



Another bottle kept out of the landfill



100% Vegetarian Food-Based Multivitamin Compatible with Many Prescription Medications

Just Once® Iron-Free Multivitamin supports long-term health and strengthens vitality to create a difference you can feel – in just one tablet a day.

Research-Based Multivitamin Protection featuring potent B-complex, antioxidants and nutritious green foods and botanicals which strengthen immunity and help the body adapt to stress. SafeGuard™ screened for men, post-menopausal women and those with thyroid concerns or who take commonly prescribed medications.

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

SUGGESTED USAGE: One tablet per day, with or between meals.



Contains no lactose/dairy, wheat, gluten or yeast.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. **SafeGuard** screened for common nutrient contraindications: no added iron for most men and post-menopausal women, PABA for sulfa medications, Vitamin K for blood thinning medication, iodine for thyroid concerns and copper contraindicated for cancer patients and survivors.

VeganGuard screened for vegans to be free of animal products.

CAUTION: Consult a health care professional prior to use if taking any medication.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS
125 McPherson St., Santa Cruz, CA 95060
©2010 www.rainbowlight.com

Feel the Difference

RAINBOW LIGHT®

Just Once®
Iron-Free



Food-Based Multivitamin

Antioxidants & Superfoods

Energizing B-Complex

Gentle on the Stomach

SafeGuard™ VeganGuard™

120 Tablets

Dietary Supplement

Press along perforation

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene)-----	5,000 IU --100%	Manganese (as Glycinate)-----	2.5 mg --125%
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)-----	240 mg --400%	Chromium (as Amino Nicotinate)-----	50 mcg --42%
Vitamin D (as D2 Ergocalciferol)-----	400 IU --100%	Molybdenum (as Aspartate)-----	12 mcg --16%
Vitamin E (d-alpha Tocopheryl Succinate)-----	60 IU --200%	Potassium (as Citrate) --	20 mg --<1%
Vitamin B-1 (as Thiamin Mononitrate)-----	6 mg --400%	Boron (as Citrate, Aspartate, Glycinate) (50 mcg*), Lemon Bioflavonoid Complex (60 mg*), Choline (as Bitartrate) (15 mg*), Inositol (15 mg*), Rutin (15 mg*), Hesperidin (10 mg*)	
Niacin (as Niacinamide)-----	30 mg --150%	Food Enzyme Complex	
Vitamin B-6 (as Pyridoxine)-----	6 mg --300%	Protease (1,188 HUT*), Amylase (93 DU*), Lipase (1 LU*), Cellulase (1 CU*), Bromelain (12,000 PU*), Apple Pectin (20 mg*)	
Folic Acid-----	400 mcg --100%	Superfood & Herbal Energy Complex -----	180 mg ----- *
Vitamin B-12 (as Cyanocobalamin)-----	25 mcg --417%	(equivalent to 360 mg of food and herbal powder)	
Biotin-----	300 mcg --100%	Organic Spirulina, Chlorella	
Vitamin B5 (as Calcium Pantothenate)-----	30 mg --300%	4:1 Vegetable & Herb Extracts:	
Calcium (as Amino Acid Chelate)-----	30 mg -----3%	American Ginseng [root], Horsetail [herb], Jujube [fruit], Carrots, Broccoli, Spinach, Parsley, Stinging Nettle [tops], Celery, Astragalus [root], Beets, Green Beans, Seaweed	
Magnesium (as Glycinate, Ascorbate)-----	30 mg -----8%		
Zinc (as Citrate, Monomethionine)-----	5 mg --33%		
Selenium (as Selenomethionine)-----	25 mcg --36%		

*Daily Value (DV) not established.

Other ingredients: natural mineral or vegetable source microcrystalline cellulose, modified cellulose, stearic acid, magnesium stearate, silicon dioxide. Coating: vegetable food glaze. Contains soy lecithin in vegetable glaze.

EarthFirst® PLA film utilizes Ingeo™