



VITAMIN CODE[®]

50 & WISER WOMEN

RAW WHOLE FOOD
MULTIVITAMIN

LIVE PROBIOTICS & ENZYMES



120 VEGETARIAN CAPSULES

WHOLE FOOD 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 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*	10 mcg +
Total Carbohydrate	1 g 1% ¹	Boron*	1 mg +
Protein	1 g 2% ¹	Organic <i>Moringa oleifera</i> (leaf) containing mixed Carotenoids	10 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%	RAW Organic Fruit & Vegetable Blend	680 mg +
Vitamin D* (as D3)	1,000 IU 250%	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)	
Vitamin E*	30 IU 100%	RAW Probiotic & Enzyme Blend	40 mg +
Vitamin K*	50 mcg 60%	Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Pectinase, Pectinase, Xylanase, Hemicellulase, [Lactobacillus bulgaricus, Lactobacillus plantarum] (500 Million CFU), <i>Saccharomyces cerevisiae</i>	
Thiamin* (Vitamin B1)	4 mg 270%	RAW Antioxidant & Immune Support Complex	20 mg +
Riboflavin* (Vitamin B2)	4 mg 240%	RAW Food-Created Glutathione, RAW Food-Created SOD (Superoxide Dismutase)	
Niacin* (as Nicotinamide)	20 mg 100%	CoQ10*	425 mcg +
Vitamin B6*	4 mg 200%		
Folate*	400 mcg 100%		
Vitamin B12* (as Methylcobalamin)	200 mcg 3330%		
Biotin*	300 mcg 100%		
Pantothenic Acid*	20 mg 200%		
Calcium*	36 mg 4%		
Iodine*	75 mcg 50%		
Magnesium*	43 mg 11%		
Zinc*	10 mg 70%		
Selenium*	125 mcg 180%		
Copper*	1.5 mg 80%		
Manganese*	2 mg 100%		
Chromium*	120 mcg 100%		
Molybdenum*	75 mcg 100%		

¹ Percent Daily Values are based on a 2,000 calorie diet.
+ Daily Value not established.

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

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

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.

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Made in the U.S.A.

www.gardenoflife.com



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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.

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