

Experience the difference 1 tablet per day makes:

- ‡Clinically Proven Absorption: Vitamins B2, B5, folate & zinc
- Provides nutritional support for bone health and supports immune health with zinc ♦
- Promotes energy with potent B vitamins ♦
- Supports blood pressure health and nerve cell protection ♦
- Nourishes your body for brain health ♦
- The Enzyme and Probiotic Blend includes digestive enzymes to aid in breaking down foods ♦

SUGGESTED USAGE: Take one tablet per day, with or between meals.

KEEP OUT OF REACH OF CHILDREN: Consult your physician prior to using this product if you are taking medication or have a medical condition.

♦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.

Contains **NO**: Tree nuts, peanuts, eggs, fish, or shellfish.



Eco Guard™ Packaging
Bottle made from 100% recycled material*
*excluding colorant



Men's One
Multivitamin

Rainbow Superfoods Blend & Probiotics



Supports Immune, Bone & Brain Health♦



Vegetarian

Tablets | Multivitamin Supplement

S u p p l e m e n t F a c t s			
Serving Size 1 Tablet			
Amount Per Serving		% DV	
Vitamin A (as beta-carotene)	1800 mcg	200%	
Vitamin C (ascorbic acid)	45 mg	50%	
Vitamin D (as cholecalciferol)	50 mcg	250%	
Vitamin E (as d-alpha tocopheryl succinate)	15 mg	100%	
Vitamin K (as phytonadione)	120 mcg	100%	
Thiamin (as thiamin mononitrate)	20 mg	1667%	
Riboflavin (vitamin B2)	20 mg	1538%	
Niacin (as niacinamide)	20 mg	125%	
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1176%	
Folate (as folic acid)	400 mcg DFE (240 mcg folic acid)	100%	
Vitamin B12 (as methylcobalamin)	10 mcg	417%	
Biotin	50 mcg	167%	
Pantothenic Acid (as calcium pantothenate)	13 mg	260%	
Choline (as choline bitartrate)	55 mg	10%	
Calcium (from mineral-rich red algae)	25 mg	2%	
Iodine (from inactivated Saccharomyces cerevisiae)	150 mcg	100%	
Magnesium (as marine magnesium extract from sea water)	50 mg	12%	
Zinc (as zinc citrate)	11 mg	100%	
Selenium (as selenomethionine)	55 mcg	100%	
Amount Per Serving		% DV	
Copper (as copper amino acid chelate)	0.9 mg	100%	
Manganese (as manganese citrate)	2.3 mg	100%	
Chromium (as chromium picolinate)	100 mcg	286%	
Molybdenum (as molybdenum amino acid chelate)	45 mcg	100%	
Organic Rainbow Superfoods Blend	100 mg	†	
Organic spirulina, organic beet (root), organic broccoli (plant), organic kale (leaf), organic spinach (leaf), organic blackberry (fruit), organic blueberry (fruit), organic carrot (root), organic cranberry (fruit)			
Men's Nourishing Blend	51 mg	†	
Organic chlorella, organic green tea (leaf) extract, lycopene			
Enzyme and Probiotic Blend	27 mg	†	
Ginger (root) juice extract, amylase (150 DU†), protease (600 HUT†), xylanase (80 XU†), maltase (4 DP†), glucoamylase (0.4 AGU†), hemicellulase (615 HCU†), beta-glucanase (18 BGU†), phytase (0.04 FTU†), cellulase (24 CU†), alpha-galactosidase (4 GalU†), lipase (22 FIP†), lactase (7 ALU†), invertase (3 SU†), Bacillus coagulans MTCC 5856 (25 million CFU†)			
Inositol	20 mg	†	
Citrus (fruit) bioflavonoids	10 mg	†	
†Daily Value (DV) not established.			

Other ingredients: Microcrystalline cellulose, coating (hypromellose, medium-chain triglycerides, inulin). Contains milk, soy, and wheat traces from enzyme fermentation media. Manufactured by Nature's Products, Inc. for Nutranext Business, LLC 1301 Sawgrass Corporate Parkway, Sunrise, FL 33323, USA 800.571.4701 © 2021 www.rainbowlight.com LB-10892-090B