



100% Vegetarian Food-Based Multivitamin Compatible with Many Prescription Medications

Just Once® Iron-Free Multivitamin supports long-term health and strengthens vitality to create a difference you can feel – in just one tablet a day.

Research-Based Multivitamin Protection featuring potent B-complex, antioxidants and nutritious green foods and botanicals which strengthen immunity and help the body adapt to stress. SafeGuard™ screened for men, post-menopausal women and those with thyroid concerns or who take commonly prescribed medications.

Gentle on the Stomach with whole foods and plant-source enzymes to aid 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.

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.

Formulated & Distributed by
RAINBOW LIGHT NUTRITIONAL SYSTEMS
125 McPherson St., Santa Cruz, CA 95060
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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™

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
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*)

Food Enzyme Complex

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

(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.

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).