

Targeted Multivitamin Protection for Men with Saw Palmetto and Lycopene – Iron-Free

Men's One™ Energy Multivitamin delivers complete, nutritional support customized to strengthen and protect the male system with:

- **Research-Based Multivitamin Protection**—from a balanced nutrient profile customized to go beyond the minimal support afforded by 100% of the Daily Values to deliver protective potencies—iron-free for men's nutritional needs.
- **Targeted Nutrient Support for Men**—with high-potency zinc to support reproductive health plus a potent B-complex to support energy production.
- **Men's Strengthening Botanicals**—featuring energizing green foods including nutritious organic spirulina, and targeted botanicals featuring saw palmetto, “the prostate herb”, and 1,000 mcg of lycopene.

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar, lactose, wheat, gluten or yeast.

Formulated and Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS
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Men's One™ Energy Multivitamin

Feel the Difference

- **Potent & Science-Safe**
- **Gentle on the Stomach**
- **Guaranteed 100% Natural**

150 Tablets

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as 50% Beta-Carotene, 50% Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D ₃ Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	100 IU	333%
Vitamin K (as Phytonadione)	100 mcg	125%
Thiamin (Vitamin B-1)	25 mg	1667%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Pantothenic Acid (as Vitamin B-5)	25 mg	250%
Calcium (as Carbonate)	50 mg	5%
Magnesium (as Oxide)	25 mg	6%
Zinc (as Citrate)	20 mg	133%
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%

Amount Per Serving %DV

Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	100%
Chromium (as Amino Nicotinate)	200 mcg	167%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%
Choline (as Bitartrate)	20 mg	*
Inositol	20 mg	*
Citrus Bioflavonoids	25 mg	*
Betaine HCl	10 mg	*

Men's Strengthening Blend

Blend-----150 mg-----*
(equivalent to 200 mg food and herbal powder)

Saw Palmetto [berry] 2:1 Extract, Tomato Paste Concentrate, Organic Spirulina

Lycopene (from Tomato)-----1,000 mcg-----*

4:1 Vegetable Juice Complex

Complex-----10 mg-----*
(equivalent to 40 mg of vegetable powder)

Kale, Spinach, Dandelion Greens, Beet

Digestive Enzyme Support

Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)

* Daily Value (DV) not established.

Other ingredients: natural mineral vegetable source cellulose, stearic acid (vegetable), magnesium stearate, modified cellulose, silica. Coating: vegetable food glaze.

Contains soy lecithin in vegetable glaze.