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Whole Food multivitamin with antioxidants and targeted herbal complexes renews men's core body systems at the cellular level for sustained energy, immunity and longevity.

Strength & Energy with adaptogenic herbs and whole foods that fortify and protect the male core system, promoting robust, physical energy and stamina.*

Antioxidant Protection with Resveratrol helps neutralize free radical damage and protects cellular integrity for increased vitality.* Antioxidants are studied for anti-aging benefits that protect telomere length, chromosomal DNA sequences that shorten with aging.

Digestive & Liver Support promotes liver health by cleansing everyday toxins from your system, supports a healthy liver, strengthens digestion and builds a foundation for natural immune resistance and wellness.*

Research-Based Nutrition long term health protection including 1,000 IU Vitamin D₃, a potent B-complex and 25 million probiotics to support immune function, cardiovascular and brain health.*

SUGGESTED USAGE: 2-4 capsules daily, with or between meals, may be sprinkled on food.

Produced in our certified organic facility with rigorous quality standards for superior purity.

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

ALLERGEN SafeGuard Free of Gluten, Yeast, Milk, Eggs, Soy, Nuts, Fish/Shellfish and Wheat

* 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.



RAINBOW LIGHT® CERTIFIED ORGANICS™

Men's Multivitamin

Made with
Organic
Fruits & Vegetables

ALLERGEN
SafeGuard™

Energy | Strength | Longevity

Dietary Supplement
120 vegetarian capsules



Supplement Facts

Serving Size 4 capsules

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Beta-Carotene)-----	2,500 IU-----50	Resveratrol Complex (Polygonum)-----	8 mg-----*
Vitamin C (as Ascorbic Acid) 60 mg----	100	Strength & Energy -----	300 mg-----*
Vitamin D (as D ₃ Cholecalciferol)-----	1,000 IU-----250	(equivalent to 820 mg of herbal powder)	
Vitamin E (as d-alpha Tocopheryl Succinate)-----	60 IU-----200	Organic American Ginseng [root] 4:1 Extract, Organic Saw Palmetto [berry], Muira puama [root], Organic Green Tea [leaf] 5:1 Extract, Organic Cinnamon 4:1 Extract	
Vitamin B-1 (as Thiamin Mononitrate)-----	27 mg-----1,800	Antioxidant	
Riboflavin (Vitamin B-2)-----	25 mg-----1,471	Whole Foods -----	56 mg-----*
Niacin (as Niacinamide)-----	30 mg-----150	Organic Acai Berry, Organic Goji Berry, Organic Pomegranate Extract, Organic Blueberry, Organic Broccoli, Organic Kale, Organic Beet	
Vitamin B-6 (as Pyridoxine)-----	18 mg-----900	Gentle Digestive Support	
Folic Acid-----	400 mcg-----100	Protease-----	1,622 HUT-----*
Vitamin B-12 (as Cyanocobalamin)-----	66 mcg-----1,100	Amylase-----	563 DU-----*
Biotin-----	500 mcg-----167	Lipase-----	6 LU-----*
Vitamin B-5 (as Calcium Pantothenate)-----	10 mg-----100	Cellulase-----	7 CU-----*
Iodine (from Kelp)-----	55 mcg-----37	Lactobacillus	
Zinc (as Citrate)-----	7 mg-----47	<i>Sporogenes</i> 25,000,000 CFU-----	*
Selenium (as Selenomethionine)-----	75 mcg-----107	Organic Inulin [Chicory, Artichoke]-----	820 mg-----*
Copper (as Amino Acid Chelate)-----	700 mcg-----35	Liver Support	
Manganese (as Citrate)-----	2 mg-----100	Herbs -----	124 mg-----*
Chromium (as Amino Nicotinate)-----	75 mcg-----63	(equivalent to 496 mg of herbal powder)	
Molybdenum (as Amino Acid Chelate)-----	75 mcg-----100	Organic Milk Thistle [seed] 4:1 Extract, Organic Artichoke [leaf and flower] 4:1 Extract, Organic Ginger [root] Juice Extract 4:1	
Organic Spirulina-----	1,000 mg-----*	* Daily Value (DV) not established.	

Formulated & Distributed by **Rainbow Light Nutritional Systems**
125 McPherson St., Santa Cruz, CA 95060 ©2010 www.rainbowlight.com

Certified Organic by Quality Assurance International

Other ingredients: natural or mineral source magnesium stearate, silica, organic brown rice protein. Capsule: modified vegetable cellulose, water.