

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.

- 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 & estrogen balance***
Potent B complex • iodine • spirulina • choline
 - **Bone, breast, heart, skin & immune health support***
Vitamins C, D₃, K₂ • calcium • magnesium • antioxidants
 - **Aids digestion and nutrient absorption***

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

60 Tablets | Dietary Supplement

Supplement Facts				
Serving Size: 4 Tablets				
Servings per container: 15				
Amount Per Serving			%DV	
Vitamin A (as Palmitate, Beta-carotene)			5,000 IU	100%
Vitamin C (as Ascorbic Acid)			250 mg	417%
Vitamin D3 (as Cholecalciferol)			1,000 IU	250%
Vitamin E (as d-alpha Tocopheryl)			30 IU	100%
Vitamin K (as K1 Phylloquinone [80 mcg], K2 MK-7 [45 mcg])			125 mcg	156%
Vitamin B-1 (as Thiamin Mononitrate)			30 mg	2,000%
Riboflavin (Vitamin B-2)			30 mg	1,765%
Niacin (as Niacinamide)			30 mg	150%
Vitamin B-6 (as Pyridoxine)			60 mg	3,000%
Folic Acid			800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)			500 mcg	8,333%
Biotin			500 mcg	167%
Vitamin B-5 (as Calcium Pantothenate)			50 mg	225%
Calcium (as Citrate, Amino Acid Chelate, Carbonate)			500 mg	50%
Iodine (from Kelp)			300 mcg	200%
Magnesium (as Oxide, Amino Acid Chelate)			250 mg	63%
Zinc (as Amino Acid Chelate)			15 mg	100%
Selenium (as Selenomethionine)			200 mcg	286%
Copper (as Amino Acid Chelate)			1.5 mg	75%*
Manganese (as Amino Acid Chelate)			4 mg	200%
Chromium (as Aminonicotinate)			300 mcg	250%
Molybdenum (as Amino Acid Chelate)			75 mcg	100%
Citrus Bioflavonoid Complex			50 mg	*
Hesperidin			50 mg	*
Boron (as Citrate)			2 mg	*
Choline (as Bitartrate)			100 mg	*
Inositol			50 mg	*
Mixed Carotenoid Complex (D. Salina)			26 mg	*
Gentle Digestive Blend			233 mg	*
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*)				
Meno-Relief™ and Liver Support Blend			80 mg	*
Genistein (geniVida®) (30 mg)				
Milk Thistle 50:1 Extract (50 mg*)				
equivalent to 2,500 mg of herbal powder)				
* 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).



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®
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*SPINS Data