

DIRECTIONS:

Take once daily, mix one scoop (32 grams) of One Step® powder into 8 fluid ounces of chilled water or juice. Shake or blend vigorously for 10-15 seconds.
Sold only for dispensing by a health care professional.

NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A HEALTH CARE PROFESSIONAL. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION. TAMPER RESISTANT. DO NOT USE IF SAFETY SEAL OVER CAP IS BROKEN OR MISSING.

One serving of One Step® provides 11 grams of protein. Contents sold by weight, not volume. Some settling may occur during shipping and handling.

CitiMax® is a registered trademark of InterHealth Co., Bioperine® is a registered trademark of Sabinsa Corp., Betatene® is a registered trademark of Cognis International, Ultralec® is a registered trademark of Archer Daniels-Midland, Oligopin® is a registered trademark of Les Dérivés Résiniques & Terpéniques Corp. France, LuteMax™ is a trademark of OmniActive Health Technologies. One Step® is a registered trademark of Progressive Laboratories, Inc. TRAACS® are registered trademarks of Albion Laboratories, Inc.

**** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.**

Progressive Laboratories manufactured this product in its 3rd party GMP-licensed facility. (Good Manufacturing Practices)

Rev. F1818 Reorder No. 518



**PROGRESSIVE
LABORATORIES®**

ONE STEP®

Dietary Supplement

Total Body Cleanse
Antioxidant Vitamins A, C and E
Immune Support • Intestinal Health**

NET WT 33.9 OZ (960 G)

Supplement Facts

Servings Size: 1 Level Scoop (Approx. 32 grams)

Servings Per Container: 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	120	Iodine (from kelp)	38 mcg 25%	Borage Seed Oil	75 mg†
Calories from Fat	27	Magnesium (as TRAACS® magnesium bisglycinate chelate)	100 mg 25%	Hesperidin (from sweet orange peel extract)	50 mg†
Total Fat	2.625 g 5%*	Zinc (as TRAACS® zinc bisglycinate chelate)	8 mg 50%	Aloe Isolate	50 mg†
Saturated Fat	0.625 g <1%*	Selenium (as seleno-L-methionine)	40 mcg 50%	Inositol	25 mg†
Total Carbohydrate	12 g 3%*	Copper (as copper amino acid chelate)	2 mg 100%	Calcium Pyruvate	25 mg†
Dietary Fiber	6 g 24%*	Manganese (as manganese sulfate)	6 mg 200%	Eleuthero Root Extract	25 mg†
Sugars	1 g †	Chromium (as TRAACS® chromium nicotinate glycinate chelate)	100 mcg 100%	Betatene® (lycopene and other natural mixed carotenoids)	25 mg†
Protein (soy and rice bran)	11 g 22%*	Molybdenum (as TRAACS® molybdenum glycinate chelate)	13 mcg 17%	Alpha Lipoic Acid	25 mg†
Vitamin A (as beta carotene and retinyl palmitate)	5000 IU 100%	Ultralec® (lecithin)	1000 mg †	Guggul Resin Extract	13 mg†
Vitamin C (from ascorbic acid and calcium ascorbate)	100 mg 167%	Glucosamine HCl	750 mg †	L-Glutathione Reduced	10 mg†
Vitamin D (cholecalciferol)	200 IU 50%	Prickly Pear (leaf)	750 mg †	Quercetin	10 mg†
Vitamin E (d-alpha tocopheryl succinate)	70 IU 233%	Betaine HCl	250 mg †	Phosphatidyl Serine	5 mg†
Vitamin K (phytonadione)	40 mcg 50%	MSM (methyl sulfonyl methane)	250 mg †	Ginkgo Leaf Extract	5 mg†
Thiamine (B-1) (from thiamine mononitrate)	3 mg 200%	Beta 1,3 Glucans	175 mg †	Grape Seed Extract	5 mg†
Riboflavin (B-2)	3 mg 176%	L-Cysteine HCl	170 mg †	Grape Skin Extract	2 mg†
Niacinamide (B-3)	13 mg 65%	Inulin (fructo-oligosaccharides)	150 mg †	Bioperine® (black pepper extract)	2 mg†
Vitamin B-6 (pyridoxine HCl and pyridoxal 5'-phosphate)	30 mg 1500%	Gamma Oryzanol	125 mg †	Mixed Tocotrienols/Tocopherols	1 mg†
Folate (folic acid)	400 mcg 100%	L-Glutamine	100 mg †	Coenzyme Q10	1 mg†
Vitamin B-12 (cyanocobalamin)	250 mcg 4168%	L-Ornithine HCl	100 mg †	Oligopin® French Maritime Pine Bark Extract, 67% procyanidins	400 mcg†
Biotin	150 mcg 50%	L-Taurine	75 mg †	Lutein (from LuteMax™ 2020 and Zeaxanthin powder)	250 mcg†
Pantothenic Acid (B-5)	23 mg 230%	Stevia Leaf Extract	75 mg †	Boron (as boron aspartate)	
Calcium (as TRAACS® calcium bisglycinate chelate)	100 mg 10%	Garcinia (Garcinia cambogia) fruit and extract (Super CitiMax®)			

*% Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Other ingredients: rice bran, soy bran, natural vanilla and other natural flavors, guar gum, sodium carboxymethylcellulose, xanthan gum.
Contains: milk, soy and crustacean shell fish (crab and shrimp).