

RAW Food-Created Nutrients™

Suggested Use: Adults take 4 capsules daily. Best when taken 2 capsules twice a day. May be taken with or without food. Not intended for children.

Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

	Amount Per Serving	%DV
Calories	7	
Total Carbohydrate	1g	<1% ¹
Protein	1g	2% ¹
Vitamin A Complex* (Beta-carotene, Alpha-carotene, Gamma-carotene, Lycopene)	6,000IU	120%
Vitamin C*	60mg	100%
Vitamin D*	1,000IU	250%
Vitamin E Complex* (Alpha-tocotrienol, Beta-tocotrienol, Gamma-tocotrienol, Delta-tocotrienol, Alpha-tocopherol, Beta-tocopherol, Gamma-tocopherol)	30IU	100%
Vitamin K*	50mcg	63%
Thiamin* (B ₁)	10mg	683%
Riboflavin* (B ₂)	8mg	471%
Niacinamide* (B ₃)	40mg	200%
Pyridoxine* (B ₆)	8mg	400%

	Amount Per Serving	%DV
Folic Acid*	400mcg	100%
Vitamin B ₁₂ *	200mcg	3333%
Biotin*	300mcg	100%
Pantothenic Acid* (B ₅)	40mg	400%
Calcium*	21mg	2%
Iron*	2mg	11%
Iodine*	75mcg	50%
Magnesium*	14mg	4%
Zinc*	10mg	67%
Selenium*	125mcg	179%
Copper*	1.5mg	76%
Manganese*	2mg	100%
Chromium*	200mcg	167%
Molybdenum*	75mcg	100%
Potassium*	1mg	<1%
Vanadium*	50mcg	+
Boron*	1mg	+

Perfect Weight 312mg +
**Antioxidant, Immune
and Metabolism Blend**

Ashwagandha Root and Leaf
(8% withanolides) *withania somnifera*,
RAW Food-Created Beta-glucans,
White Tea Extract, Green Tea Extract,
Black Tea Extract

RAW Carotenoid 120mg +
Synergy Blend

Beta-carotene, Alpha-carotene,
Gamma-carotene, and Lycopene

RAW Enzyme Blend 30mg +

Proteases, Amylase, Lipase, Cellulase,
Phytase, Alpha-galactosidase,
Hemicellulase, Beta-glucanase,
Glucosylase, Pectinase, Peptidase,
Bromelain, Lactase, Papain, Xylanase,
Malt Diastase, Invertase

www.RawVitamins.com

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.

Other ingredients: *Saccharomyces cerevisiae*, *Lactobacillus bulgaricus*, Vegetable Capsule, Phosphorus.

¹ Percent Daily Values (DV) are based on a 2,000 calorie diet

+ Daily Values not established

* **RAW Food-Created Nutrients™** are individually created through multi-probiotic cultivation and contain live Probiotics, Bioactive Glycoproteins, Bioactive Lipoproteins, Bioactive Enzymes, Glucmannan, SOD, Glutathione, Beta-glucans, Lipoic Acid, Essential Trace Minerals, Glutamine, Polysaccharides and CoQ10.

Capsules can be opened. Contents can be taken directly with water or raw juices.

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.