

**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**



**QUESTIONS? REORDERS?**  
**800.800.1200 PROCAPS.COM**

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



**ANDREW LESSMAN**





**ESSENTIAL 1**  
**1000 IU VITAMIN D3 • 100 MCG METHYL B12**  
**1200 MCG BIOTIN • 400 MCG METHYL FOLATE**  
**LUTEIN • LYCOPENE • ZEAXANTHIN • COENZYME Q-10**  
**Ultra-High Potency • One Daily Capsule**  
**Always Gentle • Easy-to-Swallow**



Dietary Supplement | **360** Easy-to-Swallow Capsules

**ESSENTIAL ONE** is the world's most advanced single capsule multivitamin. It is a uniquely pure alternative to all the problems and additives of multivitamin 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** provides high potencies of Vitamin D3 (1,000 IU), Methyl B12 (100 mcg), along with a complete B-Complex, including 5-Methyl Folate (not ordinary Folic Acid) 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, including Mother Nature's most important nutrient for energy production and cellular protection—Coenzyme Q10. **Essential One** 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**

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)	200 mg	222%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	125%
Vitamin E (as natural d-alpha tocopheryl succinate)	60 mg (90 IU)	400%
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 pyridoxine hydrochloride)	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)	80 mg	6%
Magnesium (as magnesium oxide)	40 mg	10%
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%
Boron (as potassium borate)	100 mcg	†
Vanadium (as vanadyl sulfate)	50 mcg	†
Coenzyme Q-10 (natural ubiquinone)	10 mg	†
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). † Daily Value not established.  
Other Ingredients: Gelatin capsule, Proprietary Protective Methyl B12 Matrix.  
**CONTAINS NO** Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens, genetically modified (GMO) ingredients or manufacturing additives.