



One 'n' Only™

One-Daily
Whole Food Based Multivitamin
 Over 7500 mg Whole Food Power
 Supports Energy Production*

30 TABLETS | 1 MONTH SUPPLY

**DIETARY
 SUPPLEMENT**

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	%DV
Vitamin A (as beta carotene) (6000 mcg)	10,000 IU	667%
Vitamin C (as Calcium ascorbate)	240 mg	267%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (25 mcg)	1000 IU	125%
Vitamin E (as d-alpha tocopheryl succinate) (83 mg)	100 IU	553%
Vitamin K2 (as menaquinone-7)(VitaMK7®)	20 mcg	17%
Thiamine (Vitamin B1) (as thiamine mononitrate)	22.5 mg	1875%
Riboflavin (Vitamin B2)	25.5 mg	1962%
Niacin (as niacin, niacinamide)	25 mg	156%
Vitamin B6 (as pyridoxine HCl)	30 mg	1765%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid, glucosamine salt)	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin (as d-biotin)	100 mcg	333%
Pantothenic acid (as d-calcium pantothenate)	30 mg	600%
Choline (as Choline bitartrate)	50 mg	9%
Calcium (as Calcium ascorbate, pantothenate)	32 mg	2%
Iodine (from North Atlantic kelp)	150 mcg	100%
Magnesium (as Magnesium oxide, citrate)	25 mg	6%
Zinc (as Zinc lactate)	15 mg	136%
Selenium (as Selenium l-methyl selenocysteine)	100 mcg	182%
Copper (as Copper sebacate)	1 mg	111%
Manganese (as Manganese citrate)	2.5 mg	109%
Chromium (as Chromium polynicotinate)	100 mcg	286%
Molybdenum (as Molybdenum glycinate)	30 mcg	67%
Potassium (as Potassium citrate)	5 mg	<2%

	Amount Per Serving	%DV
SuperFood Complex	387.5 mg	*
Chlorella, Organic Spirulina, Organic Oat grass juice extract, North Atlantic kelp (stem and leaf)		
Herbal Extracts	220 mg	*
Codonopsis extract (root), Astragalus extract (root), Eleuthero extract (root), Schizandra extract (fruit and seed), Fo-ti extract (root), Gynostemma extract (whole herb)		
Co-Nutrients	35 mg	*
Inositol, Mixed tocopherol complex		
Bioflavonoids	50 mg	*
Hesperidin (from citrus sinensis), Rutin (from Sophora japonica L. bud extract), Quercetin (from Japanese Sophora bud extract)		
Minerals	26 mg	*
Ionic Sea Minerals, Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)		
Digestive Aids/Enzymes	10 mg	*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase		

*Daily Value (DV) not established.

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

Formulated & Distributed By
 Pure Essence Laboratories, Inc.,
 P.O. Box 95397, Las Vegas, NV 89193
 PureEssenceLabs.com • ©2001 All Rights Reserved

Tremendous Nutritional Value!

Beyond a multivitamin, One 'n' Only™ is a complete nutritional solution.

How? It combines vitamins, minerals, trace elements and co-nutrients with a raw food equivalent of 7500 mg (up to 100 times more than other one-daily multiples) of SuperFoods, adaptogens and Superior Herbs – providing countless phytochemicals that other products lack. These phytochemicals:

- ✓ Provide Clean, Clear Energy – *No Stimulants Whatsoever!*
- ✓ Features Superior Vitamin Forms Like MTHF & MK7
- ✓ Supports Immune & Cellular Health*
- ✓ Builds Vigor, Vitality & Improved Stamina*

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: gluten, 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.**

VitaMK7® and Quatrefolic® are registered trademarks of Gnosis.



EXPIRATION & LOT #

1-01103-006