

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

#1 Natural Women's Multivitamin Brand[†]
JUST1ONCE®

100% Recycled, 100% Recyclable,
BPA-Free Bottle
Please remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Menopause One™
Food-Based Multivitamin

Helps with hot flashes & night sweats*
Provides energy, mood & memory support*
Easy to digest with plant-source enzymes

Gluten-Free | Dairy-Free

90 Tablets | Dietary Supplement

Just one tablet daily delivers food-based nutrition with targeted support for menopausal symptoms.* Our complete iron-free multivitamin goes beyond minimum daily values to deliver clinically researched key nutrient levels in forms that are easy for your body to absorb.*

• **Helps with hot flashes & night sweats***
MenoEase Complex • black cohosh • non-GMO soy

• **Energy, mood & memory support***
B complex • ginkgo • choline

• **Bone, breast, heart, brain, skin, bladder & immune health***
Vitamins C, E, D₃, B complex, K • 200 mg calcium • boron • antioxidants

• **Easy to digest: can be taken on an empty stomach**
Plant-source enzymes • organic spirulina

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals. May be taken on an empty stomach.

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®
Santa Cruz, CA 95060 ©2013 800.571.4701
www.rainbowlight.com

[†]SPINS Data

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Palmitate, Beta-carotene)	5,000 IU 100%	Manganese (as Citrate)	5 mg 250%
Vitamin C (as Ascorbic Acid)	150 mg 250%	Chromium (as Amino Nicotinate)	200 mcg 167%
Vitamin D (as D ₃ Cholecalciferol)	400 IU 100%	Molybdenum (as Amino Acid Chelate)	100 mcg 133%
Vitamin E (as d-alpha Tocopheryl)	30 IU 100%	Citrus Bioflavonoid Complex	25 mg *
Vitamin K (as Phytonadione)	100 mcg 125%	Boron (as Glycinate)	2 mg *
Vitamin B-1 (as Thiamin Mononitrate)	30 mg 2,000%	Choline (as Bitartrate)	25 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	Gentle Digestive Blend	40 mg *
Niacin (as Niacinamide)	30 mg 150%	Protease	664 HUT *
Vitamin B-6 (as Pyridoxine)	30 mg 1,500%	Amylase	226 DU *
Folic Acid	800 mcg 200%	Lipase	2 FIP *
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%	Cellulase	3 CU *
Biotin	200 mcg 67%	Betaine HCl	20 mg *
Vitamin B-5 (as Calcium Pantothenate)	30 mg 300%	Superfood & MenoEase Complex	170 mg *
Calcium (as Carbonate, Citrate-Malate)	200 mg 20%	Organic Spirulina	75 mg *
Magnesium (as Oxide)	50 mg 13%	Black Cohosh (rhizome) 4:1 Extract	40 mg *
Zinc (as Citrate)	10 mg 67%	(equivalent to 160 mg herbal powder)	
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg 286%	Triterpene Glycosides	1 mg *
Copper (as Amino Acid Chelate)	1 mg 50%	Ginkgo [leaf] 50:1 Extract	30 mg *
		(standardized 24/6) (equivalent to 1,500 mg herbal powder)	
		Non-GMO Soy Extract	25 mg *

*Daily Value (DV) not established.

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



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