



Supplement Facts

Continued from other panel

	Amount Per Serving	%DV
Apple Pectin	20 mg	*
Superfood Energy Complex	155 mg	*
(equivalent to 605 mg of food and herbal powder) Organic Spirulina, Chlorella, Eleuthero [root] 4:1 Extract, Stinging Nettle [tops] 4:1 Extract, Ginkgo [leaf] 50:1 Extract		

*Daily Value (DV) not established.

100% Vegetarian Food-Based Multivitamin

Convenient one-per-day multivitamin protection features daily nutritional support & broad antioxidant coverage, nutritious foods and botanicals for vitality, plus plant-source enzymes to ease digestion.*

SUGGESTED USAGE: 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/dairy, wheat, gluten or yeast.

CAUTION: Consult a health care professional prior to use if taking any medication.

VeganGuard Screened for vegans to be free of animal products.

* 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.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS**
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Feel the Difference

RAINBOW LIGHT®

Just Once®



Food-Based Multivitamin

Antioxidants & Superfoods

Energizing B-Complex

Gentle on the Stomach

VeganGuard

120 Tablets

Dietary Supplement

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

Supplement Facts

Serving Size: 1 Tablet

Servings per container: 120

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene)	5,000 IU 100%	Selenium (as Selenomethionine)	25 mcg 36%
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)	240 mg 400%	Copper (as Glycinate)	500 mcg 25%
Vitamin D (as D ₂ Ergocalciferol)	400 IU 100%	Manganese (as Glycinate)	2 mg 100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Chromium (as Amino Nicotinate)	50 mcg 42%
Vitamin K (as Phytonadione)	30 mcg 38%	Molybdenum (as Aspartate)	10 mcg 13%
Vitamin B-1 (as Thiamin Mononitrate)	6 mg 400%	Potassium (as Citrate)	20 mg <1%
Riboflavin (Vitamin B-2)	6 mg 353%	Boron (as Glycinate)	50 mcg *
Niacin (as Niacinamide)	30 mg 150%	Vanadium (as Vanadyl Sulfate)	8 mcg *
Vitamin B6 (as Pyridoxine)	6 mg 300%	Lemon Bioflavonoid Complex	60 mg *
Folic Acid	400 mcg 100%	Kelp Powder (Atlantic)	20 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Choline (as Bitartrate)	15 mg *
Biotin	300 mcg 100%	Inositol	15 mg *
Vitamin B-5 (as Calcium Pantothenate)	30 mg 300%	Rutin	15 mg *
Calcium (as Amino Acid Chelate)	30 mg 3%	Hesperidin	10 mg *
Iron (as Glycinate)	2 mg 11%	PABA (para-Aminobenzoic Acid)	5 mg *
Iodine (from Kelp)	100 mcg 67%	Food Enzyme Complex	37 mg *
Magnesium (as Glycinate, Ascorbate)	30 mg 8%	Protease (1,188 HUT*), Amylase (93 DU*), Lipase (1 LU*), Cellulase (1 CU*)	
Zinc (as Citrate, Monomethionine)	5 mg 33%	Bromelain	12,000 PU *

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