

New Smaller Tablets

New Cooling Relief & Soy-Free!

ALLERGEN
SafeGuard®

New Formula for Greater Hot Flash Support!

Cooling Relief of geniVida® has been researched for helping to alleviate night sweats and reduce the number and severity of hot flashes associated with menopause.*

Bone Protection with calcium and magnesium plus vitamins D3 and K2 promote calcium absorption and retention, and support bone density for added bone protection during menopause.*

Natural Energy and Overall Health from a complete multivitamin and mineral formula, promotes overall energy and well-being, plus enzymes, ginger and milk thistle for digestive and liver support.*

SUGGESTED USAGE: Take 2 tablets twice daily, preferably with meals.

Purity Guarantee: Allergen SafeGuard®. Contains no gluten, soy, yeast, milk, eggs, nuts, fish or shellfish. Contains no wheat, sugar or iron. 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 taking medication or have a medical condition.

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* 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®
Santa Cruz, CA 95060 Made in the USA ©2012
800.571.4701 www.rainbowligh.com

RAINBOW LIGHT®

Complete Menopause™ MULTIVITAMIN



Reduces Hot Flashes & Night Sweats
Bone Support & Natural Energy

120 Tablets

Dietary Supplement

To open, press along perforation.

S u p p l e m e n t F a c t s			
Serving Size: 4 Tablets Servings per container: 30			
Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Palmitate, Beta-carotene)	5,000 IU 100%	Copper (as Amino Acid Chelate)	1.5 mg 75%
Vitamin C (as Ascorbic Acid)	250 mg 417%	Manganese (as Amino Acid Chelate)	4 mg 200%
Vitamin D3 (as Cholecalciferol)	1,000 IU 250%	Chromium (as Aminonicotinate)	300 mcg 250%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Molybdenum (as Amino Acid Chelate)	75 mcg 100%
Vitamin K (as K1, Phylloquinone [80 mcg], K2 MK-7 [45 mcg])	125 mcg 156%	Citrus Bioflavonoid Complex	50 mg *
Vitamin B-1 (as Thiamin Mononitrate)	30 mg 2,000%	Hesperidin	50 mg *
Riboflavin (Vitamin B-2)	30 mg 1,765%	Boron (as Citrate)	2 mg *
Niacin (as Niacinamide)	30 mg 150%	Choline (as Bitartrate)	100 mg *
Vitamin B-6 (as Pyridoxine)	60 mg 3,000%	Inositol	50 mg *
Folic Acid	800 mcg 200%	Mixed Carotenoid Complex (D. Salina)	26 mg *
Vitamin B-12 (as Cyanocobalamin)	500 mcg 8,333%	Genistein (geniVida®)	30 mg *
Biotin	500 mcg 167%	Digestive & Liver Support Complex	283 mg *
Vitamin B-5 (as Calcium Pantothenate)	50 mg 225%	Protease	2,168 HUT *
Calcium (as Citrate, Amino Acid Chelate, Carbonate)	500 mg 50%	Amylase	752 DU *
Iodine (from Kelp)	300 mcg 200%	Lipase	12 LU *
Magnesium (as Oxide, Amino Acid Chelate)	250 mg 63%	Cellulase	9 CU *
Zinc (as Amino Acid Chelate)	15 mg 100%	Betaine HCl	40 mg *
Selenium (as Selenomethionine)	200 mcg 286%	Ginger Juice Extract	80 mg *
		Milk Thistle 50:1 Extract (equivalent to 2,500 mg of herbal powder)	50 mg *
		Organic Spirulina	100 mg *

* Daily Value (DV) not established

Other Ingredients (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Vegetable food glaze (Hypromellose, oligofructose, coconut oil).