

Vegetarian. Contains NO gluten • wheat •
milk • tree nuts • peanuts • eggs • fish • shellfish.

Contains 70%
certified organic ingredients



CERTIFIED
**Women's
Multivitamin**
Made with Organic
Fruits & Vegetables



Energy*
Strength*
Longevity*

Gluten-Free | Soy-Free
Dietary Supplement | Vegetarian Capsules

*Spirulina
Dong Quai
Green Tea
Rhodiola
Cranberry
Red Clover
Acai
Goji
Pomegranate
Blueberry
Broccoli
Kale
Beet
Milk Thistle*

Supplement Facts

Serving Size 4 Capsules

	Amount Per Serving	% DV
Vitamin A (as beta-carotene)	375 mcg	42%
Vitamin C (as ascorbic acid)	60 mg	67%
Vitamin D3 (as cholecalciferol)	25 mcg	125%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	133%
Thiamin (as thiamin mononitrate)	25 mg	2083%
Riboflavin (vitamin B2)	25 mg	1923%
Niacin (as niacinamide)	30 mg	188%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1176%
Folate (as folic acid)	1333 mcg DFE (800 mcg folic acid)	333%
Vitamin B12 (as methylcobalamin)	67 mcg	2792%
Biotin	500 mcg	1667%
Pantothenic Acid (as calcium pantothenate)	10 mg	200%
Iron (as iron chelate)	4 mg	22%
Iodine (from kelp)	75 mcg	50%
Zinc (as zinc citrate)	5 mg	45%
Selenium (as selenomethionine)	50 mcg	91%
Copper (as copper chelate)	0.5 mg	56%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium amino nicotinate)	150 mcg	429%
Molybdenum (as molybdenum chelate)	75 mcg	167%

Organic Antioxidant Fruit & Vegetable Blend	1056 mg	†
Organic spirulina, organic acai (fruit) powder, organic lycium (fruit) extract, organic pomegranate (fruit) extract, organic blueberry (fruit), organic broccoli (plant), organic kale (leaf), organic beet (root)		
Digestion & Absorption Enhancing Blend	674 mg	†
Organic inulin (from <i>Agave spp.</i>), protease (1622 HUT), amylase (563 DU), lipase (9 FIU), cellulase (7 CU), <i>Bacillus coagulans</i> MTCC 5856 (25 million CFU)		
Organic Strength & Energy Blend	320 mg	†
Organic rhodiola (root) extract, organic dong quai (root) extract, organic green tea (leaf) extract, organic red clover (flower, leaf) extract, organic lingonberry/cranberry (fruit)		
Organic Liver Support Blend	124 mg	†
Organic milk thistle (seed) extract, organic artichoke (leaf) extract, organic ginger (root) extract		
Diindolylmethane (DIM) complex	8 mg	†

* Daily Value (DV) not established.

Other Ingredients: Organic brown rice concentrate, capsule (vegetable polysaccharide).

* 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.

SUGGESTED USAGE: Take 4 capsules daily. May be taken on an empty stomach.

KEEP OUT OF REACH OF CHILDREN. Consult your healthcare professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

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.

Produced in our certified organic facility
Formulated and distributed by Nutanext Business, LLC
1301 Sawgrass Corporate Parkway, Sunrise, FL 33323, USA 800.571.4701
Certified Organic by Quality Assurance International
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SS-RUM9204-120RS

