



# One 'n' Only™ PRENATAL

**ONE-DAILY  
WHOLE FOOD BASED MULTIVITAMIN  
OVER 9,800 MG WHOLE FOOD VALUE  
COMPLETE PRENATAL NUTRITION\***

**30 TABLETS | 30 SERVINGS**

**DIETARY  
SUPPLEMENT**

## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV for Pregnant and Lactating Women
Vitamin A (as beta carotene) (6000 IU).....	1800 mcg ...138%
Vitamin C (as ascorbic acid).....	100 mg .....83%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (800 IU).....	20 mcg .....133%
Vitamin E (as d-alpha tocopheryl succinate)(100 IU).....	83 mg .....437%
Vitamin K2 (as menaquinone-7)(VitaMK7®).....	70 mcg .....78%
Thiamine (Vitamin B1) (as thiamine mononitrate).....	10.5 mg .....747%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate).....	12 mg .....750%
Niacin (as niacin, niacinamide).....	30 mg .....167%
Vitamin B6 (as pyridoxine HCl, pyridoxyl-5-phosphate).....	15.5 mg .....775%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate, glucosamine salt).....	600 mcg .....100%
Vitamin B12 (as methylcobalamin).....	48 mcg .....1714%
Biotin (as d-biotin).....	300 mcg .....857%
Pantothenic acid (as d-calcium pantothenate, pantethine).....	15 mg .....214%
Iron (as Iron bis-glycinate).....	20 mg .....74%
Iodine (from North Atlantic kelp).....	150 mcg .....52%
Magnesium (as Magnesium oxide, citrate).....	10 mg .....3%
Zinc (as Zinc lactate).....	11.3 mg .....87%
Selenium (as Selenium l-methyl selenocysteine) ...	70 mcg .....100%
Copper (from Copper gluconate).....	1 mg .....77%
Manganese (as Manganese citrate).....	1.5 mg .....58%

Amount Per Serving	%DV for Pregnant and Lactating Women
Chromium (as Chromium polynicotinate).....	120 mcg .....267%
Molybdenum (as Molybdenum glycinate).....	75 mcg .....150%
Potassium (as Potassium citrate).....	10 mg .....<2%
<b>SuperFood Complex</b> .....	<b>545 mg</b> .....*
Chlorella, Organic Spirulina, Organic Oat Grass juice extract, Organic North Atlantic kelp (stem and leaf), Organic Quinoa (sprouts), Organic Red Clover (sprouts), Sodium copper chlorophyllin	
<b>Herbal Extracts</b> .....	<b>200 mg</b> .....*
Ginger extract (root), Stinging nettle extract (leaf), Raspberry extract (leaf), Aloe vera extract (leaf)	
<b>Co-Nutrients</b> .....	<b>65 mg</b> .....*
Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)	
<b>Fruit Extracts</b> .....	<b>40 mg</b> .....*
Mangosteen fruit extract, Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend	
<b>Bioflavonoids</b> .....	<b>30 mg</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 mg</b> .....*
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)	
<b>Minerals</b> .....	<b>10.5 mg</b> .....*
Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)	

\*Daily Value (DV) not established.

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

Formulated & Distributed By: Pure Essence Laboratories, Inc., P.O. Box 95397, Las Vegas, NV 89193 PureEssenceLabs.com ©2011 All Rights Reserved

### 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.



Requiring just one a day for superb gestational support, One 'n' Only™ PreNatal is fortified with vast levels of whole food nutrition – the absolute best kind for both you and your baby. Its premium vitamins, minerals, SuperFoods, supportive herbs and other factors provide you with the most complete one-daily prenatal system you'll find anywhere.\*

**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.

VitaMK7® is a registered trademark of Gnosis. BioPerine® is a registered trademark of Sabinsa Corp.



6 59670 01803 9

1-01803-009

EXP 01/10 52022 220171

