



O.N.E.™ Multivitamin

Introduced 2011



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 CoQ₁₀ 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 B₁ (thiamin HCl): synthetic

Vitamin B₂ (riboflavin): corn dextrose fermentation

Niacinamide and Niacin: synthetic

Vitamin B₅ (calcium pantothenate): synthetic

Vitamin B₆ (pyridoxal HCl): synthetic

Vitamin B₁₂ (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.

(continued)


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

O.N.E.™ Multivitamin

each vegetarian capsule contains  v 00

vitamin A (27% as vitamin A acetate and 73% beta carotene)	3,750 iu
vitamin C (as ascorbic acid)	180 mg
vitamin D (as cholecalciferol) (D ₃)	2,000 iu
vitamin E (as d-alpha tocopherol succinate)	30 iu
thiamin (as thiamin HCl) (B ₁)	3 mg
riboflavin (vitamin B ₂).....	1.7 mg
niacin (as niacinamide).....	20 mg
vitamin B ₆ (as pyridoxine HCl)	2.5 mg
folate (as Metafolin®, L-5-MTHF)	400 mcg
vitamin B ₁₂ (as methylcobalamin).....	500 mcg
biotin	300 mcg
pantothenic acid (as calcium pantothenate) (B ₅)	10 mg
iodine (as potassium iodide)	150 mcg
zinc (as zinc citrate)	25 mg
selenium (as selenomethionine)	70 mcg
manganese (as manganese citrate).....	2 mg
chromium (as chromium polynicotinate).....	200 mcg
molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg
riboflavin 5' phosphate (activated B ₂)	1.7 mg
pyridoxal 5' phosphate (activated B ₆)	2.5 mg
boron (as boron glycinate)	1 mg
choline bitartrate	25 mg
inositol.....	25 mg
coenzyme CoQ ₁₀	50 mg
(from MicroActive® Q ₁₀ -cyclodextrin complex and CoQ ₁₀)	
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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LUTEIN  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® ChromeMate® brand niacin-bound chromium. ChromeMate® is a registered trademark of InterHealth, N.I.

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