

**SUGGESTED USE** Consume one capsule daily with food, preferably a complete meal. **For questions about the use of this product call 800.800.1200.**

**Since 1979, Unsurpassed Purity, Quality and Efficacy.**

**100% SOLAR PRODUCTION  
ZERO-CARBON FOOTPRINT**

**PROCAPS  
LABORATORIES**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

**Manufactured by ProCaps Labs  
Henderson, NV 89011**

842674



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ANDREW LESSMAN

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# ESSENTIAL 1™

**3000 IU VITAMIN D3 · 100 MCG METHYL B12**

**1200 MCG BIOTIN · 400 MCG METHYL FOLATE**

**LUTEIN · LYCOPENE · ZEAXANTHIN · COENZYME Q-10**

**Ultra-High Potency · One Daily Capsule  
Always Gentle · Easy-to-Swallow**



Dietary Supplement | **360** Easy-to-Swallow Capsules

**ESSENTIAL ONE** is the world's most advanced single capsule multivitamin. It is a uniquely pure alternative to all the problems and additives of multivitamin tablets and gummies. Our small, easy-to-swallow capsules are gentle to even the most sensitive stomachs. We 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 (3,000 IU), Methyl B12 (100 mcg), along with a complete B-Complex, including 5-Methyl Folate (not ordinary Folic Acid) and 40 times more Biotin (for beauty) than the leading brands. We provide all three critical and costly carotenoids; Lutein, Lycopene and Zeaxanthin; along with a dozen other essential nutrients, including Mother Nature's most important nutrient for energy production and cellular protection—Coenzyme Q10. **Essential One** provides 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 multivitamin tablets or their even more ridiculous, calorie-laden, candy gummy cousins.

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 OR COMMON ALLERGENS**

<b>Supplement Facts</b>		Serving Size 1 Capsule
		Servings Per Container 360
Amount Per Serving		% DV*
Vitamin A (as natural beta carotene)	200 mcg RAE (667 IU)	22%
Vitamin C (as calcium ascorbate)	200 mg	222%
<b>Vitamin D3</b> (as cholecalciferol)	<b>75 mcg (3,000 IU)</b>	<b>375%</b>
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%
<b>Vitamin B12</b> (as methylcobalamin - protected Coenzyme B12)	<b>100 mcg</b>	<b>4,167%</b>
<b>Folate</b> (as L-5-methyltetrahydrofolate)	<b>400 mcg DFE</b>	<b>100%</b>
<b>Biotin</b>	<b>1,200 mcg</b>	<b>4,000%</b>
Calcium (as calcium ascorbate/carbonate)	80 mg	6%
Magnesium (as magnesium oxide)	40 mg	10%
Zinc (as zinc citrate/oxide)	15 mg	136%
Selenium (as sodium selenite)	150 mcg	273%
Copper (as copper citrate)	1 mg (1,000 mcg)	111%
Manganese (as manganese citrate)	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	†
Coenzyme Q-10 (natural ubiquinone)	10 mg	†
<b>Lutein</b>	<b>1 mg (1,000 mcg)</b>	<b>†</b>
<b>Lycopene</b>	<b>1 mg (1,000 mcg)</b>	<b>†</b>
<b>Zeaxanthin Complex</b>	<b>500 mcg</b>	<b>†</b>
Branched Chain Amino Acids (Leucine, Valine)	5 mg	†
Silicon (as silicon dioxide)	3 mg	†

\* Percent Daily Values (% DV). † Daily Value 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, genetically modified (GMO) ingredients or manufacturing additives.