



# One 'n' Only™ PRENATAL

ONE-DAILY  
WHOLE FOOD BASED MULTIVITAMIN  
OVER 11,300 MG WHOLE FOOD VALUE  
COMPLETE PRENATAL NUTRITION\*

30 TABLETS | 1 MONTH SUPPLY

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size: 1 Tablet

| Amount Per Serving                                                    | %DV for Pregnant and Lactating Women |
|-----------------------------------------------------------------------|--------------------------------------|
| Vitamin A (as beta carotene) (6000 IU).....                           | 3600 mcg .....277%                   |
| Vitamin C (as ascorbic acid).....                                     | 100 mg .....83%                      |
| Vitamin D3 (as VitaShine™ vegan cholecalciferol) (800 IU).....        | 20 mcg .....133%                     |
| Vitamin E (as d-alpha tocopheryl succinate) (100 IU).....             | 83 mg .....437%                      |
| Vitamin K2 (as menaquinone-7)(VitaMK7®).....                          | 70 mcg .....78%                      |
| Thiamine (Vitamin B1) (as thiamine mononitrate) ..                    | 10.5 mg .....747%                    |
| Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate) ..... | 12 mg .....750%                      |
| Niacin (as niacin, niacinamide) .....                                 | 30 mg .....167%                      |
| Vitamin B6 (as pyridoxine HCl, pyridoxyl-5-phosphate) .....           | 15.5 mg .....775%                    |
| Folate (as L-5-Methyltetrahydrofolate).....                           | 600 mcg .....100%                    |
| Vitamin B12 (as methylcobalamin) .....                                | 48 mcg .....1714%                    |
| Biotin (as d-biotin) .....                                            | 300 mcg .....857%                    |
| Pantothenic acid (as d-calcium pantothenate, pantethine).....         | 15 mg .....214%                      |
| Iron (as Iron bis-glycinate) .....                                    | 20 mg .....74%                       |
| Iodine (from North Atlantic kelp) .....                               | 150 mcg .....52%                     |
| Magnesium (as Magnesium oxide, citrate) .....                         | 10 mg .....3%                        |
| Zinc (as Zinc lactate) .....                                          | 11.3 mg .....87%                     |
| Selenium (as Selenium l-methyl selenocysteine) ..                     | 70 mcg .....100%                     |
| Copper (as Copper sebacate) .....                                     | 1 mg .....77%                        |
| Manganese (as Manganese citrate) .....                                | 1.5 mg .....58%                      |

| Amount Per Serving                                                                                                                                                                              | %DV for Pregnant and Lactating Women |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| Chromium (as Chromium polynicotinate).....                                                                                                                                                      | 120 mcg .....267%                    |
| Molybdenum (as Molybdenum glycinate) .....                                                                                                                                                      | 75 mcg .....150%                     |
| Potassium (as Potassium citrate) .....                                                                                                                                                          | 10 mg .....<2%                       |
| <b>SuperFood Complex</b> .....                                                                                                                                                                  | <b>545 mg</b> .....                  |
| Chlorella, Organic Spirulina, Organic Oat Grass juice extract, Organic North Atlantic kelp (stem and leaf), Organic Quinoa (sprouts), Organic Red Clover (sprouts), Sodium copper chlorophyllin |                                      |
| <b>Herbal Extracts</b> .....                                                                                                                                                                    | <b>200 mg</b> .....                  |
| Ginger extract (root), Stinging nettle extract (leaf), Raspberry extract (leaf), Aloe vera extract (leaf)                                                                                       |                                      |
| <b>Co-Nutrients</b> .....                                                                                                                                                                       | <b>65 mg</b> .....                   |
| Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)                                                                                                          |                                      |
| <b>Fruit Extracts</b> .....                                                                                                                                                                     | <b>40 mg</b> .....                   |
| Mangosteen fruit extract, Strawberry, Blueberry, Blackberry, Cranberry, Grape, Pomegranate, and Acerola cherry fruit extracts                                                                   |                                      |
| <b>Bioflavonoids</b> .....                                                                                                                                                                      | <b>30 mg</b> .....                   |
| Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Organic Rutin extract (from Sophora japonica L. bud)                                                          |                                      |
| <b>Digestive Aids/Enzymes</b> .....                                                                                                                                                             | <b>17 mg</b> .....                   |
| Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)                                                                                               |                                      |
| <b>Minerals</b> .....                                                                                                                                                                           | <b>10.5 mg</b> .....                 |
| Organic Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)                                                                                            |                                      |

\*Daily Value (DV) not established.

**Other Ingredients:**  
cellulose, stearic acid, silicon dioxide, croscarmellose sodium, l-leucine

**Formulated & Distributed By:**  
Pure Essence Laboratories, Inc.,  
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**WARNING:**  
Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.



Requiring just one a day for superb gestational support, One 'n' Only™ Prenatal is fortified with vast levels of whole food nutrition – the absolute best kind for both you and your baby. Its premium vitamins, minerals, SuperFoods, supportive herbs and other factors provide you with the most complete one-daily prenatal system you'll find anywhere.\*

**Suggested Use:** One tablet daily. May be taken with a meal or on an empty stomach.

**Storage:** Keep closed in a cool, dry place.

**Caution:** Keep all supplements out of children's reach.

**Does NOT Contain:** wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

\* 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.

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EXPIRATION & LOT #

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