

**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**

**QUESTIONS? REORDERS?**

**800.800.1200 PROCAPS.COM**

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

873524



ANDREW LESSMAN

**PROCAPS**



# ESSENTIAL 1<sup>TM</sup>

## + CoENZYME Q-10 100 MG

**HIGH POTENCY • ONCE DAILY**  
**WITH 2000 IU VITAMIN D3**  
**100 mcg Methyl B12 • 1200 mcg Biotin**  
**Vitamin K2 MK-7 • Methyl Folate**  
**Pyridoxal 5'-Phosphate**  
**Lutein • Lycopene • Zeaxanthin**



**ESSENTIAL ONE+COQ10** combines the world's most advanced single capsule multivitamin with Mother Nature's most important nutrient for energy production and cellular protection – Coenzyme Q10. It is a uniquely pure alternative to the problems and additives of 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 + CoQ10** provides high potencies of Vitamin D3 (2,000 IU), Methyl B12 (100 mcg), along with a complete B-Complex, including 5-Methyl Folate (not ordinary Folic Acid), Pyridoxal 5'-Phosphate 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. We also add Vitamin K2 MK-7, recognized as essential for bone and heart health through its role in regulating calcium metabolism. **Essential One + CoQ10** 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 OF ANY KIND**

## Supplement Facts

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/palmitate)	200 mg	222%
Vitamin D3 (as cholecalciferol)	50 mcg (2,000 IU)	250%
Vitamin E (as natural d-alpha tocopheryl succinate)	40 mg (60 IU)	267%
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 pyridoxal 5'-phosphate)	10 mg	588%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	100 mcg	4,167%
Folate (as L-5-methyltetrahydrofolate)	400 mcg DFE	100%
Biotin	1,200 mcg	4,000%
Calcium (as calcium ascorbate/carbonate)	50 mg	4%
Magnesium (as magnesium oxide)	20 mg	5%
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%
Coenzyme Q-10 (natural ubiquinone)	100 mg	†
Vitamin K2 MK-7 (as menaquinone-7)	40 mcg	†
Boron (as potassium borate)	100 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin Complex	500 mcg	†

\* Percent Daily Values (% DV). † Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix.