nutrients[™]** used exclusively by Garden of Life, go to www.gardenoflife.com.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, 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. Contains no filler ingredients, artificial colors 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.

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www.gardenoflife.com

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