



Now! ALLERGEN **SafeGuard**® Guaranteed free of gluten, yeast, milk, eggs, soy, nuts, fish/shellfish.

Supplement Facts

Continued from other panel

Choline (as Bitartrate)	20 mg *
Inositol	20 mg *
Citrus Bioflavonoid Complex	25 mg *
Men's Strengthening Blend	100 mg *
(equivalent to 150 mg of food and herbal powder)	
Saw Palmetto [berry] 2:1 Extract, Organic Spirulina	
Lycopene (from Tomato, natural)	1,000 mcg *
Vegetable Juice Complex	10 mg *
(4:1 extract, equivalent to 40 mg of vegetable powder)	
Kale, Spinach, Dandelion Greens, Beet	
Complete Digestive Support	34 mg *
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)	
<i>Lactobacillus Sporogenes</i>	25,000,000 CFU *
Betaine HCL	10 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 or lactose.

KEEP OUT OF REACH OF CHILDREN.
Consult a health care professional prior to use if you are taking medication or have a medical condition.

RAINBOW LIGHT®

Men's One™



Food-Based Multivitamin

Energy B-Complex & Probiotics

Heart & Immune Health

Gentle on the Stomach

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 Beta-carotene, Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D ₃ Cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione)	100 mcg	125%
Vitamin B-1 (as Thiamin Mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B-2)	25 mg	1,471%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine HCl)	25 mg	1,250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Biotin	150 mcg	50%
Vitamin B-5 (as Calcium Pantothenate)	25 mg	250%
Calcium (as Carbonate)	50 mg	5%
Magnesium (as Oxide)	25 mg	6%
Zinc (as Citrate)	20 mg	133%
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg	286%
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	100%
Chromium (as Amino Nicotinate)	200 mcg	167%
Molybdenum (as Amino Acid Chelate)	75 mcg	100%

Other Ingredients (natural mineral and vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Hypromellose, MCT [coconut oil], inulin.

Feel the Difference

❖ 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.

