

Free of gluten • wheat • milk/dairy • nuts • soy • eggs • fish • shellfish • lactose • yeast • sugar • artificial additives.

#1 Natural Women's Multivitamin Brand[†]

JUST 1 ONCE[®]

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Women's One[™]

Food-Based Multivitamin

Promotes bone, breast, heart & skin health[†]
Provides energy & stress support[†]
Easy to digest with probiotics & enzymes[†]

Gluten-Free | Soy-Free
90 Tablets | Dietary Supplement

Naturally nourishes, energizes, and protects the major systems of a woman's body.*
Just one tablet of our food-based Women's One multivitamin goes beyond minimal daily values to deliver clinically researched key nutrients in forms that are easy for your body to absorb.*

• Bone, breast, heart, skin & immune health*

Vitamins B, C, D₃, E, K • 2:1 calcium : magnesium ratio • antioxidants • whole foods

• Energy, mood & stress management*

Women's Nourishing Blend • Potent B complex

• Brain & nervous system health*

B6 & B12 • choline

• Easy to digest: can be taken on an empty stomach

Fast-acting probiotics • plant-source enzymes

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals.

Consult a health care professional prior to use if you are taking medication or have a medical condition.

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[®]
Santa Cruz, CA 95060 ©2013
800.571.4701 www.rainbowlight.com

[†]SPINS Data

Supplement Facts			
Serving Size: 1 Tablet Servings per Container: 90			
Amount Per Serving		%DV	
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU	100%	
Vitamin C (as Ascorbic Acid)	120 mg	200%	
Vitamin D (as D ₃ Cholecalciferol)	800 IU	200%	
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%	
Vitamin K (as Phytonadione)	100 mcg	125%	
Vitamin B-1 (as Thiamin Mononitrate)	25 mg	1,667%	
Riboflavin (Vitamin B-2)	25 mg	1,471%	
Niacin (as Niacinamide)	25 mg	125%	
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1,250%	
Folic Acid	800 mcg	200%	
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%	
Biotin	150 mcg	50%	
Vitamin B-5 (as Calcium Pantothenate)	25 mg	250%	
Calcium (as Carbonate, Citrate-Malate)	200 mg	20%	
Iron (as Amino Acid Chelate)	6 mg	33%	
Magnesium (as Oxide)	100 mg	25%	
Zinc (as Citrate)	10 mg	67%	
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%	
Copper (as Amino Acid Chelate)	1 mg	50%	
Amount Per Serving		%DV	
Manganese (as Citrate)	2 mg	100%	
Chromium (as Amino Nicotinate)	200 mcg	167%	
Molybdenum (as Amino Acid Chelate)	75 mcg	100%	
Choline (as Bitartrate)	20 mg	*	
Inositol	20 mg	*	
Boron (as Glycinate)	1 mg	*	
Citrus Bioflavonoid Complex	25 mg	*	
Women's Nourishing Blend			
125 mg		*	
(equivalent to 300 mg food and herbal powder)			
Dong Quai [root]			
4:1 Extract, Organic Spirulina, Red Clover [blossoms] 2:1 Extract			
4:1 Vegetable Juice Complex			
10 mg		*	
(equivalent to 40 mg vegetable powder)			
Kale, Spinach, Dandelion Greens, Beet			
Complete Digestive Support			
34 mg		*	
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 FIP*), Cellulase (3 CU*)			
ProBioActive [™] (Bacillus coagulans) 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: Vegetable food glaze (Hypromellose, MCT [coconut oil], inulin).