



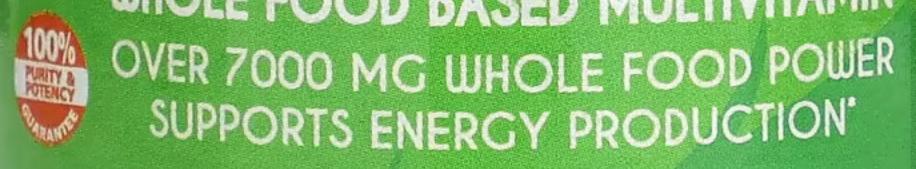


# One 'n' Only

ONE-DAILY

WHOLE FOOD BASED MULTIVITAMIN









60 TABLETS | 60 SERVINGS

DIETARY

## **Supplement Facts**

Serving Size: 1 Tablet

	D C 0/ DV
	Per Serving %DV
tamin A (as beta carotene) (4,500 IU)	1350 mcg 150%
tamin C (as Calcium ascorbate)	240 mg 267%
tamin D3 (as VitaShine™ vegan cholecalciferol)	
1000 IU)	25 mcg 125%
tamin E (as d-alpha tocopheryl succinate)	unca di La Lilia
100 IU)	83 mg 553%
tamin K2 (as menaguinone-7)(VitaMK7®)	20 mcg1/%
niamine (Vitamin B1) (as thiamine mononitrate)	22.5 mg 18/5%
boflavin (Vitamin B2)	25.5 mg1962%
acin (as niacin, niacinamide)	25 mg 156%
tamin B6 (as pyridoxine HCI)	30 mg1765%
late (as Quatrefolic® (6S)-5-Methyltetrahydrofolate,	
(lucosamine salt)	400 mcg100%
tamin B12 (as methylcobalamin)	100 mcg416/%
otin (as d-biotin)	100 mcg 333 70
INTOTNENIC acid (as d-calcium pantothenate)	30 mg
holine (as Choline hitartrate)	50 mg 970
alcium (as Calcium ascorbate nantothenate)	32 mg 270
dine (from North Atlantic kelp)	150 mcg10070
lagnesium (as Magnesium oxide citrate)	25 mg070
Inc (as Zinc lactate)	. 15 mg 130 %
elenium (as Selenium I-methyl selengovsteine)	100 mcg102 /0
Opper (from Conner aluconate)	1 mg 11170
langanese (as Manganese citrate)	2.5 mg 103 /v
nromium (as Chromium polynicotinate)	100 mcg 200 /
10lybdenum (as Molybdenum alycinate)	30 mcq 07 /8
otassium (as Potassium citrate)	. 5 mq<2%

### Amount Per Serving %DV

	SuperFood Complex
7	Chlorella, Organic Spirulina, Organic Oat grass juice
	extract, Organic North Atlantic kelp (stem and leaf)
	Had te

Herbal Extracts	220 mg *
Codonopsis extract (root), Astragalus	extract (root),
Eleuthero extract (root), Schizandra ex	xtract (fruit
and seed), Fo-ti extract (root), Gynost (whole herb)	emma extract

Co-Nutrients	35 mg*
mositor, wirken tocopherol complex	

Bioflavonoids	50 mg *
Hesperidin (from citrus sinensis), F japonica L. bud extract), Quercetir Sophora bud extract)	Rutin (from Sophora

Minerals	26 mg *
lonic Sea Minerals, Boron (as Bo Vanadium (as Vanadium glycina	ron glycinate).
and dill (as valiadium divcius	(e)

Digestive Aids/Enzymes	10 mg*
inclease, Amylase, Cellulase, Lactase,	Lipase,
Invertase	

<sup>\*</sup>Daily Value (DV) not established.

Other Ingredients: silicon dioxide, croscarmellose sodium, cellulose, stearic acid, I-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 conutrients with a raw food equivalent of 7000 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.

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