

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

150 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  
4.0-1

SPINS Data

4mm High Distortion Area

## Supplement Facts

Serving Size: 1 Tablet  
Servings per Container: 150

| Amount Per Serving                                 | %DV           | Amount Per Serving                                                         | %DV          |
|----------------------------------------------------|---------------|----------------------------------------------------------------------------|--------------|
| Vitamin A (as Beta-carotene, Palmitate)            | 5,000 IU 100% | Manganese (as Citrate)                                                     | 2 mg 100%    |
| Vitamin C (as Ascorbic Acid)                       | 120 mg 200%   | Chromium (as Amino Nicotinate)                                             | 200 mcg 167% |
| Vitamin D (as D3 Cholecalciferol)                  | 800 IU 200%   | Molybdenum (as Amino Acid Chelate)                                         | 75 mcg 100%  |
| Vitamin E (as d-alpha Tocopheryl)                  | 30 IU 100%    | Choline (as Bitartrate)                                                    | 20 mg *      |
| Vitamin K (as Phytonadione)                        | 100 mcg 125%  | Inositol                                                                   | 20 mg *      |
| Vitamin B-1 (as Thiamin Mononitrate)               | 25 mg 1,667%  | Boron (as Glycinate)                                                       | 1 mg *       |
| Riboflavin (Vitamin B-2)                           | 25 mg 1,471%  | Citrus Bioflavonoid Complex                                                | 25 mg *      |
| Niacin (as Niacinamide)                            | 25 mg 125%    | <b>Women's Nourishing Blend</b>                                            | 125 mg *     |
| Vitamin B-6 (as Pyridoxine HCl)                    | 25 mg 1,250%  | (equivalent to 300 mg food and herbal powder)                              |              |
| Folic Acid                                         | 800 mcg 200%  | Dong Quai [root]                                                           |              |
| Vitamin B-12 (as Cyanocobalamin)                   | 25 mcg 417%   | 4:1 Extract, Organic Spirulina, Red Clover [blossoms]                      |              |
| Biotin                                             | 150 mcg 500%  | 2:1 Extract                                                                |              |
| Vitamin B-5 (as Calcium Pantothenate)              | 25 mg 250%    | <b>4:1 Vegetable Juice Complex</b>                                         | 10 mg *      |
| Calcium (as Carbonate, Citrate-Malate)             | 200 mg 20%    | (equivalent to 40 mg vegetable powder)                                     |              |
| Iron (as Amino Acid Chelate)                       | 6 mg 33%      | Kale, Spinach, Dandelion Greens, Beet                                      |              |
| Magnesium (as Oxide)                               | 100 mg 25%    | <b>Complete Digestive Support</b>                                          | 34 mg *      |
| Zinc (as Citrate)                                  | 10 mg 87%     | Protease (664 HUT*), Amylase (226 DU*), Lipase (2 FIP*), Cellulase (3 CU*) |              |
| Selenium (as Selenomethionine, Amino Acid Chelate) | 200 mcg 286%  | ProBioActive™ (Bacillus coagulans) 25,000,000 CFU                          | *            |
| Copper (as Amino Acid Chelate)                     | 1 mg 50%      | 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 grade (Hydroxypropyl, MCT [coconut oil], inulin).