



# One 'n' Only™ WOMEN

**ONCE-DAILY  
WHOLE FOOD BASED MULTIVITAMIN**  
SUPPORTS GENERAL HEALTH,  
INCREASED ENERGY, IMMUNE  
FUNCTION, STRESS RESPONSE\*

**30 TABLETS | 30 SERVINGS**

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size: 1 Tablet

|                                                                 | Amount Per Serving | %DV   |
|-----------------------------------------------------------------|--------------------|-------|
| Vitamin A (as beta carotene) (7500 IU)                          | 4500 mcg           | 500%  |
| Vitamin C (as Calcium ascorbate)                                | 120 mg             | 133%  |
| Vitamin D3 (as VitaShine™ vegan cholecalciferol) (1000 IU)      | 25 mcg             | 125%  |
| Vitamin E (as d-alpha tocopheryl succinate)(100 IU)             | 83 mg              | 553%  |
| Thiamine (Vitamin B1) (as thiamine mononitrate, cocarboxylase)  | 23.25 mg           | 1938% |
| Riboflavin (Vitamin B2) (as riboflavin, riboflavin-5-phosphate) | 25.5 mg            | 1962% |
| Niacin (as niacin, niacinamide)                                 | 30 mg              | 188%  |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)           | 31.5 mg            | 1853% |
| Folate (as L-5-Methyltetrahydrofolate)                          | 400 mcg            | 100%  |
| Vitamin B12 (as methylcobalamin)                                | 100 mcg            | 4167% |
| Biotin (as d-biotin)                                            | 300 mcg            | 1000% |
| Pantothenic acid (as d-calcium pantothenate)                    | 30 mg              | 600%  |
| Iron (as Iron bis-glycinate)                                    | 9 mg               | 50%   |
| 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)                  | 150 mcg            | 273%  |
| Copper (as Copper sebacate)                                     | 1 mg               | 111%  |
| Manganese (as Manganese citrate)                                | 2 mg               | 87%   |
| Chromium (as Chromium polynicotinate)                           | 200 mcg            | 571%  |
| Molybdenum (as Molybdenum glycinate)                            | 75 mcg             | 167%  |

|                                                                                                                                                                                                                                         | Amount Per Serving | %DV      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|
| <b>SuperFood Complex</b>                                                                                                                                                                                                                | <b>293 mg</b>      | <b>*</b> |
| Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf), Sodium copper chlorophyllin                                                                                                 |                    |          |
| <b>Herbal Extracts</b>                                                                                                                                                                                                                  | <b>210 mg</b>      | <b>*</b> |
| Codonopsis extract (root), Chaste tree extract (fruit), Dong quai extract (root), Astragalus extract (root), Milk thistle extract (fruit and seed), Schizandra extract (fruit and seed), White peony extract (root)                     |                    |          |
| <b>Female Support Factors</b>                                                                                                                                                                                                           | <b>160 mg</b>      | <b>*</b> |
| Ipriflavone, German chamomile extract (flower), Kudzu extract (root), Raspberry extract (leaf)                                                                                                                                          |                    |          |
| <b>Immune Factors</b>                                                                                                                                                                                                                   | <b>115 mg</b>      | <b>*</b> |
| Cordyceps extract (mycelia), Aloe vera extract (leaf), Agaricus blazei murill extract (fruiting body), Maitake extract (fruiting body), Reishi extract (mycelia), Shiitake extract (fruiting body), Turkey tail extract (fruiting body) |                    |          |
| <b>Co-Nutrients</b>                                                                                                                                                                                                                     | <b>70 mg</b>       | <b>*</b> |
| Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)                                                                                                                                                  |                    |          |
| <b>Fruit Extracts</b>                                                                                                                                                                                                                   | <b>60 mg</b>       | <b>*</b> |
| Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend; Mangosteen fruit extract                                                                                           |                    |          |
| <b>Bioflavonoids</b>                                                                                                                                                                                                                    | <b>30 mg</b>       | <b>*</b> |
| Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Rutin extract (from Sophora japonica L. bud)                                                                                                          |                    |          |
| <b>Digestive Aids/Enzymes</b>                                                                                                                                                                                                           | <b>17.5 mg</b>     | <b>*</b> |
| Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)                                                                                                                                       |                    |          |
| <b>Minerals</b>                                                                                                                                                                                                                         | <b>520 mcg</b>     | <b>*</b> |
| Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)                                                                                                                                                                            |                    |          |

\*Daily Value (DV) not established.

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

**Formulated & Distributed By:**  
Pure Essence Laboratories, Inc.,  
P.O. Box 95397,  
Las Vegas, NV 89193  
[PureEssenceLabs.com](http://PureEssenceLabs.com)  
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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.



With over 11,800 mg of whole food value, One 'n' Only™ Women combines vitamins, minerals, Organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely feminine factors into an amazing one-daily multivitamin and mineral complex to support:

- ✓ Energy Levels\*
- ✓ Immune & Stress Response\*
- ✓ Bone, Breast & Digestive Health\*
- ✓ Hormone Balance\*
- ✓ General Metabolism\*
- ✓ Cellular Health\*

**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. Not intended for use during pregnancy.

**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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