Free of: gluten · wheat · milk/dairy · nuts · eggs · fish · shellfish · yeast · sugar · artificial additives.
Contains no iron, PABA, vitamin K, iodine or copper.

#1 Natural Multivitamin Brand[†]

JUST ONCE°

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

lease remove label to recycle bottle o open, press along perforation.

Just one tablet daily delivers food-based nutrition specifically for active, maturing bodies.* Our Active Adult 50+ formula supports your choice

to stay energetic, sharp & healthy as you age – delivering research-based, age-specific levels of key nutrients compatible with many prescription medications.*

- Bone, heart, brain, eye, sexual & immune health*
 Complete range of vitamins & minerals lutein •
 lycopene NO iron
- Energy, normal healthy blood sugar & stress management*
 Nourishing Vitality Blend • B complex •
- chromium magnesium
 Cellular protection & anti-aging defense*
 - Antioxidants whole foods organic spirulina
 Fasy to digest: can be taken on an
 - Easy to digest: can be taken on an empty stomach

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals

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

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to

Formulated & Distributed by

RAINBOW LIGHT NUTRITIONAL SYSTEMS®

Santa Cruz, CA 95060 ©2013 800.571.4701

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RAINBOW LIGHT*

Active Adult 50+™

Formerly Active Senior™

Food-Based Multivitamin

Protects heart, bone, brain, eye & immune health*
Boosts energy levels & provides anti-aging defense*
Easy to digest with probiotics & enzymes

Gluten-Free | Iron-Free 90 Tablets | Dietary Supplement

Amo	ount Per Serving	
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU	11
Vitamin C (as Ascorbic Acid)	120 mg	21
Vitamin D (as D ₃ Cholecalciferol)	1,000 IU	2
Vitamin E (as d-alpha Tocopheryl)	30 IU	11
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	68
Riboflavin (Vitamin B-2)	10 mg	5
Niacin (as Niacinamide)	30 mg	- 1
Vitamin B-6 (as Pyridoxine)	15 mg	7
Folic Acid	800 mcg	2
Vitamin B-12 (as Cyanocobalamin)	200 mcg	3,3
Biotin	150 mcg	
Vitamin B-5 (as Pantothenic Acid)	20 mg	2
Calcium (as Carbonate)	200 mg	
Magnesium (as Oxide)	100 mg	
Zinc (as Citrate)	15 mg	- 1
Selenium (as Amino Acid Chelate, Selenomethionine	1) 200 mcg	2
Manganese (as Citrate)	2 mg	- 1
Chromium (as Amino Nicotinate)	200 mcg	- 1
Molybdenum (as Amino Acid Chelate)	100 mcg	1
Potassium (as Citrate)	10 mg	
Lemon Bioflavonoid Complex	25 mg	
Choline (as Bitartrate)	30 mg	
Inositol	10 mg	
Boron (as Glycinate)	1 mg	
Nourishing Vitality Blend	45 mg	
4:1 Vegetable Juice Extract (equivalent to 100 mg vegetable powder) Kale, Spinach, Dandelion Greens, Beet	25 mg	
Organic Spirulina	20 mg	
Rosemary [leaf] Essential Oil	2 mg	
Lutein (Esters)	1,000 mcg	
Lycopene (from Tomato Extract)	500 mcg	
Gentle Digestive Support	44 mg	
Protease (664 HUT*), Amylase (226 DU*), Lipase Cellulase (3 CU*), Betaine HCI (20 mg*)	2 FIP*),	
ProbioActive" (Bacillus coagulans)	25,000,000 CFU	

Other Ingredients (natural mineral or vegetable source): cellulose, modified cellulose, stearic acid, slica Coating: Vegetable food glaze (dextrin, dextrose soy lecithin, carboxy rethyl cellulose, sodium citrate).