

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

#1 Natural Teen Multivitamin[†]

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

Please remove label to recycle bottle.

← To open, press along perforation.

New Look,
Same
Formula!



Active Health[™]
Teen
with DermaComplex[™]

Food-Based Multivitamin

Promotes clear, healthy skin^{*}

Energy, bone, immune & stress support^{*}

Easy to digest with probiotics & enzymes^{*}

Gluten-Free | Dairy-Free

90 Tablets | Dietary Supplement

Supplement Facts

Continued from other panel

	Amount Per Serving	%DV
Nourishing Vegetable Complex	306 mg	*
(equivalent to 756 mg of vegetable powder) Organic Spirulina, Chlorophyll, 4:1 Juice Concentrates: Kale, Spinach, Dandelion Greens, Beet		
DermaComplex[™] Herbal Blend	585 mg	*
(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]		

*Daily Value (DV) not established

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

Complete food-based nutrition for active teens,
with clearing support for acne prone teen skin^{*}

Helps make up for gaps in teens' diets – when
nutrient intake may not meet the demands of rapid
growth – while supporting clear, healthy skin.^{*}

SUGGESTED USAGE: Take 1 to 3 tablets daily, adjusting intake
based on diet, energy needs, stress levels and/or skin health.

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

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www.rainbowlight.com

[†] SPINS Data

Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 30

	Amount Per Serving	%DV
Vitamin A (Palmitate, Beta carotene)	10,000 IU	200%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%
Vitamin K (as Phytonadione)	150 mcg	188%
Vitamin B-1 (as Thiamin Mononitrate)	30 mg	2,000%
Riboflavin (Vitamin B-2)	30 mg	1,765%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine)	30 mg	1,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	30 mcg	500%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	30 mg	300%
Calcium (as Carbonate, Citrate)	300 mg	30%
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%
Selenium (as Selenomethionine)	50 mcg	71%
Copper (as Amino Acid Chelate)	1 mg	51%
Manganese (as Amino Acid Chelate)	3 mg	150%
Chromium (as Amino nicotinate)	200 mcg	168%
Molybdenum (as Amino Acid Chelate)	252 mcg	336%
Citrus Bioflavonoid Complex	75 mg	*
Rutin	45 mg	*
Hesperidin	45 mg	*
Choline (as Bitartrate)	30 mg	*
Inositol	30 mg	*
PABA (para-Aminobenzoic Acid)	30 mg	*
Mixed Carotenoid Complex	60 mg	*
Gentle Digestion Support Blend	486 mg	*
Protease (4,866 HUT*), Amylase (1,688 DU*), Lipase (27 FIP*), Cellulase (20 CU*), Betaine HCl (30 mg*), Ginger [rhizome] (414 mg*), ProBioActive [™] (Bacillus coagulans)		75 million CFU *