

SUGGESTED USE Consume one capsule daily or as recommended by your physician. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle. **For questions about the use of this product call 800.332.7799.**

FOR OVER 40 YEARS
Unsurpassed Purity, Quality and Efficacy

100% SOLAR PRODUCTION | ZERO CARBON FOOTPRINT

*We Remain Uniquely Committed
to You and the Planet.
You have my unwavering Promise.*



QUESTIONS? | REORDERS?
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607118-06M 708724
Manufactured by ProCaps Labs, Henderson, NV 89011



ESSENTIAL 1™
2000 IU VITAMIN D3 | 250 MCG METHYL B12
500 MCG BIOTIN | 200 MCG METHYL FOLATE
LUTEIN | LYCOPENE | ZEAXANTHIN
Ultra-High Potency | One Daily Capsule
Always Gentle | Easy to Swallow



Dietary Supplement | **400** Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL ONE is an alternative to the problems associated with the leading multivitamins. Our small, easy-to-swallow, additive-free capsules eliminate the additives and upset stomachs of hard-to-swallow multivitamin tablets. We also replace their low potency ingredients with superior nutrients at meaningful levels. **Essential One** provides separate formula potency of all-important Vitamins D3 (2,000 IU) and B12 (250 mcg). Plus, our B12 is in its most active and protected form. We also include Vitamin B9 (Folic Acid) as 5-MTHF, since so many of us cannot metabolize Folate. We also include 15 times higher levels of Vitamin B7 (Biotin), since it is the essential beauty vitamin. We also provide costly Lutein, Lycopene and Zeaxanthin; along with over a dozen other essential nutrients. Although higher in potency, **Essential One** remains gentle even to sensitive stomachs. We provide all the convenience and affordability of a multivitamin, but with higher purity, potency and superior nutrients; and our small, easy-to-swallow capsules ensure all these benefits 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, cholesterol, sugar, fat, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND

Supplement Facts		Serving Size 1 Capsule
Amount Per Serving		Servings Per Container 400
		%DV*
Vitamin A (as natural beta carotene)	750 mcg RAE (2,500 IU)	83%
Vitamin C (as calcium ascorbate/ascorbil palmitate)	120 mg	133%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as natural d-alpha tocopheryl succinate)	60 mg (90 IU)	400%
Vitamin B1 (as thiamin hydrochloride)	10 mg	833%
Vitamin B2 (as riboflavin)	10 mg	769%
Niacin (as niacinamide/chromium nicotinate)	20 mg	125%
Pantothenic Acid (as calcium pantothenate)	20 mg	400%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	588%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	10,417%
Folate Complex (as L-methylfolate/folic acid)	533 mcg DFE (200 mcg folic acid)	133%
Biotin	500 mcg	1,667%
Calcium (as calcium carbonate/ascorbate)	100 mg	8%
Magnesium (as magnesium oxide)	50 mg	12%
Zinc (as zinc oxide)	15 mg	136%
Selenium (as sodium selenite)	200 mcg	364%
Copper (as copper oxide)	2 mg (2,000 mcg)	222%
Manganese (as manganese sulfate)	2 mg (2,000 mcg)	87%
Chromium (as chromium nicotinate)	200 mcg	571%
Molybdenum (as molybdenum glycinate)	75 mcg	167%
Boron (as potassium borate)	200 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
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	†
* Percent Daily Values (%DV) based on a 2,000 calorie diet. † DV not established.		
Other Ingredients. Gelatin capsule, Proprietary Protective Methyl B12 Matrix.		