

Free of gluten • wheat • milk/dairy • nuts • soy • eggs • fish • shellfish • yeast • sugar • iron • artificial additives.

#1 Natural Woman's Multivitamin Brand†

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Complete Menopause™

 Food-Based Multivitamin

- Cooling relief of hot flashes & night sweats*
- Healthy bone, energy & mood support*
- Aids digestion with plant-source enzymes*

Gluten-Free | Soy-Free
120 Tablets | Dietary Supplement

- Advanced support for comfort and protection during this dynamic life stage.*
Our superior multivitamin and mineral formula goes beyond minimum daily values to promote optimal nutrition, natural energy, and provide whole body support during menopause.*
- Cooling relief from hot flashes and night sweats*
Researched level of non-soy genistein (geniVida®)
- Promotes energy, mood and estrogen balance*
Potent B complex • iodine • spirulina • choline
- Bone, breast, heart, skin and immune health support*
Vitamins C, D3, K2 • calcium • magnesium • antioxidants
- Aids digestion and nutrient absorption*
Gentle Digestive Blend

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

 is a trademark of DSM

KEEP OUT OF REACH OF CHILDREN. Consult your health care professional prior to use if you are taking medication or have a medical condition.

*These statements have 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 ©2013
800.571.4701 www.rainbowlight.com

†SPINS Data

Supplement Facts

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)	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%	Gentle Digestive Blend	233 mg *
Biotin	500 mcg 167%	Protease (2,168 HUT*), Amylase (752 DU*), Lipase (12 FIP*), Cellulase (8 CU*), Betaine HCl (40 mg*), Ginger Juice Extract (80 mg*), Organic Spirulina (100 mg *)	
Vitamin B-5 (as Calcium Pantothenate)	50 mg 225%	Meno-Relief™ and Liver Support Blend	80 mg *
Calcium (as Citrate, Amino Acid Chelate, Carbonate)	500 mg 50%	Genistein (geniVida®) (30 mg)	
Iodine (from Kelp)	300 mcg 200%	Milk Thistle 50:1 Extract (50 mg*, equivalent to 2,500 mg of herbal powder)	
Magnesium (as Oxide, Amino Acid Chelate)	250 mg 63%		
Zinc (as Amino Acid Chelate)	15 mg 100%		
Selenium (as Selenomethionine)	200 mcg 286%		

* Daily Value (DV) not established

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