

STORE SEALED IN A COOL DRY AREA

**Commitment to Quality Program**

Sourced and manufactured to avoid:†

- ✓ Artificial Additives ✓ Allergens ✓ GMOs
  - ✓ Environmental Contaminants ✓ Added Excipients
- www.PureEncapsulations.com/QualityControl
- †See Supplement Facts for specific product details

**Recommendations:** As a dietary supplement, take 1 capsule daily, with a meal.

**Tamper Resistant:** Use only if safety seal is intact.

**Warning:** If pregnant or lactating, have any health condition or are using any medication, consult your health professional before use.

**Keep out of the reach of children.**

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

ChromeMate® brand niacin-bound chromium.  
ChromeMate® is a trademark of InterHealth, N.J.

Zeaxanthin is sourced from OPTISHARP™ brand.  
OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.



**pure**  
**encapsulations**®

O.N.E.™  
Multivitamin

*Once-daily Nutrient Essentials  
with Metafolin® L-5-MTHF  
and sustained release CoQ<sub>10</sub>*

hypoallergenic  
DIETARY SUPPLEMENT  
120 CAPSULES

**Supplement Facts**

Serving size 1 capsule

Servings per container 120

|                                                                                                        | Amount Per Serving | % DV   |
|--------------------------------------------------------------------------------------------------------|--------------------|--------|
| Vitamin A (as vitamin A acetate and 73% beta carotene)                                                 | 3,750 IU           | 75%    |
| Vitamin C (as ascorbic acid)                                                                           | 180 mg             | 300%   |
| Vitamin D (as cholecalciferol) (D <sub>3</sub> )                                                       | 2,000 IU           | 500%   |
| Vitamin E (as d-alpha tocopherol succinate)                                                            | 30 IU              | 100%   |
| Thiamin (as thiamin HCl) (B <sub>1</sub> )                                                             | 3 mg               | 200%   |
| Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))     | 3 mg               | 176%   |
| Niacin (as niacinamide)                                                                                | 20 mg              | 100%   |
| Vitamin B <sub>6</sub> (as pyridoxine HCl) and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> )) | 4 mg               | 200%   |
| Folate (as Metafolin®, L-5-MTHF)                                                                       | 400 mcg            | 100%   |
| Vitamin B <sub>12</sub> (as methylcobalamin)                                                           | 500 mcg            | 8,333% |
| Biotin                                                                                                 | 300 mcg            | 100%   |

Other ingredients: vegetarian capsule (cellulose, water), potato starch, ascorbyl palmitate

FloraGLO® lutein is a registered trademark of Kemin Industries, Inc.

|                                                                                                           |         |      |
|-----------------------------------------------------------------------------------------------------------|---------|------|
| Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )                                              | 10 mg   | 100% |
| Iodine (as potassium iodide)                                                                              | 150 mcg | 100% |
| Zinc (as zinc citrate)                                                                                    | 25 mg   | 167% |
| Selenium (as selenomethionine)                                                                            | 70 mcg  | 100% |
| Manganese (as manganese citrate)                                                                          | 2 mg    | 100% |
| Chromium (as chromium polynicotinate)                                                                     | 200 mcg | 167% |
| Molybdenum (as TRAACS® molybdenum glycinate chelate)                                                      | 75 mcg  | 100% |
| Boron (as boron glycinate)                                                                                | 1 mg    | *    |
| Choline bitartrate                                                                                        | 25 mg   | *    |
| Inositol                                                                                                  | 25 mg   | *    |
| Coenzyme Q <sub>10</sub> (from MicroActive® Q <sub>10</sub> -cyclodextrin complex and CoQ <sub>10</sub> ) | 50 mg   | *    |
| Alpha lipoic acid                                                                                         | 50 mg   | *    |
| Lutein                                                                                                    | 3 mg    | *    |
| Zeaxanthin                                                                                                | 500 mcg | *    |
| Lycopene                                                                                                  | 500 mcg | *    |

\*Daily value (DV) not established

TRAACS® is a registered trademark of Albion Laboratories, Inc.

code: **ONE1**



v1.1

manufactured and formulated by:

**Pure Encapsulations, Inc.** Sudbury, MA USA

1-800-753-2277 www.PureEncapsulations.com