



Age-Defense Formula

30 mg CoQ10, frequently recommended by physicians for heart and brain health, particularly ideal for those on statins, which may deplete CoQ10 levels.*

Antioxidant protection from 1,000 mcg Lutein and 500 mcg Lycopene.

1,000 IU Vitamin D3 supports immune function, cardiovascular, breast and colon health, and promotes calcium absorption.*

Digestive support from botanicals, enzymes and 90,000,000 CFU probiotics.*

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.

SafeGuard[®] 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.

* 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**
125 McPherson St., Santa Cruz, CA 95060 ©2011 www.rainbowlight.com

RAINBOW LIGHT[®]

50+ Mini-Tab[™]

Age-Defense Formula



Food-Based Multivitamin

Heart Health with CoQ10

1,000 IU Vitamin D3

Probiotics & Digestive Enzymes

SafeGuard[®]

180 Tablets Dietary Supplement

To open, press along perforation. Please remove label before recycling bottle.

Supplement Facts

Serving Size: 3 Mini-Tabs
Serving per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU 100%	Potassium (as Citrate)	10 mg <1%
Vitamin C (as Ascorbic Acid)	120 mg 200%	CoQ10 (Coenzyme Q10)	30 mg *
Vitamin D (as D3 Cholecalciferol)	1,000 IU 250%	Lemon Bioflavonoid Complex	25 mg *
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Choline (as Bitartrate)	30 mg *
Vitamin B-1 (as Thiamin Mononitrate)	10 mg 667%	Inositol	10 mg *
Riboflavin (Vitamin B-2)	10 mg 588%	Boron (as Glycinate)	1 mg *
Niacin (as Niacinamide)	30 mg 150%	Nourishing Vitality Blend	74 mg *
Vitamin B-6 (as Pyridoxine)	15 mg 750%	4:1 Vegetable Juice Extract (equivalent to 200 mg vegetable powder)	50 mg *
Folic Acid	800 mcg 200%	Kale, Spinach, Dandelion, Greens, Beet	
Vitamin B-12 (as Cyanocobalamin)	200 mcg 3,333%	Organic Spirulina	20 mg *
Biotin	150 mcg 50%	Rosemary (leaf) Essential Oil	2 mg *
Vitamin B-5 (as Calcium Pantothenate)	20 mg 200%	Lutein (Esters)	1,000 mcg *
Calcium (as Carbonate)	200 mg 20%	Lycopene (from Tomato Extract)	500 mcg *
Magnesium (as Oxide)	100 mg 25%	Complete Digestive Support	58 mg *
Zinc (as Citrate)	15 mg 100%	Protease 664 HUT, Amylase 226 DU, Lipase 3 LU, Cellulase 2 CU, Betaine HCl 20 mg	
Selenium (as Amino Acid Chelate, Selenomethionine)	200 mcg 286%	Lactobacillus Sporogenes	90,000,000 CFU *
Manganese (as Citrate)	2 mg 100%		
Chromium (as Amino Nicotinate)	200 mcg 167%		
Molybdenum (as Amino Acid Chelate)	100 mcg 133%		

* Daily Value not established.

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