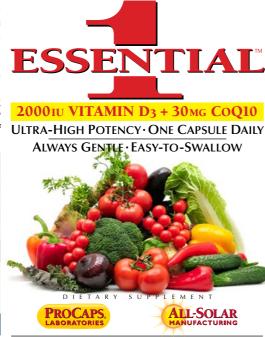
SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. ESSENTIAL ONE is designed for those who seek a pure and mild, yet high potency, single capsule daily multi-vitamin-mineral that also supplies higher levels of Vitamin D₃. This product is most effective as part of a healthy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





360 Easy-to-Swallow Capsules

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-to-swallow and gentle to ever sensitive stomachs. This special formula delivers 2,000 II of all-important Vitamin D3, along with the benefits o Coenzyme Q-10, which is required for all cellular energy production and therefore life itself. This unique formula also delivers far higher levels of key nutrients than all 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 Zeaxanthin and 30 mg of the most protective form of Vitamin E - Gamma Tocopherol. These nutrients are not present in mos multivitamins at any price. Essential One offers all the convenience of a once-per-day multivitamin, but with greate purity, higher quality, higher potency and a superio complement of more than two dozen nutrients.

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 o 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	ate) 120 mg	200
Vitamin D3 (as cholecalciferol)	2,000 IU	500
Vitamin E (total natural tocopherols)	70 mg	†
as natural d-gamma tocopherol	30 mg	†
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
Pantothenic Acid (as calcium pantothenate)	20 mg	200
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500
Vitamin B12 (as methylcobalamin - protected Coenzyn	ne B12) 250 mcg 4	,167
Folate Complex (as L-methylfolate/folic acid)	400 mcg	100
Biotin	500 mcg	167
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	†
Coenzyme Q-10 (Natural Ubiquinone)	30 mg	†
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin Complex	500 mcg	†
Branched Chain Amino Acids (Leucine, Valine)	5 mg	†
Silicon (as silicon dioxide)	3 mg	†