



Now! **ALLERGEN**
SafeGuard® Guaranteed free of gluten,
yeast, milk, eggs, soy, nuts, fish/shellfish.

The #1 Selling Food-Based Multivitamin Customized for Women's Health

Complete, Energizing Nutritional Support to Balance and Protect the Female System

Research-Based Multivitamin Protection that goes beyond minimal 100% Daily Values to deliver customized, protective nutrient potencies in a nourishing food base for women's optimal health.

Heart & Bone Health with an energizing, potent B-complex featuring 800 mcg folic acid, plus magnesium, boron and calcium for cardiovascular support and skeletal health.*

Digestion & Immune Support with 25 million bioactive probiotics in addition to broad-spectrum enzymes and 800 IU Vitamin D to provide the most complete daily digestive and immune support.*

SUGGESTED USAGE: For pure and potent protection, take 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 or lactose.

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.

♦ 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
125 McPherson St., Santa Cruz, CA 95060
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RAINBOW LIGHT®

Women's One™

JUST 1 ONCE®

Food-Based Multivitamin

Heart, Bone & Breast Health

800 IU Vitamin D3 & Probiotics

Gentle on the Stomach

90 Tablets

Dietary Supplement

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

S u p p l e m e n t F a c t s					
Serving Size: 1 Tablet					
Servings per Container: 90					
Amount Per Serving			Amount Per Serving		
		%DV			%DV
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU	100%	Copper (as Amino Acid Chelate)	1 mg	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%	Manganese (as Citrate)	2 mg	100%
Vitamin D (as D ₃ Cholecalciferol)	800 IU	200%	Chromium (as Amino Nicotinate)	200 mcg	167%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%	Molybdenum (as Amino Acid Chelate)	75 mcg	100%
Vitamin K (as Phytonadione)	100 mcg	125%	Choline (as Bitartrate)	20 mg	*
Vitamin B-1 (as Thiamin Mononitrate)	25 mg	1,667%	Inositol	20 mg	*
Riboflavin (Vitamin B-2)	25 mg	1,471%	Boron (as Glycinate)	1 mg	*
Niacin (as Niacinamide)	25 mg	125%	Citrus Bioflavonoid Complex	25 mg	*
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1,250%	Women's Nourishing Blend	125 mg	*
Folic Acid	800 mcg	200%	(equivalent to 300 mg food and herbal powder)		
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%	Dong Quai [root] 4:1 Extract, Organic Spirulina, Red Clover [blossoms] 2:1 Extract		
Biotin	150 mcg	50%	4:1 Vegetable Juice Complex	10 mg	*
Vitamin B-5 (as Calcium Pantothenate)	25 mg	250%	(equivalent to 40 mg vegetable powder)		
Calcium (as Carbonate, Citrate-Malate)	200 mg	20%	Kale, Spinach, Dandelion Greens, Beet		
Iron (as Amino Acid Chelate)	6 mg	33%	Complete Digestive Support	34 mg	*
Magnesium (as Oxide)	100 mg	25%	Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)		
Zinc (as Citrate)	10 mg	67%	Lactobacillus		
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%	Sporogenes	25,000,000 CFU	*
			Betaine HCl	10 mg	*
* Daily Value (DV) not established.					

Other Ingredients (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Hypromellose, MCT [coconut oil], Inulin.