

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

#1 Natural Men's Multivitamin Brand[†]

JUST 1 ONCE[®]

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

New Look,
Same
Formula!



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
90 Tablets | Dietary Supplement

Supplement Facts			
Serving Size: 1 Tablet Servings per Container: 90			
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)	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%	
Amount Per Serving		%DV	
Manganese (as Citrate)	2 mg	100%	
Chromium (as Amino Nicotinate)	200 mcg	167%	
Molybdenum (as Amino Acid Chelate)	75 mcg	100%	
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 FIP*), Cellulase (3 CU*)			
ProBioActive™ (Bacillus coagulans)		25,000,000 CFU	*
Betaine HCl		10 mg	*
* Daily Value (DV) not established.			

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

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.

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Santa Cruz, CA 95060 800.571.4701 www.rainbowlight.com
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