



Vegan. Contains NO: gluten · wheat · milk · nuts · soy · eggs · fish · shellfish.

#1 Natural Prenatal Brand<sup>†</sup>

JUST1ONCE<sup>®</sup>



EcoGuard<sup>®</sup> Bottle

100% Recycled & 100% Recyclable

Keeping millions of bottles from our landfills & oceans  
To open, press along perforation.

**S u p p l e m e n t F a c t s**

Continued from other panel

|  | Amount Per Serving | DV% <sup>1</sup> |
|--|--------------------|------------------|
| Inositol   | 10 mg              | *                |
| Boron (as Glycinate)   | 1 mg               | *                |
| <b>Gentle Prenatal Blend</b>   | 90 mg              | *                |
| (equivalent to 320 mg food & herbal powder) Red Raspberry [leaf] 2:1 Extract, Ginger [rhizome] Fresh Juice 10:1 Extract, Organic Spirulina |                    |                  |
| <b>Complete Digestive Support</b>  | 24 mg              | *                |
| Protease (664 HUT <sup>†</sup> ), Amylase (226 DU <sup>†</sup> ), Lipase (2 FIP <sup>†</sup> ), Cellulase (3 CU <sup>†</sup> )             |                    |                  |
| ProBioActive <sup>™</sup> ( <i>Bacillus coagulans</i> )  | 25,000,000 CFU     | *                |

<sup>1</sup>Daily Value (DV) not established. \*% DV for pregnant or lactating women

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

**#1 Natural Prenatal Multivitamin<sup>†</sup> – complete food-based nutrition.**

**SUGGESTED USAGE:** Take 1 tablet a day, with or between meals, while trying to conceive, pregnant or nursing.

Your purchase sends **Life-saving nutrition** to at-risk women and children worldwide.

**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.

**\* 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<sup>®</sup>**  
 Santa Cruz, CA 95060 USA ©2015 800.571.4701  
 5.0-0 www.rainbowlight.com \*SPINS Data



**Prenatal One<sup>™</sup>**

Food-Based Multivitamin

Complete nutrition for Mom & Baby<sup>†</sup>

Energizes, eases discomfort & non-constipating<sup>†</sup>

Easy to digest with probiotics & enzymes

Vegan | Gluten-Free

30 Tablets | Dietary Supplement

**S u p p l e m e n t F a c t s**

Serving Size: 1 Tablet  
Servings per Container: 30

|  | Amount Per Serving | DV% <sup>1</sup> | Amount Per Serving                               | DV% <sup>1</sup> |
|--|--------------------|------------------|--|------------------|
| Vitamin A (as Palmitate, Beta-Carotene)    | 4,000 IU           | 50%              | Iron (as Amino Acid Chelate)                     | 30 mg 167%       |
| Vitamin C (as Ascorbic Acid)               | 100 mg             | 167%             | Iodine (from Kelp)                               | 150 mcg 100%     |
| Vitamin D (as D2 Ergocalciferol)           | 400 IU             | 100%             | Magnesium (as Oxide)                             | 100 mg 22%       |
| Vitamin E (as d-alpha Tocopheryl)          | 30 IU              | 100%             | Zinc (as Citrate)                                | 15 mg 100%       |
| Vitamin K (as Phyttonadione)               | 65 mcg *           |                  | Selenium (as Seleno-methionine)                  | 100 mcg *        |
| Thiamin (Vitamin B-1)                      | 10 mg              | 588%             | Copper (as Amino Acid Chelate)                   | 2 mg 100%        |
| Riboflavin (Vitamin B-2)                   | 10 mg              | 500%             | Manganese (as Citrate)                           | 2 mg *           |
| Niacin (as Niacinamide)                    | 20 mg              | 100%             | Chromium (as Chrominex <sup>®</sup> -3, Complex) | 120 mcg *        |
| Pyridoxine)                                | 15 mg              | 600%             | Molybdenum (as Amino Acid Chelate)               | 75 mcg *         |
| Folic Acid                                 | 800 mcg            | 100%             | Potassium (as Citrate)                           | 10 mg *          |
| Vitamin B-12 (as Cyanocobalamin)           | 25 mcg             | 313%             |  |                  |
| Biotin                                     | 300 mcg            | 100%             |  |                  |
| Pantothenic Acid (as Calcium Pantothenate) | 15 mg              | 150%             | Citrus Bioflavonoid Complex                      | 25 mg *          |
| Calcium (as Carbonate, Citrate-Malate)     | 200 mg             | 15%              | Choline (as Bitartrate)                          | 10 mg *          |

