

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

SafeGuard Screened for common nutrient contraindications: no added iron for most men and post-menopausal women, PABA for sulfa medications, Vitamin K for blood thinning medication, iodine for thyroid concerns and copper contraindicated for cancer patients and survivors.

VeganGuard Screened for vegans to be free of animal products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.

Supplement Facts		
Continued from other panel		
	Amount Per Serving	%DV
Food Enzyme Complex	37 mg	*
Protease (1,188 HUT*), Amylase (93 DU*), Lipase (1 LU*), Cellulase (1 CU*), Bromelain (12,000 PU*), Apple Pectin (20 mg*)		
Superfood & Herbal Energy Complex	180 mg	*
(equivalent to 360 mg of food and herbal powder) Organic Spirulina, Chlorella, 4:1 Vegetable & Herb Extracts: American Ginseng [root], Horsetail [herb], Jujube [fruit], Carrots, Broccoli, Spinach, Parsley, Stinging Nettle [tops], Celery, Astragalus [root], Beets, Green Beans, Seaweed		
*Daily Value (DV) not established.		

Feel the Difference



RAINBOW LIGHT® Just Once® Iron-Free

JUST 1 ONCE®

Food-Based Multivitamin

Antioxidants & Superfoods
Energizing B-Complex
Gentle on the Stomach

SafeGuard™ VeganGuard™

60 Tablets Dietary Supplement

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

Supplement Facts		
Serving Size 1 Tablet Servings per container: 60		
	Amount Per Serving	%DV
Vitamin A (as Beta-carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid, Magnesium Ascorbate)	240 mg	400%
Vitamin D (as D ₂ Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin B-1 (as Thiamin Mononitrate)	6 mg	400%
Riboflavin (Vitamin B-2)	6 mg	353%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine)	6 mg	300%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	30 mg	300%
Calcium (as Amino Acid Chelate)	30 mg	3%
Magnesium (as Glycinate, Ascorbate)	30 mg	8%
Zinc (as Citrate, Monomethionine)	5 mg	33%
Selenium (as Selenomethionine)	25 mcg	36%
Manganese (as Glycinate)	2.5 mg	125%
Chromium (as Amino Nicotinate)	50 mcg	42%
Molybdenum (as Aspartate)	12 mcg	16%
Potassium (as Citrate)	20 mg	<1%
Boron (as Citrate, Aspartate, Glycinate) (50 mcg*), Lemon Bioflavonoid Complex (60 mg*), Choline (as Bitartrate) (15 mg*), Inositol (15 mg*), Rutin (15 mg*), Hesperidin (10 mg*)		

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