

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

#1 Natural Men'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!

RAINBOW LIGHT[®]

Men's One[™]

 Food-Based Multivitamin

Promotes heart, prostate & sexual health[†]

Boosts energy & stamina levels[†]

Easy to digest with probiotics & enzymes[†]

Gluten-Free | Soy-Free

150 Tablets | Dietary Supplement

Naturally energizes, strengthens, and protects the major systems of a man's body.*

Just one tablet of our food-based Men's One[™] multivitamin goes beyond minimal daily values to deliver clinically researched key nutrients in forms that are easy for your body to absorb.*

• **Heart, immune, muscle, prostate & sexual health[†]**

Potent vitamins & minerals: A, B, C, D₃, E, zinc, selenium • saw palmetto & natural lycopene • antioxidants

• **Energy, stamina & stress management[†]**

Men's Strengthening Blend • Potent B complex • whole foods

• **Brain & nervous system health[†]**

B6 & B12 • choline

• **Easy to digest: can be taken on an empty stomach**

Fast-acting probiotics • plant-source enzymes

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.

* 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

SPNS Data

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%	Chromium (as Amino Nicotinate)	200 mcg 167%
Vitamin C (as Ascorbic Acid)	120 mg 200%	Molybdenum (as Amino Acid Chelate)	75 mcg 100%
Vitamin D (as D ₃ Cholecalciferol)	800 IU 200%	Choline (as Bitartrate)	20 mg *
Vitamin E (as d-alpha Tocopheryl)	30 IU 100%	Inositol	20 mg *
Vitamin K (as Phytonadione)	100 mcg 125%	Citrus Bioflavonoid Complex	25 mg *
Vitamin B-1 (as Thiamin Mononitrate)	25 mg 1,667%	Men's Strengthening Blend	100 mg *
Riboflavin (Vitamin B-2)	25 mg 1,471%	(equivalent to 150 mg of food and herbal powder)	
Niacin (as Niacinamide)	25 mg 125%	Saw Palmetto [berry] 2:1 Extract, Organic Spirulina	
Vitamin B-6 (as Pyridoxine HCl)	25 mg 1,250%	Lycopene (from Tomato, natural)	1,000 mcg *
Folic Acid	800 mcg 200%	Vegetable Juice Complex	10 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 417%	(4:1 extract, equivalent to 40 mg of vegetable powder) Kale, Spinach, Dandelion Greens, Beet	
Biotin	150 mcg 50%	Complete Digestive Support	34 mg *
Calcium (as Carbonate)	50 mg 5%	Protease (664 HUT*), Amylase (226 DU*), Lipase (2 FIP*), Cellulase (3 CU*)	
Magnesium (as Oxide)	25 mg 5%	ProBioActive [®] (Bacillus coagulans)	25,000,000 CFU *
Zinc (as Citrate)	20 mg 133%	Betaine HCl	10 mg *
Selenium (as Selenomethionine, Amino Acid Chelate)	200 mcg 266%		
Copper (as Amino Acid Chelate)	2 mg 100%		
Manganese (as Citrate)	2 mg 100%		

* Daily Value (DV) not established.

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