



Gluten/Wheat-Free, Dairy-Free,
Sugar-Free & Yeast-Free

A Complete Vitamin B-Complex with Nourishing Whole Foods and Herbs

High potency B Vitamins plus choline promote stamina and mental alertness, and aid in managing stress.

Energizing Vegetables, Greens and Herbs like broccoli, beet, spinach and eleuthero provide additional nutrition for a natural energy boost.

Gentle on the Stomach with organic superfood spirulina and other nourishing foods, to aid digestion and reduce stomach upset common with some Vitamin B supplements.

SUGGESTED USAGE: 1 tablet daily, with or between meals, or more if desired.

Purity Guarantee: **VeganGuard®**: Free of animal products.

Contains no gluten, wheat, dairy, sugar or yeast.
100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and additives.

KEEP OUT OF REACH OF CHILDREN

Consult a health care professional prior to use if you are pregnant, lactating, taking any medication or have a medical condition.

*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.

Formulated & Distributed by
Rainbow Light Nutritional Systems®

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800.571.4701 www.rainbowlight.com

Natural Energy, Resilience, Focus

RAINBOW LIGHT®

Food-Based B-Complete™



Potent Vitamin B-Complex + Whole Foods

Stimulant-free Natural Fuel

Gentle on the Stomach

VeganGuard®

45 Tablets

Dietary Supplement

To open, press along perforation.
Please remove label before recycling bottle.

Supplement Facts

Serving Size 1 Tablet

Servings per Container: 45

	Amount Per Serving	%DV
Vitamin B-1 (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	50 mg	500%
Choline (as Bitartrate)	42 mg	*
Inositol	50 mg	*
Food and Herbal Ingredients	145 mg	*
Organic Spirulina	30 mg	*
Eleuthero [root]	100 mg	*
Vegetables, Herbs & Greens 4:1 Extracts (equivalent to 60 mg of whole food powder)	15 mg	*
Astragalus [root], Beet, Broccoli, Carrot, Celery, Green Beans, Horsetail [herb], Jujube [fruit], Stinging Nettle [tops], Parsley, Seaweed, Spinach		

* Daily Value (DV) not established.

Other Ingredients (natural mineral or vegetable source) microcrystalline cellulose, stearic acid, silica, modified cellulose. Coating: Vegetable food glaze (dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate).