What Is It?
O.N.E.™ Multivitamin is a once-daily multivitamin/mineral formula, coupling fundamental support with convenience in a gentle hypoallergenic formula well tolerated by sensitive individuals. It provides a comprehensive profile of highly bioavailable vitamins, fully-chelated minerals and antioxidants to support optimal health.*

Indications
Men and women ages 18 and over

Vitamin Distinctions:
• Provides vitamins A, B, C, D and E in highly bioavailable forms
• Provides Metafolin® L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate*

Special Features:
• Convenient one capsule per-day dosing
• Antioxidant complex includes alpha lipoic acid and a blend of CoQ₉ and sustained release water-soluble nanosized MicroActive® Q₁₀-cyclodextrin complex
• Choline and inositol for healthy cognitive function*
• Supports cellular health with 500 mcg lycopene and 2,000 iu vitamin D*
• Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin*

What Is The Source?
The nutrients found in O.N.E.™ Multivitamin are derived from the following:
Vitamin A: synthetic
Mixed carotenoids: Blakeslea trispora
Lycopene: natural tomato concentrate
Lutein: marigold flower extract
Zeaxanthin: synthetic
Vitamin C: corn dextrose fermentation
Ascorbyl palmitate: corn dextrose fermentation and palm oil
Vitamin D₃: cholesterol from wool fat (lanolin)
Vitamin E: soybean oil
Vitamin B₆ (thiamin HCl): synthetic
Vitamin B₅ (riboflavin): corn dextrose fermentation
Niacinamide and Niacin: synthetic
Vitamin B₆ (calcium pantothenate): synthetic
Vitamin B₁₂ (pyridoxal HCl): synthetic
Vitamin B₂ (methylcobalamin): corn dextrose fermentation
Folate (Metafolin®, L-5-MTHF): synthetic
Biotin: synthetic
Alpha lipoic acid: synthetic
Choline: synthetic
CoQ₁₀ fermentation
Minerals: naturally derived from elemental ore
Sources of the mineral chelates include:
• Citrate: corn dextrose fermentation
• Glycinate: synthetic

There is no detectable GMO material in this product.
Mixed carotenoid profile typically contains 1,650 mcg beta carotene, 65 mcg lycopene, 250 mcg lutein and 12.5 mcg zeaxanthin.

Recommendations
Pure Encapsulations® recommends 1 capsule daily, with a meal.

Are There Any Potential Side Effects Or Precautions?
If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

Are There Any Potential Drug Interactions?
CoQ₁₀ may be contra-indicated with blood thinning medications. Consult your physician for more information.
### O.N.E.™ Multivitamin

Each vegetarian capsule contains:

- **Vitamin A** (27% as vitamin A acetate) .................................................. 3,750 iu
- **Vitamin C** (as ascorbic acid) ...................................................................... 180 mg
- **Vitamin D** (as cholecalciferol) (D₃) ....................................................... 2,000 iu
- **Vitamin E** (as d-alpha tocopherol succinate) ......................................... 30 iu
- **Thiamin** (as thiamin HCl) (B₁) .......................................................................... 3 mg
- **Riboflavin** (vitamin B₂) ..................................................................................... 1.7 mg
- **Niacin** (as niacinamide) .................................................................................. 20 mg
- **Folate** (as Metafolin®, L-5-MTHF) .......................................................... 400 mcg
- **Vitamin B₆** (as pyridoxine HCl) .................................................................. 2.5 mg
- **Vitamin B₉** (as methylcobalamin) .............................................................. 70 mcg
- **Biotin** ................................................................................................................. 300 mcg
- **Pantothenic Acid** (as calcium pantothenate) (B₅) ............................. 150 mcg
- **Iodine** (as potassium iodide) ................................................................... 10 mg
- **Zinc** (as zinc citrate) ........................................................................................ 2 mg
- **Selenium** (as selenomethionine) ............................................................ 25 mg
- **Manganese** (as manganese citrate) ........................................................... 2 mg
- **Chromium** (as chromium polynicotinate) ............................................. 25 mg
- **Molybdenum** (as TRAACS® molybdenum glycinate chelate) ...... 75 mcg
- **Riboflavin 5’ Phosphate** (activated B₂) .................................................... 1.7 mg
- **Pyridoxal 5’ Phosphate** (activated B₆) ................................................... 2.5 mg
- **Choline Bitartrate** .......................................................................................... 25 mg
- **Choline Bitartrate** .......................................................................................... 25 mg
- **Inositol** ................................................................................................................... 25 mg
- **Coenzyme CoQ₁₀** (from MicroActive® Q₁₀-cyclodextrin complex and CoQ₁₀) 75 mg
- **Alpha Lipoic Acid** ............................................................................................. 50 mg
- **Lutein** .................................................................................................................. 3 mg
- **Lycopene** ........................................................................................................... 500 mcg
- **Zeaxanthin** ...................................................................................................... 500 mcg

**Other Ingredients:** ascorbyl palmitate, potato starch, vegetarian capsule (cellulose, water)

1 capsule daily, with a meal.

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*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

FloraGLO™ is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP™ brand. OPTISHARP™ is a trademark of DSM Nutritional Products, Inc.

Metafolin® is a registered Trademark of Merck KGaA, Darmstadt, Germany.

TRAACS® is a registered trademark of Albion Laboratories, Inc.

ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth, N.I.