



Potent & Science-Safe Targeted Nutrition for Menopausal Women—Iron-Free

Menopause One™ is a holistic, whole body formulation that supports long-term health, addresses all the systems of a woman's body affected by menopause and increases vitality for a difference you can feel—in just one tablet a day.

Potent & Science-Safe with a balanced nutrient profile featuring standardized black cohosh, "the menopause herb" plus non-GMO soy extract and ginkgo, "the mind herb."

Gentle on the Stomach with whole foods and plant-source enzymes to aid digestion.*

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.

KEEP OUT OF REACH OF CHILDREN.
Consult a health care professional prior to use if you are taking medication or have a medical condition.

❖ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS

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RAINBOW LIGHT®

Menopause One™

JUST 1 ONCE®

Food-Based Multivitamin

Balanced Mood & Energy

Targeted Menopause Support

Black Cohosh & Ginkgo

90 Tablets

Dietary Supplement

To open, press along perforation.
Please remove label before recycling bottle.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Palmitate, Beta-carotene)	5,000 IU 100%	Chromium (as Amino Nicotinate)	200 mcg 167%
Vitamin C (as Ascorbic Acid)	150 mg 250%	Molybdenum (as Amino Acid Chelate)	100 mcg 133%
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Citrus Bioflavonoid Complex	25 mg *
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Boron (as Glycinate)	2 mg *
Vitamin K (as Phytonadione)	100 mcg 125%	Choline (as Bitartrate)	25 mg *
Vitamin B-1 (as Thiamin Mononitrate)	30 mg 2,000%	Gentle Digestive Blend	40 mg *
Riboflavin (Vitamin B-2)	25 mg 1471%	Protease	664 HUT *
Niacin (as Niacinamide)	30 mg 150%	Amylase	226 DU *
Vitamin B-6 (as Pyridoxine)	30 mg 1,500%	Lipase	2 LU *
Folic Acid	800 mcg 200%	Cellulase	3 CU *
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%	Betaine HCl	20 mg *
Biotin	200 mcg 67%	Superfood & MenoEase Complex	170 mg *
Vitamin B-5 (as Calcium Pantothenate)	30 mg 300%	Organic Spirulina	75 mg *
Calcium (as Carbonate, Citrate-Malate)	200 mg 20%	Black Cohosh (rhizome) 4:1 Extract	40 mg *
Magnesium (as Oxide)	50 mg 13%	(equivalent to 160 mg herbal powder)	
Zinc (as Citrate)	10 mg 67%	Triterpene Glycosides	1 mg *
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg 286%	Ginkgo (leaf) 50:1 Extract	30 mg *
Copper (as Amino Acid Chelate)	1 mg 50%	(standardized 24/6) (equivalent to 1,500 mg herbal powder)	
Manganese (as Citrate)	5 mg 250%	Non-GMO Soy Extract	25 mg *

*Daily Value (DV) not established.

Other Ingredients (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate.