

### **Does Rainbow Light comply with Food and Drug Administration (FDA) GMPs?**

We take great pride in providing high quality, safe products to our customers. All of our tablets, capsules, softgels, gummies and powders are manufactured in compliance with Good Manufacturing Practices(GMPs) set forth by the FDA. GMPs are related to the manufacturing, packaging, labeling or holding of dietary supplements. Manufacturers are required to evaluate their products' identity, purity, strength and composition. Other requirements deal with such matters as quality control, the design and construction of manufacturing plants, record keeping and consumer complaints.

### **Why is there color variation in some tablets from batch to batch?**

On occasion, an herbal ingredient or other botanical may have a color or taste variation due to seasonality, growing conditions, etc. A quality assessment is performed on each supplier and all materials are sampled and undergo a thorough inspection before being used in our products to ensure that these variations do not impact the overall quality of the finished product.

### **What is the best time of the day to take my supplement and should I take it with food?**

The best time to take any supplement is when you remember to take it. Rainbow Light's supplements are very gentle on the stomach and can therefore be taken at any time with or between meals. Some experts recommend taking any supplement with a meal, when your digestion is most active, for maximum absorption and to lessen the possibility of gastrointestinal upset.

### **Do Rainbow Light products contain Genetically Modified Ingredients (GMO's)?**

Rainbow Light strives to provide the highest-quality ingredients in all formulations which allows us to uphold our commitment to environmental and human health concerns. We formulate all of our supplements to contain raw materials which are non-GMO, whenever possible.

Additionally, Rainbow Light has several products enrolled with the Non-GMO project and our values closely align in that we believe everyone deserves an informed choice about genetically modified organisms.

### **Why do Rainbow Light vitamins contain trace amounts of lead and other naturally-occurring heavy metals?**

We are proud to offer vitamins and supplements that include plant- and mineral-based ingredients. Because lead and certain other heavy metals are naturally occurring in the environment, including in soil, there are often trace amounts present in the ingredients we use and in a wide array of supplements. The trace amounts contained in our vitamins are below the level that would require a label disclosure under California's Proposition 65, which is one of the strictest regulations in the U.S. governing the safety of water, food and consumer products, and lower than what is found in some vegetables and other foods. For example, a daily dose of our vitamins has less lead than what you could find in a typical serving of spinach.[1] We have

rigorous quality and safety standards in place and believe our products provide substantial benefits.

[1] Based on 2014 US FDA Total Diet Study (revised in 2017) mean concentration of lead in fresh/frozen spinach, assuming a standard serving of 100 g. (n=32).

### **Rainbow Light Refunds for California Consumers**

The manufacturers of Rainbow Light prenatal and postnatal vitamins recently reached a settlement with the Los Angeles City Attorney's Office, on behalf of the People of the State of California. The settlement was in regards to certain advertising statements on Rainbow Light's website. California residents who purchased Rainbow Light prenatal or postnatal vitamins within the State of California between July 28, 2015 and October 3, 2019 may be eligible for a refund.