



# One 'n' Only™

**ONE-DAILY  
WHOLE FOOD BASED MULTIVITAMIN  
OVER 4900 MG WHOLE FOOD POWER  
SUPPORTS ENERGY PRODUCTION\***

**30 TABLETS | 30 SERVINGS**

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size: 1 Tablet

|                                                            | Amount Per Serving | %DV   |
|------------------------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene) (10,000 IU)                   | 6000 mcg           | 667%  |
| Vitamin C (as Calcium ascorbate)                           | 240 mg             | 267%  |
| Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU) | 25 mcg             | 125%  |
| Vitamin E (as d-alpha tocopheryl succinate) (100 IU)       | 83 mg              | 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 L-5-Methyltetrahydrofolate)                     | 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      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|
| <b>SuperFood Complex</b>                                                                                                                                                   | <b>387.5 mg</b>    | <b>*</b> |
| Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf)                                                                 |                    |          |
| <b>Herbal Extracts</b>                                                                                                                                                     | <b>220 mg</b>      | <b>*</b> |
| Codonopsis extract (root), Astragalus extract (root), Eleuthero extract (root), Schizandra extract (fruit and seed), Fo-ti extract (root), Gynostemma extract (whole herb) |                    |          |
| <b>Co-Nutrients</b>                                                                                                                                                        | <b>35 mg</b>       | <b>*</b> |
| Inositol, Mixed tocopherol complex                                                                                                                                         |                    |          |
| <b>Bioflavonoids</b>                                                                                                                                                       | <b>50 mg</b>       | <b>*</b> |
| Hesperidin (from citrus sinensis), Rutin (from Sophora japonica L. bud extract), Quercetin (from Japanese Sophora bud extract)                                             |                    |          |
| <b>Minerals</b>                                                                                                                                                            | <b>26 mg</b>       | <b>*</b> |
| Ionic Sea Minerals, Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)                                                                                           |                    |          |
| <b>Digestive Aids/Enzymes</b>                                                                                                                                              | <b>10 mg</b>       | <b>*</b> |
| 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:**  
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### 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 4900 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:** 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® is a registered trademark of Gnosis.



EXPIRATION & LOT #

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