

SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. **ESSENTIAL ONE** is designed for those who seek a single daily multi-vitamin-mineral supplement in an easy-to-swallow capsule - free of colors or additives. This product is most effective as part of a healthy diet and active lifestyle. If you seek a higher potency formula, then **ANDREW LESSMAN'S Life Rx™** formulas do so in convenient daily multi-capsule packets. **For answers to questions about the use of this product call 800.800.1200.**

QUESTIONS? RE-ORDERS?
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MORE THAN 25 ESSENTIAL NUTRIENTS
HIGHEST POTENCY IN A SINGLE CAPSULE



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360 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL ONE is an alternative to the low potency, artificial colors, additives and digestive problems found with typical store-bought daily multivitamin tablets. Of course, there is no single capsule that can offer all the potency required by the research; however, no single pill delivers more than **Essential One** while also remaining easy-to-swallow and gentle to even the most sensitive stomachs. **Essential One** provides far higher levels of key nutrients than the leading formulas, including all the B-Complex with 200 mcg of our specially-protected Vitamin B12 and 500 mcg of Biotin, along with 1,200 IU of Vitamin D₃, 1,000 mcg of Lutein and 1,000 mcg of Zeaxanthin, as well as 50 mg of the most protective form of Vitamin E - Gamma Tocopherol. These nutrients are not present in most multivitamins at any price. **Essential One** offers all the convenience of a one-per-day multivitamin at a far higher potency and containing its own unique complement of more than two dozen nutrients. Best of all, **Essential One** comes in a small, soft, easy-to-swallow capsule that ensures easy absorption without stomach upset.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative or manufacturing additive.

CONTAINS NO ADDITIVES OR COMMON ALLERGENS OF ANY KIND.

Supplement Facts		Serving Size 1 Capsule
		Servings Per Container 360
Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	120 mg	200%
Vitamin D ₃ (as cholecalciferol)	1,200 IU	300%
Vitamin E (total natural tocopherols)	100 mg	
as natural gamma tocopherol	50 mg	
as natural alpha tocopherol	70 IU (45 mg)	233%
as natural delta/beta tocopherol	5 mg	
Vitamin B1 (as thiamin hydrochloride)	8 mg	533%
Vitamin B2 (as riboflavin)	8 mg	471%
Niacin (as niacinamide/chromium nicotinate)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	8 mg	400%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as carbonate/ascorbate)	100 mg	10%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite)	200 mcg	288%
Copper (as copper oxide)	2 mg (2,000 mcg)	100%
Manganese (as manganese sulfate)	2 mg (2,000 mcg)	100%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as potassium borate)	200 mcg	↑
Vanadium (as vanadyl sulfate)	50 mcg	↑
Lutein	1 mg (1,000 mcg)	↑
Zeaxanthin	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.