

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

#1 Natural Teen Multivitamin Brand†

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

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

Flexi-dose
Mini-Tabs



Brain & Focus™ for Teens & Adults

 Food-Based Multivitamin

Supports energy, mental focus & memory*

Provides immune & stress support*

Easy to digest with probiotics & enzymes

Gluten-Free | Dairy-Free

90 Mini-Tabs | Dietary Supplement

Supplement Facts

Continued from other panel

	Amount Per Serving	%DV
Complete Digestive Support	27 mg	*
Plant-source Enzymes Protease (2,434 HUT*), Amylase (844 DU*), Lipase (13.4 FIP*), Cellulase (9.9 CU*)		
ProBioActive™ (<i>Bacillus coagulans</i>)	75 million CFU	*

* Daily Value (DV) not established

Other Ingredients (natural mineral or vegetable source): cellulose, stearic acid, modified cellulose, silica. Coating: vegetable food glaze (hydroxy propyl cellulose, pharmaceutical glaze).

Complete food-based nutrition for teens and adults, with special support for brain health and memory – delivering a calm and focused state of mind without stimulants.*

Easy-to-swallow mini tabs help make up for gaps in teens' diets – when nutrient intake may not meet the demands of rapid growth – while supporting brain health and nervous system function.*

SUGGESTED USAGE: Take 1 to 3 mini-tabs daily. Can be taken on an empty stomach.

Consult your 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: 3 Mini-Tabs

Servings per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Palmitate)	7,500 IU	150%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D3 (as Cholecalciferol)	750 IU	188%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Vitamin K (as Phylloquinone)	75 mcg	94%
Vitamin B-1 (as Thiamin Mononitrate)	22.5 mg	1,500%
Riboflavin (Vitamin B-2)	22.5 mg	1,324%
Vitamin B-3 (as Niacinamide)	22.5 mg	113%
Vitamin B-6 (as Pyridoxine)	22.5 mg	1,125%
Folic Acid	600 mcg	150%
Vitamin B-12 (as Cyanocobalamin)	30 mcg	500%
Biotin	75 mcg	25%
Vitamin B-5 (as Calcium Pantothenate)	22.5 mg	225%
Calcium (as Carbonate)	300 mg	30%
Iron (as Amino Acid Chelate)	9 mg	50%
Magnesium (as Oxide)	150 mg	38%
Zinc (as Amino Acid Chelate)	9 mg	60%
Selenium (as Selenomethionine)	37.5 mcg	54%
Copper (as Amino Acid Chelate)	750 mcg	38%
Manganese (as Amino Acid Chelate)	2.25 mg	113%
Chromium (as Amino Acid Chelate)	150 mcg	125%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%

Choline (as Bitartrate)	30 mg	*
Inositol	22.5 mg	*
Organic Spirulina	45 mg	*
4:1 Vegetable Juice Extracts	30 mg	*
(equivalent to 120 mg of powder) Kale, Spinach, Dandelion Greens, Beet Juice		
Citrus Bioflavonoid Complex	15 mg	*
Brain Support Blend	546 mg	*
(equivalent to 1,299 mg of herbal powder) American Ginseng [root] 4:1, Bacopa [herb], Ginkgo [leaf] Extract 24:6, Rhodiola [root] 3:1 Extract		
L-Theanine	75 mg	*