

Amount Per Serving	% Daily Value	
Choline (as choline bitartrate).....	20 mg	*
Inositol.....	20 mg	*
Citrus Bioflavonoid Complex.....	25 mg	*
Men's Health Blend		
Saw Palmetto (berry) 2:1 Extract.....	50 mg	*
Spirulina platensis.....	50 mg	*
Lycopene (from Tomato, natural).....	1000 mcg	*
Vegetable Juice Blend		
(Kale [leaf], Spinach [leaf], Dandelion Greens [leaf], Beet (<i>Beta vulgaris</i>) [root])	10 mg	*
Digestive Support Blend		
Protease, Amylase, Lipase, Cellulase.....	36 mg	*
Lactobacillus sporogenes (Probiotic strain).....	25 mg	*
Betaine HCl.....	10 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid (vegetable source), silicon dioxide and modified cellulose.

SUGGESTED USE: Take one tablet per day with or between meals, or as directed by your healthcare practitioner.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

Rainbow Light® Men's One™ is a registered trademark of Rainbow Light Nutritional Systems.

Iron-Free MEN'S ONCE DAILY

Multivitamin/Mineral with
Green Foods, Herbs, Enzymes & Probiotics

Dietary Supplement

90 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 90

Amount Per Serving	% Daily Value	
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU	100%
Vitamin C (as ascorbic acid)	120 mg	200%
Vitamin D3 (as cholecalciferol)	800 IU	200%
Vitamin E (d-alpha tocopheryl succinate)	100 IU	333%
Vitamin K1 (as phytonadione)	100 mcg	125%
Thiamin (as thiamin hydrochloride)	25 mg	1667%
Riboflavin	25 mg	1471%
Niacin (as niacinamide)	25 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	25 mg	1250%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	250%
Calcium (from calcium carbonate, dibasic calcium phosphate, calcium citrate malate and calcium pantothenate)....	50 mg	5%
Magnesium (from magnesium oxide)	25 mg	6%
Zinc (OptiZinc®)	20 mg	133%
Selenium (from selenomethionine, amino acid complex).....	200 mcg	286%
Copper (amino acid chelate)	2 mg	100%
Manganese (from manganous gluconate)	2 mg	100%
Chromium (from chromium nicotinate)	200 mcg	167%
Molybdenum (from sodium molybdate)	75 mcg	100%

KEEP OUT OF REACH OF CHILDREN.

572-80A

