



The #1 Selling Men's Food-Based Multivitamin to Energize, Strengthen and Protect

Research-Based Multivitamin Protection that delivers customized, protective nutrient potencies, featuring high-potency zinc to support reproductive health,* plus saw palmetto and 1,000 mcg lycopene.

Energy B-Complex promotes vigorous energy with a targeted B-complex, nutrient-rich vegetable concentrates and organic spirulina.*

Heart & Immune Health with 25 million bioactive probiotics and 800 IU vitamin D plus broad-spectrum enzymes for daily digestive health and immune support, plus 800 mcg folic acid for heart health.*

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals.

KEEP OUT OF REACH OF CHILDREN.

Consult a health care professional prior to use if you are taking medication or have a medical condition.

GUARANTEE: 100% Natural – Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar or lactose.

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

RAINBOW LIGHT®

Men's One™

JUST 1 ONCE®

Food-Based Multivitamin

Energy B-Complex & Probiotics

Heart & Immune Health

Gentle on the Stomach

150 Tablets

Dietary Supplement

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

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 150

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene, Palmitate)	5,000 IU 100%	Manganese (as Citrate)	2 mg 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Chromium (as Amino Nicotinate)	200 mcg 167%
Vitamin D (as D ₃ Cholecalciferol)	800 IU 200%	Molybdenum (as Amino Acid Chelate)	75 mcg 100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU 100%	Choline (as Bitartrate)	20 mg *
Vitamin K (as Phytonadione)	100 mcg 125%	Inositol	20 mg *
Vitamin B-1 (as Thiamin Mononitrate)	25 mg 1,667%	Citrus Bioflavonoid Complex	25 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	Men's Strengthening Blend	100 mg *
Niacin (as Nicotinamide)	25 mg 125%	(equivalent to 150 mg of food and herbal powder)	
Vitamin B-6 (as Pyridoxine HCl)	25 mg 1,250%	Saw Palmetto [berry] 2:1 Extract, Organic Spirulina	
Folic Acid	800 mcg 200%	Lycopene (from Tomato, natural)	1,000 mcg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	Vegetable Juice Complex	10 mg *
Biotin	150 mcg 50%	(4:1 extract, equivalent to 40 mg of vegetable powder)	
Vitamin B-5 (as Calcium Pantothenate)	25 mg 250%	Kale, Spinach, Dandelion Greens, Beet	
Calcium (as Carbonate)	50 mg 5%	Complete Digestive Support	34 mg *
Magnesium (as Oxide)	25 mg 6%	Protease (664 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)	
Zinc (as Citrate)	20 mg 133%	Lactobacillus Sporogenes	25,000,000 CFU *
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg 286%	Betaine HCL	10 mg *
Copper (as Amino Acid Chelate)	2 mg 100%		

* Daily Value (DV) not established.

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

Feel the Difference

