

SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. **ESSENTIAL ONE** is designed for those who seek a single daily multi-vitamin-mineral supplement in an easy-to-swallow capsule – free of colors or additives. This product is most effective as part of a healthy diet and active lifestyle. If you seek a higher potency formula, then **ANDREW LESSMAN'S Life Rx™** formulas do so in convenient daily multi-capsule packets. **For answers to questions about the use of this product call 800.800.1200.**

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
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430 Parkson Road
Henderson, NV 89011



MORE THAN 25 ESSENTIAL NUTRIENTS
HIGHEST POTENCY IN A SINGLE CAPSULE



DIETARY SUPPLEMENT

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360 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL ONE is an alternative to the low potency, artificial colors, additives and digestive problems found with typical store-bought daily multivitamin tablets. Of course, there is no single capsule that can offer all the potency required by the research; however, no single pill delivers more than **Essential One** while also remaining easy-to-swallow and gentle to even the most sensitive stomachs. **Essential One** provides far higher levels of key nutrients than the leading formulas, including all the B-Complex with 200 mcg of our specially-protected Vitamin B12 and 500 mcg of Biotin, along with 1,200 IU of Vitamin D3, 1,000 mcg of Lutein and 1,000 mcg of Zeaxanthin. **Essential One** also provides 500 mcg of costly Zeaxanthin, as well as 50 mg of the most protective form of Vitamin E – Gamma Tocopherol. These nutrients are not present in most multivitamins at any price. **Essential One** offers all the convenience of a one-per-day multivitamin at a far higher potency and containing its own unique complement of more than two dozen nutrients. Best of all, **Essential One** comes in a small, soft, easy-to-swallow capsule that ensures easy absorption without stomach upset.

Supplement Facts		Serving Size 1 Capsule Servings Per Container 360
Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	120 mg	200%
Vitamin D3 (as cholecalciferol)	1,200 IU	300%
Vitamin E (total natural tocopherols)	100 mg	
as natural gamma tocopherol	50 mg	
as natural alpha tocopherol	70 IU (45 mg)	233%
as natural delta/beta tocopherol	5 mg	
Vitamin B1 (as thiamin hydrochloride)	8 mg	533%
Vitamin B2 (as riboflavin)	8 mg	471%
Niacin (as niacinamide/chromium nicotinate)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	8 mg	400%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	200 mcg	3333%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Calcium (as carbonate/ascorbate)	100 mg	10%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	15 mg	100%
Selenium (as sodium selenite)	200 mcg	286%
Copper (as copper oxide)	2 mg (2,000 mcg)	100%
Manganese (as manganese sulfate)	2 mg (2,000 mcg)	100%
Chromium (as chromium nicotinate)	200 mcg	167%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as potassium borate)	200 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin	500 mcg	†
Branched Chain Amino Acids (Leucine, Valine)	5 mg	†
Silicon (as silicon dioxide)	3 mg	†
* Percent Daily Values (%DV) based on a 2,000 calorie diet. † DV not established.		
Other Ingredients: Gelatin capsule.		NO ADDITIVES.