



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

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

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.

## Supplement Facts

Continued from other panel

	Amount Per Serving	DV%†
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	*
Chromium (as Amino Nicotinate)	120 mcg	*
Molybdenum (as Amino Acid Chelate)	75 mcg	*
Potassium (as Citrate)	10 mg	*
Citrus Bioflavonoid Complex	25 mg	*
Choline (as Bitartrate)	10 mg	*
Inositol	10 mg	*
Boron (as Glycinate)	1 mg	*
Gentle Prenatal Blend	90 mg	*
(equivalent to 320 mg food & herbal powder)		
Red Raspberry (leaf) 2:1 Extract,		
Ginger (rhizome) Fresh Juice		
10:1 Extract, Organic Spirulina		
Complete Digestive Support	24 mg	*
Protease (660 HUT*)		
Amylase (226 DU*), Lipase		
(2 LU*), Cellulase (3 CU*)		
Lactobacillus Sporogenes	25,000,000 CFU	*

\* Daily Value (DV) not established.

† % DV for pregnant or lactating women

**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.

RAINBOW LIGHT®

# Prenatal One™

JUST 1 ONCE®

Food-Based Multivitamin

Potent Prenatal Nutrition

Gentle on the Stomach

Guaranteed 100% Natural

## Supplement Facts

Serving Size 1 Tablet  
Servings per Container: 30

	Amount Per Serving	DV%†
Vitamin A (as Palmitate, Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D <sub>2</sub> Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione)	65 mcg	*
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	588%
Riboflavin (Vitamin B-2)	10 mg	500%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine)	15 mg	600%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	313%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	15 mg	150%
Calcium (as Carbonate, Citrate-Malate)	200 mg	15%
Iron (as Amino Acid Chelate)	30 mg	167%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Oxide)	100 mg	22%
Zinc (as Citrate)	15 mg	100%
Selenium (as Seleno-methionine)	100 mcg	*

Other Ingredients (natural mineral and vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Hydroxy propyl cellulose, pharmaceutical glaze.

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

**VeganGuard**® Screened for vegans to be free of animal products.

VeganGuard®

30 Tablets

Dietary Supplement

