



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

RAINBOW LIGHT®

Prenatal One™

JUST 1 ONCE®

Food-Based Multivitamin

Potent Prenatal Nutrition

Gentle on the Stomach

VeganGuard®

**Dietary
Supplement**

vitamin angels

Guaranteed 100% Natural

The #1 Selling Prenatal Food-Based Multivitamin for Pregnant & Nursing Women

Supports all body systems of pregnant and nursing women.

Research-Based Multivitamin Protection from optimal potencies of critical nutrients including 800 mcg of folic acid, extra iron and vitamin D with the most optimal potencies of calcium and magnesium of any one-per-day prenatal multivitamin.

A Gentle Prenatal Blend of nourishing botanicals traditionally used to support a healthy pregnancy, including fresh ginger juice plus bioactive probiotics to help soothe digestion.*

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.

KEEP OUT OF REACH OF CHILDREN.

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

VeganGuard® screened for vegans to be free of animal products

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.

⚡ This statement has 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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To open, press along perforation.
Please remove label before recycling bottle.

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 150

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Palmitate, Beta-carotene)	4,000 IU 50%	Selenium (as Selenomethionine)	100 mcg *
Vitamin C (as Ascorbic Acid)	100 mg 167%	Copper (as Amino Acid Chelate)	2 mg 100%
Vitamin D (as D2 Ergocalciferol)	400 IU 100%	Manganese (as Citrate)	2 mg *
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Chromium (as Amino Nicotinate)	120 mcg *
Vitamin K (as Phytanadione)	65 mcg *	Molybdenum (as Amino Acid Chelate)	75 mcg *
Vitamin B-1 (as Thiamin Mononitrate)	10 mg 588%	Potassium (as Citrate)	10 mg *
Riboflavin (Vitamin B-2)	10 mg 500%	Citrus Bioflavonoid Complex	25 mg *
Niacin (as Niacinamide)	20 mg 100%	Choline (as Bitartrate)	10 mg *
Vitamin B-6 (as Pyridoxine)	15 mg 600%	Inositol	10 mg *
Folic Acid	800 mcg 100%	Boron (as Glycinate)	1 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 313%	Gentle Prenatal Blend	90 mg *
Biotin	300 mcg 100%	(equivalent to 320 mg food & herbal powder)	
Vitamin B-5 (as Calcium Pantothenate)	15 mg 150%	Red Raspberry (leaf) 2:1 Extract, Ginger (rhizome) Fresh Juice 10:1 Extract, Organic Spirulina	
Calcium (as Carbonate, Citrate-Malate)	200 mg 15%	Complete Digestive Support	24 mg *
Iron (as Amino Acid Chelate)	30 mg 167%	Protease (660 HUT*), Amylase (235 DU*), Lipase (2 LU*), Cellulase (3 CU*)	
Iodine (from Kelp)	150 mcg 100%	Lactobacillus Sporegenes	25,000,000 CFU *
Magnesium (as Oxide)	100 mg 22%		
Zinc (as Citrate)	15 mg 100%		

*Daily Value (DV) not established.
† % DV for pregnant or lactating women

Other Ingredients (natural mineral and vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Hydroxy propyl cellulose, pharmaceutical glaze.

