



ALLERGEN
SafeGuard® Guaranteed free of gluten,
 yeast, milk, eggs, soy, nuts, fish/shellfish.

Whole food multivitamin with antioxidants and targeted herbal complexes renews 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 female core system to strengthen from within, promoting healthy, natural energy.*

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

Digestive, Liver Support with milk thistle, artichoke & DIM promotes liver health, strengthens digestion and builds a foundation for natural immune resistance and wellness. DIM is researched for balancing and removing excess estrogen.*

Research-Based Nutrition including 1,000 IU vitamin D3, 800 mcg folic acid and 25 million probiotics.

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

Produced in our certified organic facility in the USA.

Purity Guarantee: Allergen SafeGuard®: Contains no gluten, soy, yeast, milk, eggs, nuts, fish or shellfish. 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and additives.

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.

*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.

RAINBOW LIGHT® CERTIFIED ORGANICS®

Women's Multivitamin

Made with
 Organic
 Fruits & Vegetables

Energy | Strength | Longevity

Dietary Supplement
 120 vegetarian capsules

*Spirulina
 American
 ginseng
 Angelica
 Green Tea
 Rhodiola
 Mountain
 Cranberry
 Red Clover
 Acai, Goji
 Pomegranate
 Blueberry
 Broccoli
 Kale, Beet
 Milk Thistle*



To open, press along perforation.

Supplement Facts

Serving Size 4 capsules
 Servings per Container: 30

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as Beta-Carotene)	2,500 IU 50%	Strength & Energy	320 mg *
Vitamin C (as Ascorbic Acid)	60 mg 100%	(equivalent to 1,260 mg of herbal powder)	
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Organic American Ginseng (root) 4:1 Extract, Organic Angelica (root) 4:1 Extract,	
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Organic Green Tea (leaf) 5:1 Extract, Organic Rhodiola (root) 4:1 Extract, Organic Mountain Cranberry, Organic Red Clover (flower) 4:1 Extract	
Vitamin B-1 (as Thiamin Mononitrate)	25 mg 1,667%	Antioxidant Whole Foods	56 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	Organic Acai Berry, Organic Goji Berry, Organic Pomegranate Extract, Organic Blueberry, Organic Broccoli, Organic Kale, Organic Beet	
Niacin (as Niacinamide)	30 mg 150%	Gentle Digestive Support	694 mg *
Vitamin B-6 (as Pyridoxine)	20 mg 1,000%	Protease	1,622 HUT *
Folic Acid	800 mcg 200%	Amylase	563 DU *
Vitamin B-12 (as Cyanocobalamin)	66 mcg 1,100%	Lipase	6 LU *
Biotin	500 mcg 167%	Cellulase	7 CU *
Vitamin B-5 (as Calcium Pantothenate)	10 mg 100%	Lactobacillus Sporogenes	25,000,000 CFU *
Iron (as Amino Acid Chelate)	4 mg 22%	Organic Inulin (Agave)	680 mg *
Iodine (from Kelp)	75 mcg 50%	Liver Support Herbs	124 mg *
Zinc (as Citrate)	5 mg 33%	(equivalent to 496 mg of herbal powder)	
Selenium (as Selenomethionine)	50 mcg 71%	Organic Milk Thistle [seed] 4:1 Extract, Organic Artichoke [leaf and flower] 4:1 Extract, Organic Ginger [root] Juice Extract 4:1	
Copper (as Amino Acid Chelate)	500 mcg 25%		
Manganese (as Citrate)	1 mg 50%		
Chromium (as Amino Nicotinate)	150 mcg 125%		
Molybdenum (as Amino Acid Chelate)	75 mcg 100%		
Organic Spirulina	1,000 mg *		
DIM (Diindolylmethane) Complex	8 mg *		

* Daily Value (DV) not established.

Formulated & Distributed by **Rainbow Light Nutritional Systems®**
 Santa Cruz, CA 95060 Made in the USA ©2012 800.571.4701 www.rainbowlight.com

Certified Organic by Quality Assurance International

Other ingredients (natural or mineral source): Organic brown rice protein, silica, Capsaicin (vegetable polysaccharide).