



Another bottle kept out of the landfill

Promotes Enhanced Physical and Mental Energy*

A scientifically advanced blend of nutrients, foods and herbs designed to support overall mental stamina and energy. Just one tablet a day delivers:

Physical Energy Support from a complete B-complex that works synergistically in the body's production of energy while supporting a healthy nervous system. Vitamin C aids B vitamin absorption and function. Spirulina and octacosanol (from spinach) provide natural fuel for increased energy.*

Mental Energy Support with 100 mg Choline, essential for the manufacture of acetylcholine which keeps the brain alert and high-potency pantothenic acid (B-5), for healthy energy levels when coping with stress; plus the supporting herbs ginkgo, "the mind herb" and eleuthero.*

SUGGESTED USAGE: 1 tablet daily, 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.** *VeganGuard* screened for vegans to be free of animal products.

* 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.

EarthFirst® PLA film utilizes Ingeo™



RAINBOW LIGHT® Energy B-Complex™



Food-Based Formula

**Supports Mental Stamina
Strengthens Physical Energy
Eleuthero & Ginkgo**

VeganGuard®

45 Tablets

Dietary Supplement

To open, press along perforation

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)-----	150 mg	250%
Vitamin B-1 (as Thiamin Mononitrate)-----	50 mg	3330%
Riboflavin (Vitamin B-2)-----	50 mg	2940%
Niacin (as Niacinamide)-----	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)----	75 mg	3750%
Folic Acid-----	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)-----	150 mcg	2500%
Biotin-----	1 mg	333%
Vitamin B-5 (as Calcium Pantothenate)-----	100 mg	1000%
Choline (as Bitartrate)-----	100 mg	*
Inositol-----	50 mg	*
Eleuthero [root] 4:1 Extract-----	200 mg	*
(equivalent to 800 mg of herbal powder strength)		
Ginkgo [leaf] 4:1 Extract-----	60 mg	*
(equivalent to 240 mg of herbal powder strength)		
Organic Spirulina-----	100 mg	*
Octacosanol (from Spinach)-----	300 mcg	*

* Daily Value (DV) not established.

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

Natural Energy, Resilience, Focus

