

SUGGESTED USAGE: Take 3 mini-tablets per day. Gentle enough to be taken on an empty stomach or with food.

Supplement Facts

Serving Size: 3 Mini-Tablets
Servings per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-carotene)	10000 IU 200%	Molybdenum (as Amino Acid Chelate)	75 mcg 100%
Vitamin C (as Ascorbic Acid)	90 mg 150%	Boron (as Glycinate)	0.1 mg *
Vitamin D (as Cholecalciferol)	500 IU 125%	Vibrant Skin Blend	442 mg *
Vitamin E (as D-alpha Tocopheryl Succinate)	30 IU 100%	Ginger (root) Juice Extract	
Vitamin K (as Menaquinone)	45 mcg 56%	Organic Spirulina, Citrus Bioflavonoid Complex, Organic Carrot (root), Chlorophyll	
Thiamin (Vitamin B-1)	30 mg 2000%	Organic Rainbow Whole Foods Blend	79 mg *
Riboflavin (Vitamin B-2)	32 mg 1882%	Organic Beet (root), Organic Broccoli (plant), Organic Kale (leaf), Organic Spinach (leaf), Organic Blackberry (fruit), Organic Blueberry (fruit), Organic Cranberry (fruit)	
Niacin (as Niacinamide)	30 mg 150%	Prebiotic & Probiotic Digestive Blend	34 mg *
Vitamin B-6 (as Pyridoxine HCl)	30 mg 1500%	Organic Cranberry (seed) Extract (15 mg*), Amylase (321 DU*), Protease (Endo- and Exopeptidase) (1286 HUT*), Xylanase (171 XU*), Maltase (9 DP*), Glucoamylase (0.9 AGU*), Hemicellulase (132 HCU*), Beta-glucanase (37 BGU*), Phytase (0.08 FTU*), Cellulase (51 CU*), Bromelain (10714 FU*), Alpha-galactosidase (9 GalU*), Lipase (47 FIP*), Lactase (15 AUU*), Invertase (6 SU*), ProbiolActive™ (Bacillus coagulans) (100,000,000 CFU*)	
Folate (as Folic Acid)	240 mcg 60%		
Vitamin B-12 (as Methylcobalamin)	50 mcg 833%		
Biotin	300 mcg 100%		
Pantothenic Acid (as Calcium Pantothenate)	6 mg 60%		
Calcium (from Mineral-rich Marine Algae)	150 mg 15%		
Iron (as Amino Acid Chelate)	5 mg 28%		
Iodine (from Inactivated S. cerevisiae)	100 mcg 67%		
Magnesium (as Aspartate)	75 mg 19%		
Zinc (as Citrate)	15 mg 100%		
Selenium (as Selenomethionine)	200 mcg 286%		
Copper (as Glycinate)	1.5 mg 75%		
Manganese (as Citrate)	2 mg 100%		
Chromium (as Picolinate)	200 mcg 167%		

*Daily Value not established.

Other Ingredients: microcrystalline cellulose. Coating: vegetable glaze.

Give your teen the nourishment he needs to support an active, on-the-go lifestyle with our advanced, research-based formula.* It features a comprehensive range of vitamins and minerals in potencies targeted for young men's specific health needs, our robust rainbow blend of fruits and vegetables, plus custom-crafted nutrient blends to support healthy, vibrant skin.*

- Ginger, spirulina and chlorophyll, plus vitamins A, C and zinc for skin health*
- Bioavailable B vitamin blend for mood, energy and stress support*
- Probiotics, prebiotics and plant-source enzymes to help ease digestion and promote gut health*

*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.

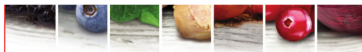
Consult your health care professional prior to use if you are taking medication or have a medical condition.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



Young Men's Multivitamin plus Healthy Skin*

Made with Whole Foods



Vegetarian • Gluten-Free

180 Mini-Tablets • Dietary Supplement

Truly Custom Nutrition for Your Truly Vibrant Life.

At Rainbow Light®, we believe the supplements you take should be designed to meet the needs of your lifestyle, in order to help you live a healthy and vibrant life. Here's what you can expect from what's inside this box:

Mindful Formulations

Clinically researched ingredients in potencies that go beyond meeting daily values to support a vibrant, healthy lifestyle*

Food-Based & No GMOs

Made with fruits and vegetables and absolutely nothing that's been genetically engineered



Made with natural, purity-tested ingredients and NO artificial preservatives, colors, flavors or sweeteners. Contains NO: gluten, wheat, milk, tree nuts, peanuts, soy, eggs, fish, or shellfish. **Non-GMO**



Eco Guard® Packaging
100% Recycled & 100% Recyclable



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