

Experience the difference 1 tablet per day makes:

- ‡Clinically Proven Absorption: Vitamins D, B2, B5, folate, calcium, iron & zinc
- Provides nutritional support for bone health and supports immune health with zinc ♦
- Promotes energy with potent B vitamins ♦
- Supports healthy, red blood cells 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.

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.

KEEP OUT OF REACH OF CHILDREN: Consult your physician prior to using this or any product if you are pregnant, nursing, taking any 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

**ACTUAL SIZE
TABLET**



Women's One Multivitamin

Rainbow Superfoods Blend & Probiotics



Supports Immune, Bone & Brain Health♦



Vegetarian

75 Tablets | Multivitamin Supplement

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 75

Amount Per Serving	% DV	Amount Per Serving	% DV
Vitamin A (as beta-carotene)	1800 mcg 200%	Copper (as copper amino acid chelate)	0.9 mg 100%
Vitamin C (ascorbic acid)	60 mg 67%	Manganese (as manganese citrate)	2.3 mg 100%
Vitamin D (as cholecalciferol)	50 mcg 250%	Molybdenum (as molybdenum amino acid chelate)	45 mcg 100%
Vitamin E (as d-alpha tocopheryl succinate)	15 mg 100%	Women's Nourishing Blend	91 mg †
Vitamin K (as phytonadione)	120 mcg 100%	Organic chlorella, grape (whole fruit) extract, organic pomegranate (fruit) juice powder, lutein	
Thiamin (as thiamin mononitrate)	20 mg 1667%	Organic Rainbow Superfoods Blend	80 mg †
Riboflavin (vitamin B2)	20 mg 1538%	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)	
Niacin (as niacinamide)	20 mg 125%	Enzyme and Probiotic Blend	33 mg †
Vitamin B6 (as pyridoxine hydrochloride)	20 mg 1176%	Ginger (root) juice extract, amylase (180 DU†), protease (720 HUT†), xylanase (96 XU†), maltase (5 DP†), glucoamylase (1 AGU†), hemicellulase (738 HCU†), beta-glucanase (21 BGU†), phytase (0.1 FTU†), cellulase (29 CU†), alpha-galactosidase (5 GalU†), lipase (26 FIP†), lactase (8 ALU†), invertase (4 SU†), <i>Bacillus coagulans</i> MTCC 5856 (25 million CFU†)	
Folate (as folic acid)	400 mcg DFE 100% (240 mcg folic acid)	Citrus (fruit) bioflavonoids	25 mg †
Vitamin B12 (as methylcobalamin)	10 mcg 417%	Inositol	20 mg †
Biotin	30 mcg 100%	Boron (as boron glycinate)	1 mg †
Pantothenic Acid (as calcium pantothenate)	13 mg 260%		
Choline (as choline bitartrate)	55 mg 10%		
Calcium (from mineral-rich red algae)	100 mg 8%		
Iron (as iron amino acid chelate)	6 mg 33%		
Iodine (from inactivated <i>Saccharomyces cerevisiae</i>)	150 mcg 100%		
Magnesium (as marine magnesium extract from sea water)	100 mg 24%		
Zinc (as zinc citrate)	11 mg 100%		
Selenium (as selenomethionine)	55 mcg 100%		

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, coating (hydroxypropyl cellulose), hydroxypropyl methylcellulose. 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-21741-075B