



Now! **ALLERGEN**
SoyGuard® Guaranteed free of gluten,
yeast, milk, eggs, soy, nuts, fish/shellfish.

The #1 Selling Men's Food-Based Multivitamin to
Energize, Strengthen and Protect

Research-Based Multivitamin Protection that delivers
customized, protective nutrient potencies, featuring
high-potency zinc to support reproductive health,* plus
saw palmetto and 1,000 mcg lycopene.

Energy B-Complex promotes vigorous energy with a
targeted B-complex, nutrient-rich vegetable concentrates
and organic spirulina.*

Heart & Immune Health with 25 million bioactive
probiotics and 800 IU vitamin D plus broad-spectrum
enzymes for daily digestive health and immune support,
plus 800 mcg folic acid for heart health.*

SUGGESTED USAGE: For pure and potent protection,
take one tablet per day, with or between meals.

KEEP OUT OF REACH OF CHILDREN.

Consult a health care professional prior to use if you
are taking medication or have a medical condition.

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

* 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.

Formulated & Distributed by RAINBOW LIGHT NUTRITIONAL SYSTEMS

125 McPherson St., Santa Cruz, CA 95060

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Feel the Difference

RAINBOW LIGHT®

Men's One™

JUST 1 ONCE™

Food-Based Multivitamin

Energy B-Complex & Probiotics

Heart & Immune Health

Gentle on the Stomach

90 Tablets

Dietary Supplement

To open, press along perforation.
Please remove label before recycling bottle.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU 100%	Manganese (as Citrate)	2 mg 100%
Vitamin C (as Ascorbic Acid)	128 mg 200%	Chromium (as Amino Isocitrate)	200 mcg 100%
Vitamin D (as D ₃ Cholecalciferol)	800 IU 200%	Molybdenum (as Amino Acid Chelate)	75 mcg 100%
Vitamin E (as d-Alpha Tocopheryl Succinate)	20 IU 100%	Choline (as Bitartrate)	25 mg *
Vitamin K (as Phylloquinone)	100 mcg 125%	Inositol	20 mg *
Vitamin B-1 (as Thiamine Mononitrate)	25 mg 1,000%	Corn Bioflavonoid Complex	25 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	Men's Strengthening Blend	1,000 mg *
Niacin (as Nicotinamide)	25 mg 100%	(Equivalent to 104 mg of liquid and herbal powder)	
Vitamin B-6 (as Pyridoxine HCl)	25 mg 1,250%	Saw Palmetto (Berry) 2:1	
Folic Acid	800 mcg 200%	Extract, Organic Spirulina	
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Lycopene (from Tomato, Natural)	1,000 mcg *
Biotin	150 mcg 50%	Vegetable Juice Samples	10 mg *
Vitamin B-9 (as Calcium Pantothenate)	25 mg 100%	(4:1 extract, equivalent to 40 mg of vegetable powder)	
Calcium (as Citrate)	25 mg 5%	Kale, Spinach, Candelini Greens, Beet	
Magnesium (as Oxide)	25 mg 6%	Complete Spirulina Support	34 mg *
Zinc (as Citrate)	25 mg 100%	Probiotic (B-1 HEP™)	
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg 180%	Amylose (250 DU)*	
Copper (as Amino Acid Chelate)	2 mg 100%	Lipase (2,000 U)*	
		Cellulose (2.00 U)*	
		Lactobacillus	
		Scorpius	25,000,000 CFU *
		Soluble HCL	10 mg *

* Daily Value (DV) not established.

Other Ingredients (natural mineral and vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica, Coating: hydroxypropyl methylcellulose, HCT (pectin oil), lecithin.