4mm High Distortion Area | Recommended Copy Free

120cc

170mm Total Print Width

175 mm Total Slit Width

Free of gluten · wheat · milk/dairy · nuts · eggs · yeast · sugar · artificial additives

#1 Natural Prenatal Brand<sup>†</sup>

OMEGAS

100% Recycled, 100% Recyclable, BPA-Free Bottle.

Please remove label to recycle bottle. To open, press along perforation.

New Look, Same Formula!

Nourishes in just one softgel per day.\*

• Healthy brain & eye development\*

Expert recommended level of DHA<sup>††</sup> · vitamin E · choline

• Exceptional purity & sustainability

Wild, sustainable, deep ocean fish · solvent-free molecular distillation · independently tested for heavy metals & toxins · follows strict international purity & sustainability standards

• Easy to digest with no fishy taste or smell

Natural orange essential oil

KEEP OUT OF REACH OF CHILDREN. Consult your health care practitioner prior to use if you are taking medication or have a medical condition.

<sup>††</sup> When combined with average dietary intake of 50 mg DHA, for a total of 300 mg daily. This is the recommended level established for pregnant and nursing women in 1999 by international experts associated with the US National Institutes of Health.

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Manufactured in Columbia

Formulated & Distributed by RAINBOW LIGHT NUTRITIONAL SYSTEMS®  
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Item #11331 4.0-0

\*SPINS Data

4mm High Distortion Area  
Recommended Copy Free



# Prenatal DHA Smart Essentials®

Formerly DHA 250 Smart Essentials™

Ultra-Pure Fish Oil

Healthy brain & eye development\*

Pure and gentle on the stomach

No fishy taste or smell

Gluten-Free | Sustainably-Sourced  
30 Softgels | Dietary Supplement

## Supplement Facts

Serving size: 1 Softgel  
Servings Per Container: 30

|   | Amount Per Serving | %DV  |
|---|--------------------|------|
| Calories                                    | 10                 | *    |
| Calories from fat                           | 10                 | *    |
| Total Fat                                   | 1 g                | 1%   |
| Vitamin E (as d-alpha Tocopheryl Succinate) | 30 IU              | 100% |
| Choline (as Bitartrate)                     | 50 mg              | *    |
| Purified Deep Sea Fish Oil                  | 416 mg             | *    |
| Omega-3 Fatty Acids                         | 308 mg             | *    |
| Eicosapentaenoic acid (EPA)                 | 33 mg              | *    |
| Docosahexaenoic acid (DHA)                  | 250 mg             | *    |
| Mixed Tocopherols                           | 20 mg              | *    |
| Orange [peel] Essential Oil                 | 15 mg              | *    |

\*Daily Value (DV) not established.

Other Ingredients: soybean oil, yellow beeswax, silica, ascorbyl palmitate, lecithin (soy). Softgel Shell: gelatin, purified water, glycerin, natural caramel color, natural orange oil, zinc oxide, carob. Contains anchovy, sardine, mackerel and/or wild, sustainable, deep sea Pacific Ocean tuna.

**SUGGESTED USAGE:** Take 1 softgel daily, with or between meals, while trying to conceive, pregnant or nursing. Gentle on the stomach.

96.0439 mm Cut Length / Repeat

92.0439mm Print Length

5mm Text-Free Area

Ink Free

55 mm Long Fold

84 mm LAYFLAT

36 mm Short Fold

4mm Graphic, Varnish, & Ink Free

4mm High Distortion Area

Ink Free