

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

PROCAPS LABORATORIES

QUESTIONS? REORDERS?

800.800.1200 PROCAPS.COM

Manufactured by ProCaps Labs Henderson, NV 89011

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ANDREW LESSMAN

PROCAPS LABORATORIES



ESSENTIAL 1™

HIGH POTENCY • ONCE DAILY

WITH 5000 IU VITAMIN D3

**100 mcg Methyl B12 • 1200 mcg Biotin
CoQ-10 • Vitamin K2 MK-7 • Methyl Folate
Lutein • Lycopene • Zeaxanthin**



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 (5,000 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. We also add Vitamin K2 MK-7, recognized as essential for bone and heart health through its role in regulating calcium metabolism. **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 OF ANY KIND

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)	125 mcg (5,000 IU)	625%
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%
Coenzyme Q-10 (natural ubiquinone)	10 mg	†
Vitamin K2 MK-7 (as menaquinone-7)	40 mcg	†
Boron (as potassium borate)	100 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). † Daily Value not established.

Other Ingredients: Natural plant cellulose vegetarian capsule, Proprietary Protective Methyl B12 Matrix.

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