

**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.*



*Andrew Lessman*

Andrew Lessman, Founder

**QUESTIONS? | REORDERS?**

**800.800.1200 • www.PROCAPSLABS.com**



www.HSN.com  
800.944.9999



www.QVC.com  
800.345.1515

607562-08M

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Manufactured by ProCaps Labs, Henderson, NV 89011



ANDREW LESSMAN

**PROCAPS**  
LABORATORIES



# ESSENTIAL 1™

**2000 IU VITAMIN D3 | 100 MCG METHYL B12**

**1200 MCG BIOTIN | 400 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** delivers the world's most advanced single capsule multivitamin. **Essential One** is a pure healthy alternative to all the problems of typical multivitamins. Our small, easy-to-swallow capsules eliminate the additives and upset stomachs of hard-to-swallow multivitamins. We also ensure that all key nutrients are provided in their proper forms and at their most beneficial levels. **Essential One** provides high potencies of Vitamin D3 (2,000 IU), Methyl B12 (100 mcg), along with a complete B-Complex, including our unique 5-Methyl Folate and 40 times more Biotin (for beauty) than the leading brands. We provide *all* of the costly carotenoids; Lutein, Lycopene and Zeaxanthin; along with a dozen other essential nutrients. **Essential One** is gentle even to the most sensitive stomachs providing all the convenience and affordability you seek in a multivitamin without the stomach upset, additives and other problems of large, hard-to-swallow and difficult to digest typical multivitamin tablets.

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 ADDITIVES OF ANY KIND**

Supplement Facts		Serving Size 1 Capsule	Servings Per Container 400
Amount Per Serving			%DV*
Vitamin A (as natural beta carotene)	300 mcg RAE (1,000 IU)		33%
Vitamin C (as calcium ascorbate)	200 mg		222%
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)	100 mcg		4,167%
Folate (as L-methylfolate)	400 mcg DFE		100%
Biotin	1,200 mcg		4,000%
Calcium (as calcium carbonate/ascorbate)	80 mg		6%
Magnesium (as magnesium oxide)	40 mg		10%
Zinc (as zinc oxide)	15 mg		136%
Selenium (as selenium-methionine)	150 mcg		273%
Copper (as copper oxide)	1 mg (1,000 mcg)		111%
Manganese (as manganese sulfate)	2.3 mg (2,300 mcg)		100%
Chromium (as chromium nicotinate)	120 mcg		343%
Molybdenum (as molybdenum glycinate)	75 mcg		167%
Boron (as potassium borate)	100 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. **CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.