

FOR IMMEDIATE RELEASE

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### **STRESS-RELATED AND EMOTIONAL EATING CAN BE CURBED WITH THE VITAMIN CODE™ PERFECT WEIGHT FORMULA**

WEST PALM BEACH, FL – If a stressful day at work finds you lunging for a bag of chips or a quart of ice cream, you're not alone. Millions of Americans struggle with emotional eating, which can now be helped with The Vitamin Code™ Perfect Weight multivitamin ([www.RawVitamins.com](http://www.RawVitamins.com)), the first vegan, gluten-free vitamin with human clinical research demonstrating its ability to help control stress-induced overeating and carb cravings.

“People eat when they're sad, mad, glad, frustrated, lonely, and to celebrate special occasions,” said Jordan Rubin, best-selling author of *The Maker's Diet* and CEO and Founder of Garden of Life, Inc., a leading innovator in the Natural Products industry. “There's a big difference in emotional eating and knowing when you are physically hungry – and The Vitamin Code Perfect Weight formula can help with this.”

Designed for individuals working to attain or maintain a healthy weight, the vitamins contain select nutrients to support metabolism, mental and physical energy, heart health, immune support and optimal digestion. The vitamins also contain *ashwagandha*, often referred as “the king of herbs” and used widely in Ayurvedic medicine and the Western world as an adaptogen, a substance that can help the body naturally adapt and increase resistance to physical and emotional stress.

Jim Barnett, 73, of Williamson, West Virginia, said The Vitamin Code has jump started his weight loss plan. “My doctor told me to lose weight, so I knew I had to finally get serious and do something,” Barnett explained. “I eat healthy foods that I grow in my own garden, but my downfall has always been excessive snacking between meals. I learned about the Perfect Weight vitamins and started taking

them. After one month, I feel better than I have in years! I have more energy and have been able to cut down on unhealthy, fattening snacks.”

Barnett was thrilled when he returned to his doctor one month later and learned he had lost eight pounds. He added, “My doctor was very impressed. I have about 20 more pounds to lose, but I feel with the help of the vitamins I’m off to a good start!”

In addition to the Perfect Weight formula, The Vitamin Code features five other targeted formulas: Vitamin Code Women’s formula; Women 50 & Wiser; Vitamin Code Men’s formula; Men 50 & Wiser; and Vitamin Code Family formula for adults as well as children six and older. With the exception of the *ashwaganda* and teas that are used in the Perfect Weight Formula that is momentarily exposed to high heat, all ingredients are 100 percent active and have not been subjected to high heat used in some tablet manufacturing processes.

Kelley Sams, a 32-year-old mom in Tampa, Florida, said she never had any problems with her weight until she became pregnant. “I knew that getting back into pre-pregnancy shape was going to involve effort and lifestyle changes,” she said. “I didn’t want to include any artificial products or overly refined foods in my diet, so I began taking The Vitamin Code Perfect Weight vitamins and started eating more fresh veggies and nuts. After almost a month, I’ve lost 10 pounds and I’m not craving carbs or sugar!”

With a suggested retail price of \$43.95 for a 120-count bottle, The Vitamin Code Perfect Weight formula can be purchased nationwide at independent health food store retailers. Results may vary among individuals. In addition, Garden of Life is partnering with Vitamin Angels to help provide vitamins free of charge to children, expectant mothers, and families in need throughout the world. Vitamin Angels ([www.vitaminangels.org](http://www.vitaminangels.org)) is a non-profit organization dedicated to providing vital nutrition in the form of supplements to developing countries, communities, and individuals in need.

For more information on The Vitamin Code, go to [www.RawVitamins.com](http://www.RawVitamins.com). For interviews with health expert and best-selling author Jordan Rubin, contact Rhonda Price at (561) 371-9407.

\* 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.