What is RAWTM?

RAW has become all the rage, which begs the question, "What does RAW truly mean?" RAW foods and RAW supplements are teeming with live probiotics and enzymes that can be present only in an uncooked product. Garden of Life®'s RAW standard means our ingredients are produced and manufactured below 115°F to protect these precious, living nutrients. RAW means uncooked, untreated, unadulterated with nothing artificial added.

Here's the RAWTM difference:

1. RAW[™] WHOLE FOOD SUPPLEMENTS ARE NEVER SUBJECTED TO TEMPERATURES ABOVE 115° F.

Traditional fermentation, including soy-based fermentation, requires heat during the early stages of the process. Other similar processes use novel heat applications such as superheated convection air. But heating foods above 115° F diminishes their nutritive value, particularly the protein and enzyme co-factors naturally present in RAW Organic fruits and vegetables.



3. RAW[™] WHOLE FOOD SUPPLEMENTS CANNOT CONTAIN BINDERS AND FILLERS.

Once it's pressed into the mold, a host of chemicals are used to bind the tablet and to make the ingredients flow on automated high-speed tablet machines. Look at the "Other Ingredients" listed on the label of your multivitamin for names such as carnuba wax, gum acacia, vegetable lubricants, corn (maize) starch, magnesium (or vegetable) stearate and soy.

2. RAW[™] WHOLE FOOD SUPPLEMENTS CANNOT BE TABLETED.

Have you ever seen what happens when something fragile, such as a tin can, is placed in a vice, or precious metal is pressed into a mold? The extraordinary pressure produces friction or heat



that actually changes the physical composition of whatever is being crushed. This is why we never tablet Vitamin Code formulas. The Vitamin Code RAW, whole food nutrients are always gently encapsulated in Non-GMO, Vegetarian Capsules.

4. RAW[™] WHOLE FOOD SUPPLEMENTS CONTAIN LIVE PROBIOTICS AND ENZYMES.

This is really at the heart of why RAW matters. A fresh-picked strawberry is



sweeter, juicier, *better*—it's more alive. Probiotic bacteria, derived from the plant's ecosystem, and a diverse group of enzymes are naturally present—aiding in digestion. These are the fragile, necessary parts of life that are killed by heat and pressure.

Empowering Extraordinary Health[®] www.RawVitamins.com RAN VITAMINCODE®

Why choose a RAW TM whole food multivitamin?

When it comes to choosing a multivitamin, there are literally hundreds of brands to choose from, but there is a vast difference among them.

Conventional multivitamins use synthetic and isolated vitamins and minerals. These are chemically isolated molecules which are devoid of "co-factors" found in complex whole foods.

Whole food multivitamins, like real food, are chemically and structurally different and contain "co-factors" that attach to nutrient molecules and are recognized by the body.

What is Real Whole Food?

When you eat an orange, you're getting much more than just vitamin C. You are getting hundreds of other phytonutrients and micronutrients that work with vitamin C. These nutrients are commonly referred to as "co-factors", and they work as nutritional synergists that tell your body where and how to use that nutrient. But, when food alone is not enough, we suggest whole food vitamins and minerals as the next best choice.

The truth is, there are only a few leading brands offering real, whole food multivitamins, and ONLY ONE offers multivitamins that are RAW[™].



All Vitamin Code Formulas Contain 22 RAW Organic Fruits and Vegetables:

Organic Strawberry • Organic Cherry Organic Blackberry • Organic Blueberry • Organic Raspberry • **Organic Beet Juice • Organic Carrot** Juice • Organic Spinach Juice • **Organic Broccoli Juice • Organic** Tomato Juice • Organic Kale Juice Organic Red Cabbage Juice **Organic Parsley Juice • Organic Brussels Sprout Juice • Organic** Green Bell Pepper Juice • Organic Cucumber Juice • Organic Celery Juice • Organic Garlic Juice • Organic Ginger Juice • Organic Green Onion Juice • Organic Cauliflower Juice • **Organic Asparagus Juice**

USDA

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Special Vitamin Code Section



Nutrient Uptake From Soil





For All Your Health Needs

What makes Vitamin Code® unique?

In nature, the roots of a plant pull nutrients from the soil. The plant digests and metabolizes those nutrients, giving it the ability to bear fruit. The RAW Food-Created Nutrients[™] found in Vitamin Code mimic nature's process with each nutrient being individually grown. The "soil" (probiotic food) is "fertilized" with a specific nutrient being cultivated and the "plant" becomes rich in that nutrient along with critical co-factors and essential elements of real foods. Containing enzymes, probiotics, trace minerals, lipoproteins, glycoproteins, beta-glucans and antioxidants, including glutathione and SOD, **Vitamin Code feeds your body as nature intended.**



Age and Gender Specific



WE PROUDLY SUPPORT

vitamin angels

Your support of Vitamin Code® helps save children in need.

One third of all childhood deaths are attributable to undernutrition, including vitamin A deficiency. Vitamin A is essential to immune function, especially for vulnerable children under the age of five. Garden of Life supports the Vitamin Angels Operation 20/20 program to eliminate vitamin A deficiency worldwide by the year 2020. For every Vitamin Code bottle you purchase, we make a donation to Vitamin Angels to support this wonderful effort.

Special Vitamin Code Section