SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. ESSENTIAL ONE is designed for those who seek a pure and mild, yet high potency, single capsule daily multi-vitaminmineral. 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.

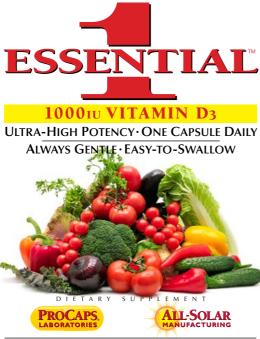




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360 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL ONE is an alternative to the low potency, artificial colors, additives and digestive problems experienced with typical store-bought daily multivitamins. No one capsule multivitamin delivers more than **Essential One** while also remaining 100% pure, easy-toswallow and gentle to even sensitive stomachs. Essential One delivers 1,000 IU of all-important Vitamin D₃ for those seeking recommended levels of this essential vitamin. 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 absorptionprotected 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 once-per-day multivitamin, but with greater purity, higher quality, 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.

Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmit	tate) 120 mg	200%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (total natural tocopherols)	70 mg	†
as natural d-gamma tocopherol	30 mg	t
as natural d-alpha tocopheryl succinate/tocop	herol 60 IU (40 mg	() 200%
Vitamin B1 (as thiamin hydrochloride)	10 mg	667%
Vitamin B2 (as riboflavin)	10 mg	588%
Niacin (as niacinamide/chromium nicotinate) 20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Folate Complex (as L-methylfolate/folic acid)	400 mcg	100%
Vitamin B12 (as methylcobalamin - protected Coenzy	me B12) 250 mcg	4,167%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as calcium carbonate/ascorbate)	100 mg	10%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite)	200 mcg	286%
Copper (as copper oxide)	2 mg (2,000 mcg)	100%
Manganese (as manganese sulfate)	2 mg (2,000 mcg)	100%
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	†
Total Zeaxanthin Complex	500 mcg	t
Lutein	1 mg (1,000 mcg)	t
Lycopene	1 mg (1,000 mcg)	†
Branched Chain Amino Acids (Leucine, Valine)) 5 mg	†
Silicon (as silicon dioxide)	3 mg	t

Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.