

Promotes Enhanced Physical and Mental Energy*

A scientifically advanced blend of nutrients, foods and herbs designed to support overall mental stamina and energy. Just one tablet a day delivers:

Physical Energy Support from a complete B-complex that works synergistically in the body's production of energy while supporting a healthy nervous system. Vitamin C aids B vitamin absorption and function. Spirulina and octacosanol (from spinach) provide natural fuel for increased energy.*

Mental Energy Support with 100 mg Choline, essential for the manufacture of acetylcholine which keeps the brain alert and high-potency pantothenic acid (B-5), for healthy energy levels when coping with stress; plus the supporting herbs ginkgo, "the mind herb" and eleuthero.*

SUGGESTED USAGE: 1 tablet daily, with or between meals.

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Purity Guarantee: VeganGuard®. Free of animal products. 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and additives.

KEEP OUT OF REACH OF CHILDREN. Consult a 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 diagnose, treat, cure or prevent any disease.

Formulated & Distributed by
Rainbow Light Nutritional Systems®

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800.571.4701 www.rainbowlight.com



RAINBOW LIGHT®

Energy B-Complex™



Food-Based Formula

Supports Mental Stamina

Strengthens Physical Energy

Eleuthero & Ginkgo

VeganGuard®

90 Tablets

Dietary Supplement

Natural Energy, Resilience, Focus

To open, press along perforation.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 90

	Amount Per Serving	%DV
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin B-1 (as Thiamin Mononitrate)	50 mg	3,330%
Riboflavin (Vitamin B-2)	50 mg	2,940%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	75 mg	3,750%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	150 mcg	2,500%
Biotin	1 mg	333%
Vitamin B-5 (as Calcium Pantothenate)	100 mg	1,000%
Choline (as Bitartrate)	100 mg	*
Inositol	50 mg	*
Eleuthero [root] 4:1 Extract (equivalent to 800 mg of herbal powder strength)	200 mg	*
Ginkgo [leaf] 4:1 Extract (equivalent to 240 mg of herbal powder strength)	60 mg	*
Organic Spirulina	100 mg	*
Octacosanol (from Spinach)	300 mcg	*

* Daily Value (DV) not established.

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