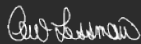


SUGGESTED USE Consume one capsule daily with food. For best results always take with food, preferably a complete meal. Although this formula is a complete multivitamin, it was designed to satisfy those who seek to consume just a single capsule daily and therefore the limitations of its single-capsule dosage precludes the delivery of the ideal nutrient levels recommended by the research. If you seek a higher potency formula and you are comfortable consuming more than one capsule daily, then **ANDREW LESSMAN'S Life Rx™** family of formulas offers the ideal nutrient levels consistent with the latest scientific research. **For answers to questions about the use of this product call 800.800.1200.**

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Andrew Lessman Founder of PROCAPS LABS

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HIGH POTENCY • 1 CAPSULE PER DAY
MORE THAN 25 ESSENTIAL NUTRIENTS



DIETARY SUPPLEMENT



360 Easy-to-Swallow Capsules

Andrew Lessman's ESSENTIAL ONE is our "reluctant" response to those who seek a single capsule per day multivitamin. We create it as an alternative to all the additives and digestive problems associated with the typical single tablet daily formulas available in stores. We say we create it "reluctantly" because there is no possibility that any single pill per day can offer the nutrient levels required by the scientific research. However, for those who are only willing to take a single capsule per day, then our **Essential One** is guaranteed to offer the greatest benefits while also remaining gentle even to the most sensitive stomachs. **Essential One** also uniquely offers higher levels of key nutrients ignored by all the leading formulas, but critical for good health, such as 1,000 IU of Vitamin D, 100 mcg of Vitamin B12, 500 mcg of Biotin, 1,000 mcg of Lutein, 1,000 mcg of Lycopene, 500 mcg of Zeaxanthin, as well as 100 mg of Vitamin C, 100 IU of Vitamin E and higher levels of all the B-Complex vitamins and more. **Essential One** offers all the benefits and convenience of a one-tablet-per-day multivitamin, plus higher levels of the most critical nutrients in an easy-to-swallow capsule that is guaranteed gentle even to the most sensitive stomach. Moreover, **Essential One** includes none of the additives typical of the leading brands, since we utilize only 100% pure, ultra-fine, micro-granulated powders to ensure rapid and effective absorption without stomach upset. **Essential One** provides more than two dozen essential ingredients at levels not found in your typical one-per-day multivitamin that is easy-to-swallow, easy-to-digest and guaranteed gentle even to the most sensitive stomachs. **Essential One** delivers more of the benefits you seek than any other single-pill-per-day multivitamin while doing so without any of the problems, additives or impurities typical of all the leading brands.

This statement has 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 OF ANY KIND

Supplement Facts

Serving Size 1 Capsule Servings Per Container 360

Amount Per Serving		%DV*
Vitamin A (as natural alpha and beta carotene)	5,000 IU	100%
Vitamin C (as calcium ascorbate/ascorbyl palmitate)	100 mg	167%
Vitamin D ₃ (as cholecalciferol)	1,000 IU	250%
Vitamin E (as natural d-alpha tocopheryl succinate)	100 IU	333%
Vitamin B1 (as thiamin hydrochloride)	5 mg	333%
Vitamin B2 (as riboflavin)	5 mg	294%
Niacin (as niacinamide/chromium nicotinate)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	5 mg	250%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	500 mcg	167%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%
Calcium (as carbonate/ascorbate/pantothenate)	100 mg	10%
Magnesium (as magnesium oxide)	100 mg	25%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as methionate/sodium selenite)	120 mcg	172%
Copper (as copper citrate)	2 mg (2,000 mcg)	100%
Manganese (as manganese citrate)	2 mg (2,000 mcg)	100%
Chromium (as chromium nicotinate)	120 mcg	100%
Molybdenum (as molybdenum glycinate)	75 mcg	100%
Boron (as boron glycinate)	200 mcg	†
Lutein	1 mg (1,000 mcg)	†
Lycopene	1 mg (1,000 mcg)	†
Zeaxanthin	500 mcg	†

* Percent Daily Values (%DV) based on a 2,000 calorie diet. † DV not established.

Other Ingredients: Gelatin capsule.

NO ADDITIVES.