



Another bottle kept out of the landfill



Press along perforation

Supplement Facts (Continued from other panel)

	Amount Per Serving	%DV
<i>Lactobacillus Sporogenes</i> -----	75 million CFU-----	*
Nourishing Vegetable Complex -----	306 mg-----	*
(equivalent to 756 mg of vegetable powder)		
Organic Spirulina, Chlorophyll, 4:1 Juice Concentrates: Kale, Spinach, Dandelion Greens, Beet		
DermaComplex™ Herbal Blend -----	585 mg-----	*
(equivalent to 2,529 mg of herbal powder)		
5:1 Herbal Extracts: Oregon Grape [root], Vitex (Chaste Tree) [seed]		
4:1 Herbal Extracts: Carrot [root], Ginger [rhizome], Dandelion [whole plant], Stinging Nettle [tops], Burdock [root], Yellow Dock [root], Red Clover [flower]		
* Daily Value (DV) not established.		

Comprehensive Multivitamin/Mineral + Nourishing Vegetables, Potent Skin-Clearing Action,* Energy and Stress Management, Blood Sugar and Mood Balancing

SUGGESTED USAGE: 1-3 tablets daily, depending on diet and skin health, 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, gluten, wheat or yeast.**

*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.

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.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS

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Food Based, Potent, Digestion-Enhanced

RAINBOW LIGHT®

Active Health™ Teen



Food-Based Multivitamin

Targeted Teen Nutrition

Potent Skin-Clearing Action

75 Million Live Active Probiotics

90 Tablets

Dietary Supplement

Supplement Facts

Serving Size 3 Tablets

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (50% as Palmitate, 50% as Beta Carotene from Dunaliella) ----	10,000 IU --- 200%	Zinc (as Amino Acid Chelate) -----	10 mg ----67%
Vitamin C (as Ascorbic Acid) -----	300 mg --- 500%	Selenium (as Selenomethionine) -----	50 mcg ----71%
Vitamin D (as D3 Cholecalciferol) ---	400 IU --- 100%	Copper (as Amino Acid Chelate) -----	1 mg ----51%
Vitamin E (as d-alpha Tocopheryl Succinate) -----	200 IU --- 667%	Manganese (as Amino Acid Chelate) -----	3 mg -- 150%
Vitamin K (as Phytinadione) -----	150 mcg --- 188%	Chromium (as Amino nicotinate) -----	200 mcg -- 168%
Vitamin B-1 (as Thiamin Mononitrate) -----	30 mg --2000%	Molybdenum (as Amino Acid Chelate) -----	252 mcg -- 336%
Riboflavin (Vitamin B-2) -----	30 mg --1765%	Citrus Bioflavonoid Complex -----	75 mg -----*
Niacin (as Niacinamide) -	30 mg --- 150%	Rutin -----	45 mg -----*
Vitamin B-6 (as Pyridoxine) ---	30 mg --1500%	Hesperidin -----	45 mg -----*
Folic Acid -----	400 mcg --- 100%	Choline (as Bitartrate) -----	30 mg -----*
Vitamin B-12 (as Cyanocobalamin) -----	30 mcg --- 500%	Inositol -----	30 mg -----*
Biotin -----	300 mcg --- 100%	PABA (para-Aminobenzoic Acid) -----	30 mg -----*
Vitamin B-5 (as Calcium Pantothenate) -----	30 mg --- 300%	Mixed Carotenoid Complex (D. Salina) 60 mg -----*	
Calcium (as Carbonate, Citrate) -----	300 mg -----30%	Gentle Digestion Support Blend	
Iron (as Amino Acid Chelate) -----	9 mg -----50%	Protease (4,866 HUT*), Amylase (1,688 DU*), Lipase (18 LU*), Cellulase (20 CU*), Betaine HCl (30 mg*), Ginger [rhizome] (414 mg*)	
Magnesium (as Oxide, Amino Acid Chelate) ----	300 mg -----75%		

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

EarthFirst® PLA film utilizes Ingeo™