

Supplement Facts

Continued from other panel

	Amount Per Serving	% DV
Nourishing Vegetable complex	306 mg	†
Organic spirulina, kale (leaf), spinach (leaf), dandelion (leaf), beet (root), sodium copper chlorophyllin		
Citrus (fruit) bioflavonoids extract	75 mg	†
Mixed Carotenoid complex	60 mg	†
Hesperidin	45 mg	†
Rutin	45 mg	†
Inositol	30 mg	†
PABA (para-aminobenzoic acid)	30 mg	†

†Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, coating (dextrin, dextrose, soy lecithin, sodium carboxymethyl cellulose, sodium citrate).

*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.

SUGGESTED USAGE: Take 1 to 3 tablets daily, adjusting intake based on diet, energy needs, stress levels and/or skin health. Can be taken on an empty stomach.

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

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Distributed by Nutranext Business, LLC
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LB-RLCT2214-90R3



Active Health™ Teen

High Potency Multivitamin*

Promotes healthy skin*

Energy, bone, immune & brain support*

Plus vegetables, probiotics & enzymes*

Gluten-Free | Dairy-Free | Three Tablets Per Day

90 Tablets | Dietary Supplement

Supplement Facts

Serving Size 3 Tablets

Servings Per Container 30

	Amount Per Serving	% DV
Vitamin A (as beta-carotene, retinyl palmitate)	2250 mcg	250%
Vitamin C (as ascorbic acid)	300 mg	333%
Vitamin D3 (as cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Vitamin K (as phytonadione)	150 mcg	125%
Thiamin (as thiamin mononitrate)	30 mg	2500%
Riboflavin (vitamin B2)	30 mg	2308%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1765%
Folate (as folic acid)	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	30 mcg	1250%
Biotin	300 mcg	1000%
Pantothenic Acid (as calcium pantothenate)	30 mg	600%
Choline (as choline bitartrate)	30 mg	5%
Calcium (as calcium carbonate, calcium citrate)	300 mg	23%
Iron (as iron chelate)	9 mg	50%
Magnesium (as magnesium oxide, magnesium chelate)	300 mg	71%
Zinc (as zinc chelate)	10 mg	91%
Selenium (as selenomethionine)	50 mcg	91%
Copper (as copper chelate)	1 mg	111%
Manganese (as manganese chelate)	3 mg	130%
Chromium (as chromium amino nicotinate)	200 mcg	571%
Molybdenum (as molybdenum chelate)	252 mcg	560%

Herbal Blend	585 mg	†
Ginger (root), oregon grape (root), chaste tree, carrot (root), dandelion (whole plant), stinging nettle (tops), Burdock (root), yellow dock (root), red clover (flower)		

Gentle Digestion Support Blend	486 mg	†
Ginger (root) powder, Betaine Hydrochloride, protease (4868 HUT), amylase (1689 DU+), lipase (27 FIP+), cellulase (20 CU+), <i>Bacillus coagulans</i> MTCC 5856 (75 million CFU)		