

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** multi-capsule formulas do so in convenient daily packets. **For answers to questions about the use of this product call 800.800.1200.**



MORE THAN 25 ESSENTIAL NUTRIENTS
HIGHEST POTENCY IN A SINGLE CAPSULE



360 Easy-to-Swallow Capsules

QUESTIONS? RE-ORDERS?
CALL 800.800.1200
www.PROCAPSLABS.com



430 Parkson Road
Henderson, NV 89011

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 high levels of all the B-Complex vitamins, with 200 mcg of our specially-protected Vitamin B12 and 500 mcg of Biotin, along with 1,500 IU of Vitamin D3, 1,000 mcg of Lutein and 1,000 mcg of Lycopene. **Essential One** also provides 500 mcg of costly Zeaxanthin, as well as 30 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.

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 Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additive.

CONTAINS NO ADDITIVES OF ANY KIND.

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)	150 mg 250%
Vitamin D3 (as cholecalciferol)	1,500 IU 375%
Vitamin E (total natural tocopherols)	70 mg
as natural d-gamma tocopherol	30 mg
as natural d-alpha tocopheryl succinate/tocopherol	60 IU (40 mg) 200%
Vitamin B1 (as thiamin hydrochloride)	10 mg 667%
Vitamin B2 (as riboflavin)	10 mg 588%
Niacin (as niacinamide/chromium nicotinate)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg 500%
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 calcium carbonate/ascorbate)	120 mg 12%
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, Proprietary Protective B12 Matrix.