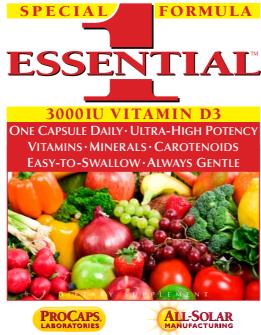
SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. ESSENTIAL ONE is designed for those who seek a pure and mild, vet high potency, single capsule daily multi-vitamin-mineral that also supplies higher levels of Vitamin D3. This product is most effective as part of a healthy diet and active lifestyle. For answers to questions about the use of this product, call 800.808.7311.





Andrew Lessman's Special Formula ESSENTIAL ONE is an alternative to the low potency, artificial colors, additives and digestive problems experienced with typical store-bought daily multivitamins. Of course, no single capsule can offer all the potency required by the science; however, no formula delivers more than **Essential One** while also remaining 100% pure, easy-to-swallow and gentle to even sensitive stomachs. This special formula of Essential One delivers 3,000 IU of all-important Vitamin D3 for those seeking higher levels of this key nutrient. It also provides far higher levels of key nutrients than the leading formulas, such as high potencies of all the B-Complex vitamins, including 250 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12) and 500 mcg of Biotin, along with 1,000 mcg of both Lutein and Lycopene; plus, 500 mcg of costly Zeaxanthin and 30 mg of the most protective form of Vitamin E – Gamma Tocopherol. These nutrients are not present in most multivitamins at any price. Essential One offers all the convenience of a one-per-day multivitamin, but with greater purity, higher potency and a superior complement of more than two dozen nutrients. Best of all. Essential One comes in a small, soft, easy-to-swallow capsule that ensures easy absorption without stomach upset.

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. CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color,

## preservative, common allergens or manufacturing additives. CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts Serving Size 1 Capsule Servings Per Container 360		
Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	120 mg	2009
Vitamin D3 (as cholecalciferol)	3,000 IU	750%
Vitamin E (total natural tocopherols)	70 mg	†
as natural d-gamma tocopherol	30 mg	†
as natural d-alpha tocopheryl succinate/tocopherol	60 IU (40 mg)	2009
Vitamin B1 (as thiamin hydrochloride)	10 mg	6679
Vitamin B2 (as riboflavin)	10 mg	5889
Niacin (as niacinamide/chromium nicotinate)	20 mg	1009
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate Complex (as L-methylfolate/folic acid)	400 mcg	1009
Vitamin B12 (as methylcobalamin - protected Coenzyme B1	(2) 250 mcg 4	,1679
Biotin	500 mcg	1679
Pantothenic Acid (as calcium pantothenate)	20 mg	2009
Calcium (as calcium carbonate/ascorbate)	100 mg	109
Magnesium (as magnesium oxide)	50 mg	139
Zinc (as zinc oxide)	15 mg	1009
Selenium (as sodium selenite)	200 mcg	2869
Copper (as copper oxide)	2 mg	1009
Manganese (as manganese sulfate)	2 mg	1009
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as potassium borate)	200 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Zeaxanthin	500 mcg	†
Branched Chain Amino Acids (Leucine, Valine)	5 mg	†
Lutein 1 mg	(1,000 mcg)	†
Silicon (as silicon dioxide)	3 mg	†
Lycopene 1 mg	(1,000 mcg)	t