

STORE SEALED IN A COOL DRY AREA

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

Tamper Resistant: Use only if safety seal is intact.

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

Keep out of the reach of children.

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

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

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

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

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



pure
encapsulations®

O.N.E.™ Multivitamin

*Once-daily Nutrient Essentials
with Metafolin® L-5-MTHF
and sustained release CoQ₁₀*

hypoallergenic
DIETARY SUPPLEMENT
60 CAPSULES

Supplement Facts

Serving size 1 capsule

Servings per container 60

	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 ₃)	2,000 IU	500%
Vitamin E (as d-alpha tocopherol succinate)	30 IU	100%
Thiamin (as thiamin HCl) (B ₁)	3 mg	200%
Riboflavin (as vitamin B ₂ and 43% riboflavin 5' phosphate (activated B ₂))	3 mg	176%
Niacin (as niacinamide)	20 mg	100%
Vitamin B ₆ (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B ₆))	4 mg	200%
Folate (as Metafolin®, L-5-MTHF)	400 mcg	100%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	8,333%
Biotin	300 mcg	100%
Pantothenic acid (as calcium pantothenate) (B ₅)	10 mg	100%

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

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 ₁₀ (from MicroActive® Q ₁₀ -cyclodextrin complex and CoQ ₁₀)	50 mg	*
Alpha lipoic acid	50 mg	*
Lutein	3 mg	*
Zeaxanthin	500 mcg	*
Lycopene	500 mcg	*

*Daily value (DV) not established

manufactured and formulated by:
Pure Encapsulations®, Inc. Sudbury, MA USA
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code: **ONE6**



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