

Supplement Facts

(Continued from other panel)

	Three Tablets Provide	%DV
Nourishing Vegetable Complex	306 mg	*
(equivalent to 756 mg of vegetable powder)		
Spirulina, Chlorophyll		
4:1 Juice Concentrates: Kale, Spinach, Dandelion Greens, Beet		
DermaComplex™ Herbal Blend	585 mg	*
(equivalent to 2,529 mg of herbal powder)		
5:1 Herbal Extracts: Oregon Grape [root], Vitex (Chaste Tree) [seed]		
4:1 Herbal Extracts: Carrot [root], Ginger [rhizome], Dandelion		
[whole plant], Stinging Nettle [tops], Burdock [root], Yellow Dock		
[root], Red Clover [flower]		

* Daily Value (DV) not established.

Targeted Nutrition for Teenagers with Skin-Clearing Action*

Comprehensive nutrition to help fill gaps in teen diets with nourishing vegetable extracts plus nutrients and botanicals that support clear, healthy skin.*

SUGGESTED USAGE: 1-3 tablets daily, depending on diet and skin health, with or between meals.

Contains no sugar, lactose, wheat, gluten or allergenic yeasts.

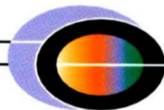
WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



RAINBOW
L I G H T™

Food Based™
Active Health™
TEEN
Multivitamin



Targeted Teen Nutrition
Potent Skin-Clearing Action*
Customizable Flexi-Dose Formula

90 Multivitamin Supplement Tablets

Supplement Facts

Serving Size 3 Tablets

	Three Tablets Provide	% DV	Three Tablets Provide	% DV
Vitamin A (50% as Palmitate, 50% as Beta Carotene from Dunaliella) -----	10,000 IU	200%	Magnesium (Oxide, Amino Acid Chelate) -----	300 mg ---75%
Vitamin C (Ascorbic Acid) -----	300 mg	500%	Zinc (Amino Acid Chelate) -----	10 mg ---67%
Vitamin D ₃ (Cholecalciferol) -----	400 IU	100%	Selenium (Selenomethionine) -----	50 mcg ---71%
Vitamin E (d-alpha Tocopheryl Succinate) -----	200 IU	667%	Copper (Amino Acid Chelate) -----	1 mg ---51%
Vitamin K (Phytonadione) -----	150 mcg	188%	Manganese (Amino Acid Chelate) -----	3 mg ---150%
Thiamin (Vitamin B-1) -----	30 mg	2000%	Chromium (Amino Nicotinate) -----	200 mcg ---168%
Riboflavin (Vitamin B-2) -----	30 mg	1765%	Molybdenum (Amino Acid Chelate) -----	252 mcg ---336%
Niacinamide (Vitamin B-3) -----	30 mg	150%	Citrus Bioflavonoids -----	75 mg -----*
Pyridoxine (Vitamin B-6) -----	30 mg	1500%	Rutin -----	45 mg -----*
Folic Acid -----	400 mcg	100%	Hesperidin -----	45 mg -----*
Cyanocobalamin (Vitamin B-12) -----	30 mcg	500%	Choline (Bitartrate) -----	30 mg -----*
Biotin -----	300 mcg	100%	Inositol -----	30 mg -----*
Pantothenic Acid (Vitamin B-5) -----	30 mg	300%	PABA (para-Aminobenzoic Acid) -----	30 mg -----*
Calcium (Carbonate, Citrate) -----	300 mg	30%	Mixed Carotenoids -----	51 mg -----*
Iron (Amino Acid Chelate) -----	9 mg	50%	Gentle Digestion Support Blend	
			Protease (5,400 HUT*), Amylase (423 DU*), Lipase (4 LU*), Cellulase (5 CU*), Betaine HCl (30 mg*), Ginger [rhizome] (414 mg*)	

(Supplement Facts continued on next panel)

Other Ingredients (all natural mineral & plant-based): cellulose, silica, modified cellulose, stearic acid (vegetable), magnesium stearate.
Coating: vegetable food glaze.