



100% Recycled 100% Recyclable

◆ This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Supplement Facts

Continued from other panel

Citrus Bioflavonoid Complex	25 mg	*
Boron (as Glycinate)	2 mg	*
Choline (as Bitartrate)	25 mg	*
Gentle Digestive Blend	40 mg	*
Protease	664 HUT	*
Amylase	226 DU	*
Lipase	2 LU	*
Cellulase	3 CU	*
Betaine HCl	20 mg	*
Superfood & MenoEase Complex	170 mg	*
Organic Spirulina	75 mg	*
Black Cohosh [rhizome] 4:1 Extract (equivalent to 160 mg herbal powder)	40 mg	*
Triterpene Glycosides	1 mg	*
Ginkgo [leaf] 50:1 Extract (standardized 24/6) (equivalent to 1,500 mg herbal powder)	30 mg	*
Non-GMO Soy Extract	25 mg	*

*Daily Value (DV) not established.

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, 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.

Feel the Difference

RAINBOW LIGHT®

Menopause One™



Food-Based Multivitamin

Balanced Mood & Energy

Targeted Menopause Support

Black Cohosh & Ginkgo

30 Tablets

Dietary Supplement

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

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 30

	Amount Per Serving	%DV
Vitamin A (as Palmitate, Beta-carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D (as D ₃ Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione)	100 mcg	125%
Vitamin B-1 (as Thiamin Mononitrate)	30 mg	2,000%
Riboflavin (Vitamin B-2)	25 mg	1471%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B-6 (as Pyridoxine)	30 mg	1,500%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	200 mcg	67%
Vitamin B-5 (as Calcium Pantothenate)	30 mg	300%
Calcium (as Carbonate, Citrate-Malate)	200 mg	20%
Magnesium (as Oxide)	50 mg	13%
Zinc (as Citrate)	10 mg	67%
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%
Copper (as Amino Acid Chelate)	1 mg	50%
Manganese (as Citrate)	5 mg	250%
Chromium (as Amino Nicotinate)	200 mcg	167%
Molybdenum (as Amino Acid Chelate)	100 mcg	133%

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

Formulated & Distributed by RAINBOW LIGHT NUTRITIONAL SYSTEMS
125 McPherson St., Santa Cruz, CA 95060 ©2011 www.rainbowligh.com

2.0-0