



Supplement Facts

Continued from other panel

	Amount Per Serving	%DV
Rosemary (leaf) Essential Oil	2 mg	*
Lutein (Esters)	1,000 mcg	*
Lycopene (from Tomato Extract)	500 mcg	*
Complete Digestive Support	58 mg	*
Protease 664 HUT, Amylase 226 DU, Lipase 3 LU, Cellulase 2 CU, Betaine HCl 20 mg		
Lactobacillus Sporogenes	90,000,000 CFU	*

*Daily Value not established.

SUGGESTED USAGE: 3 mini-tabs daily, 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, lactose/dairy, wheat, gluten or yeast.

KEEP OUT OF REACH OF CHILDREN. Consult a health care professional prior to use if you are taking medication or have a medical condition.

SafetyGuard screened for common nutrient contraindications: no added iron for most men and post-menopausal women, PABA for sulfa medication, vitamin K for blood thinning medication, iodine for thyroid concerns and copper contraindicated for cancer patients and survivors.

Formulated & Distributed by
Rainbow Light Nutritional Systems
125 McPherson St., Santa Cruz, CA 95060

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Food-Based, Vitality & Protection

RAINBOW LIGHT®

50+ Mini Tab™ Age-Defense Formula



Food-Based Multivitamin

Heart Health with CoQ10

1,000 IU Vitamin D

Probiotics & Digestive Enzymes

SafetyGuard™

90 Mini-Tabs

Dietary Supplement

To open, press along perforation.

Please remove label before recycling bottle.

Supplement Facts

Serving Size: 3 Mini-Tabs

Serving per Container: 30

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU 100%	Selenium (as Amino Acid Chelate, Selenomethionine)	200 mcg 286%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Manganese (as Citrate)	2 mg 100%
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Chromium (as Amino Nicotinate)	200 mcg 167%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Molybdenum (as Amino Acid Chelate)	100 mcg 133%
Vitamin B-1 (as Thiamin Mononitrate)	10 mg 667%	Potassium (as Citrate)	10 mg <1%
Riboflavin (Vitamin B-2)	10 mg 588%	CoQ10 (Coenzyme Q10)	30 mg *
Niacin (as Niacinamide)	30 mg 150%	Lemon Bioflavonoid Complex	25 mg *
Vitamin B-6 (as Pyridoxine)	15 mg 750%	Choline (as Bitartrate)	30 mg *
Folic Acid	800 mcg 200%	Inositol	10 mg *
Vitamin B-12 (as Cyanocobalamin)	200 mcg 3,333%	Boron (as Glycinate)	1 mg *
Biotin	150 mcg 50%	Nourishing Vitality Blend	74 mg *
Vitamin B-5 (as Calcium Pantothenate)	20 mg 200%	4:1 Vegetable Juice Extract (equivalent to 200 mg vegetable powder)	50 mg *
Calcium (as Carbonate)	200 mg 20%	Kale, Spinach, Dandelion, Greens, Beet	
Magnesium (as Oxide)	100 mg 25%	Organic Spirulina	20 mg *
Zinc (as Citrate)	15 mg 100%		

Other Ingredients (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate.