



100% Recycled 100% Recyclable

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

Energy & Stress Support with Highest Potency Green Foods

Complete Daily Multivitamin with vitamins, minerals, antioxidants and herbs for comprehensive protection.*

Energy & Stress Support Formula with potent Vitamin B-complex plus therapeutic herbs, delivers a natural energy boost and helps manage daily stress.

Phyto-Nutrient & Green Foods Blend with superfoods like kelp and organic spirulina, plus spinach, kale, beet, grape and berry extracts, supplements your daily diet, while aiding absorption of co-nutrients.*

Antioxidant Protection from Vitamins A, C, D and E plus concentrated fruits and vegetables to support immune and nervous system health, metabolism and tissue repair.*

Digestive Support from plant-source enzymes for easy, gentle digestion with no stomach upset.

Purity Guarantee: SafeGuard™: Contains no Iron for most men and premenopausal women; no PABA for sulfa medication; no Vitamin K for blood thinning medication; no Iodine for thyroid concerns; and no Copper for cancer patients and survivors. Contains no gluten, wheat, dairy, sugar or yeast. 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and additives.

Consult a health care professional prior to use if you are taking 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.

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Food-Based, Potent, Digestion-Enhanced

RAINBOW LIGHT®

Complete Nutritional System™ Iron-Free



Food-Based Multivitamin

Highest Potency Green Foods
Natural Energy plus Stress Support
Powerful Antioxidant Protection

SafeGuard™

90 Tablets

Dietary Supplement

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

Supplement Facts

Serving Size 3 Tablets
Servings per container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	10,000 IU 200%	Choline (as Bitartrate)	30 mg *
Vitamin C (as 50% Calcium Ascorbate, Ascorbic Acid)	1,000 mg 1,667%	Inositol	50 mg *
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Protective Phyto-Nutrient Foods	1,127 mg *
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Organic Spirulina, Chlorella, Chlorophyll, Octacosanol (from spinach)	
Vitamin B-1 (as Thiamin Mononitrate)	30 mg 2,000%	4:1 Vegetable Juice Extract (equivalent to 264 mg of vegetable powder)	66 mg *
Riboflavin (Vitamin B-2)	34 mg 2,000%	Kale, Spinach, Dandelion Greens, Beet, Alfalfa	
Niacin: Niacinamide 1:1	60 mg 300%	Broccoli Powder	50 mg *
Vitamin B-6 (as Pyridoxine)	40 mg 2,000%	Sulfuraphane	50 mcg *
Folic Acid	400 mcg 100%	4:1 Antioxidant Fruit Blend (equivalent to 240 mg of fruit powder)	60 mg *
Vitamin B-12 (as Cyanocobalamin)	200 mcg 3,333%	Elderberry, Bilberry, Blueberry, Grape, Rose Hip, Acerola, Cranberry	
Biotin	100 mcg 33%	4:1 Energizing Herbal Blend (equivalent to 420 mg of herbal powder)	105 mg *
Vitamin B-5 (as Calcium Pantothenate)	60 mg 600%	Codonopsis (root), Fo-Ti (root), Fennel (seed), Stinging Nettle (tops), Schisandra (fruit)	
Calcium (as Carbonate, Ascorbate, Amino Acid Chelate)	250 mg 25%	Digestive Support Complex	115 mg *
Magnesium (as Oxide, Amino Acid Chelate)	125 mg 31%	Protease (1,804 HUT*), Amylase (141 DU*), Lipase (2 LU*), Cellulase (2 CU*), Papain (90,000 PU*), Betaine HCl (60 mg*)	
Zinc (as Amino Acid Chelate)	15 mg 100%		
Selenium (as Selenomethionine)	100 mcg 143%		
Manganese (as Amino Acid Chelate)	2.5 mg 125%		
Chromium (as Amino Nicotinate)	100 mcg 83%		
Potassium (as Citrate)	40 mg 1%		
Citrus Bioflavonoid Complex	100 mg *		
Rutin	50 mg *		
Hesperidin	10 mg *		

* Daily Value (DV) not established.

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