

**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.**

# 1 ESSENTIAL™

**1000IU VITAMIN D3**

**ULTRA-HIGH POTENCY • ONE CAPSULE DAILY**  
**ALWAYS GENTLE • EASY-TO-SWALLOW**



DIETARY SUPPLEMENT



400 Easy-to-Swallow Capsules

**Andrew Lessman's ESSENTIAL ONE** is an alternative to the low potency, artificial colors, additives and digestive problems experienced with typical store-bought daily multivitamins. Of course, no single capsule can offer all the potency required by the science; however, no formula delivers more than **Essential One** while also remaining 100% pure, easy-to-swallow and gentle to even sensitive stomachs. **Essential One** delivers 1,000 IU of all-important Vitamin D3 for those seeking higher levels of this key nutrient. It also provides far higher levels of key nutrients than the leading formulas, such as high potencies of all the B-Complex vitamins, including 250 mcg of our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12) and 500 mcg of Biotin, along with 1,000 mcg of both Lutein and Lycopene; plus, 500 mcg of costly Zeaxanthin and 60 mg (90 IU) of our new highly bioavailable, natural Crystalline Vitamin E. All of these unique nutrients are not present in most multivitamins at any price. **Essential One** offers all the convenience of a one-per-day multivitamin, but with greater purity, higher potency and a superior 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 additives.

**CONTAINS NO ADDITIVES OF ANY KIND.**

**Supplement Facts** Serving Size 1 Capsule  
Servings Per Container 400

Amount Per Serving		%DV*
Vitamin A (as natural beta carotene)	2,500 IU	50%
Vitamin C (as calcium ascorbate/ascorbil palmitate)	120 mg	200%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin E (as natural Crystalline Vitamin E)	90 IU (60 mg)	300%
Vitamin B1 (as thiamin hydrochloride)	10 mg	667%
Vitamin B2 (as riboflavin)	10 mg	588%
Niacin (as niacinamide/chromium nicotinate)	20 mg	100%
Pantothenic Acid (as calcium pantothenate)	20 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%
Vitamin B12 (as methylcobalamin - protected Coenzyme B12)	250 mcg	4,167%
Folate Complex (as L-methylfolate/folic acid)	400 mcg	100%
Biotin	500 mcg	167%
Calcium (as calcium 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 Complex	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 Methyl B12 Matrix.

**UNSURPASSED.**  
*Purity. Quality. Integrity. Effectiveness.*

Andrew Lessman  
 Founder of PROCAPS LABS

MANUFACTURED WITH 100% SOLAR ENERGY



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