



Supplement Facts

Continued from other panel

	Amount Per Serving	%DV
<i>Lactobacillus Sporogenes</i>	75 million CFU	*
Nourishing Vegetable Complex (equivalent to 756 mg of vegetable powder) Organic Spirulina, Chlorophyll, 4:1 Juice Concentrates: Kale, Spinach, Dandelion Greens, Beet	306 mg	*
DermaComplex™ Herbal Blend (equivalent to 2,529 mg of herbal powder) 5:1 Herbal Extracts: Oregon Grape [root], Vitex (Chaste Tree) [seed] 4:1 Herbal Extracts: Carrot [root], Ginger [rhizome], Dandelion [whole plant], Stinging Nettle [tops], Burdock [root], Yellow Dock [root], Red Clover [flower]	585 mg	*

* Daily Value (DV) not established

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



SUGGESTED USAGE: 1-3 tablets daily, depending on diet and skin health, 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. **CAUTION:** consult a health care professional prior to use if taking any medication.

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.

Formulated & Distributed by **Rainbow Light Nutritional Systems**
125 McPherson St., Santa Cruz, CA 95060 ©2011 www.rainbowlight.com

Food-Based, Potent, Digestion-Enhanced

RAINBOW LIGHT®

Active Health™ Teen



Food-Based Multivitamin

Targeted Teen Nutrition

Potent Skin-Clearing Action

75 Million Active Probiotics

30 Tablets

Dietary Supplement

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

Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 10

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	10,000 IU 200%	Selenium (as Selenomethionine)	50 mcg 71%
Vitamin C (as Ascorbic Acid)	300 mg 500%	Copper (as Amino Acid Chelate)	1 mg 51%
Vitamin D (as D3 Cholecalciferol)	400 IU 100%	Manganese (as Amino Acid Chelate)	3 mg 150%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Chromium (as Amino nicotinate)	200 mcg 168%
Vitamin K (as Phytonadione)	150 mcg 188%	Molybdenum (as Amino Acid Chelate)	252 mcg 336%
Vitamin B-1 (as Thiamin Mononitrate)	30 mg 2,000%	Citrus Bioflavonoid Complex	75 mg *
Riboflavin (Vitamin B-2)	30 mg 1,765%	Rutin	45 mg *
Niacin (as Niacinamide)	30 mg 150%	Hesperidin	45 mg *
Vitamin B-6 (as Pyridoxine)	30 mg 1,500%	Choline (as Bitartrate)	30 mg *
Folic Acid	400 mcg 100%	Inositol	30 mg *
Vitamin B-12 (as Cyanocobalamin)	30 mcg 500%	PABA (para-Aminobenzoic Acid)	30 mg *
Biotin	300 mcg 100%	Mixed Carotenoid Complex	60 mg *
Vitamin B-5 (as Calcium Pantothenate)	30 mg 300%	Gentle Digestion Support Blend	486 mg *
Calcium (as Carbonate, Citrate)	300 mg 30%	Protease (4,866 HUT*), Amylase (1,688 DU*), Lipase (18 LU*), Cellulase (20 CU*), Betaine HCl (30 mg*), Ginger [rhizome] (414 mg*),	
Iron (as Amino Acid Chelate)	9 mg 50%		
Magnesium (as Oxide, Amino Acid Chelate)	300 mg 75%		
Zinc (as Amino Acid Chelate)	10 mg 67%		