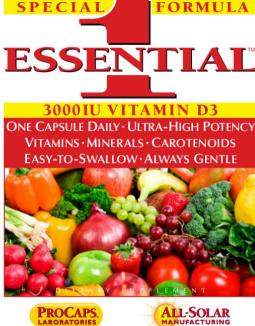
SUGGESTED USE Consume one capsule daily with food - preferably a complete meal. ESSENTIAL ONE is designed for those who seek a pure and mild, yet high potency, single capsule daily multi-vitamin-mineral that also supplies higher levels of Vitamin D3. This product is most effective as part of a healthy diet and active lifestyle. For answers to questions about the use of this product, call 800.808.7311.



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preservative, common allergens or manufacturing additives. CONTAINS NO ADDITIVES OF ANY KIND.

Andrew Lessman's Special Formula ESSENTIAL ONE is an Supplement Facts Serving Size 1 Capsule
Servings Per Container 360 alternative to the low potency, artificial colors, additives and Amount Per Serving digestive problems experienced with typical store-bought Vitamin A (as natural heta carotene) once daily multivitamins. Of course, no single pill can offer Vitamin C (as calcium ascorbate/ascorbyl palmitate) 150 mg all the potency required by the science; however, no formula Vitamin D3 (as cholecalciferol) delivers more than Essential One while also remaining 100% Vitamin F (total natural tocopherols) pure, easy-to-swallow and gentle to even sensitive as natural d-gamma tocopherol as natural d-alpha tocopheryl succinate/tocopherol 60 IU (40 mg) 200% stomachs. This special formula of Essential One delivers Vitamin B1 (as thiamin hydrochloride) 3.000 IU of all-important Vitamin D3 for those seeking Vitamin B2 (as riboflavin) higher levels of this key nutrient. It also provides far higher Niacin (as niacinamide/chromium nicotinate) levels of key nutrients than the leading formulas, such as Vitamin B6 (as pyridoxine hydrochloride) high potencies of all the B-Complex vitamins, including 200 Vitamin B12 (as cyanocobalamin) mcg of our uniquely-protected B12 and 500 mcg of Biotin, along with 1,000 mcg of both Lutein and Lycopene; plus, Pantothenic Acid (as calcium pantothenate) Calcium (as calcium carbonate/ascorbate) 500 mcg of costly Zeaxanthin and 30 mg of the most Magnesium (as magnesium oxide) protective form of Vitamin E - Gamma Tocopherol. The latter Zinc (as zinc oxide) nutrients are not present in multivitamins at any price. Selenium (as sodium selenite) Copper (as copper oxide) Essential One offers all the convenience and economies of Manganese (as manganese sulfate) a one-per-day multivitamin, but with greater purity, higher Chromium (as chromium nicotinate) potency and a superior complement of more than two dozen Molybdenum (as molybdenum glycinate) nutrients. Best of all, Essential One comes in small, soft, Boron (as potassium borate) Vanadium (as vanadyl sulfate) easy-to-swallow capsules that ensure your enjoyment utein without stomach upset. Lycopene

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

* Percent Daily Values (%DV) based on a 2,000 calorie diet.

5 000 III

3 000 111

70 mg

30 mg

10 mg 667%

10 mg 588%

20 mg 100%

10 mg 500%

400 mcg 100%

200 mcg 3.333%

500 mcg 167%

200 mcg 286%

2 mg 100%

2 mg 100%

200 mcg 167%

75 mcg 100%

100 mg

50 mg 13%

15 mg 100%

200 mcg

500 mcg

5 mg

3 mg

1 mg (1.000 mcg)

1 mg (1.000 mcg)

50 mcg

20 mg 200%

10%

750%

Other Ingredients: Gelatin capsule, Proprietary Protective B12 Matrix.

Branched Chain Amino Acids (Leucine, Valine)

Silicon (as silicon dioxide)

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