

# O.N.E.™ Multivitamin

Once-daily nutrient essentials with sustained-release CoQ<sub>10</sub>;  
multivitamin/mineral formula for daily wellness<sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Overall wellness, eye, cognitive and cellular health<sup>†</sup>

## BENEFITS

- Provides support for overall wellness with vitamins, minerals and antioxidants<sup>†</sup>
- Promotes ocular and retinal health<sup>†</sup>

## FEATURES

- Provides vitamins A, B, C, D and E in highly bioavailable form
- Includes Metafolin<sup>®</sup>, the naturally occurring, universally metabolized form of folate
- Convenient one-capsule-per-day dosing
- Made with high-quality vegetarian ingredients backed by verifiable science

## VERIFIABLE SCIENCE

O.N.E.™ Multivitamin provides a comprehensive profile of highly bioavailable vitamins, fully chelated minerals and antioxidants to support optimal health.<sup>1</sup> This formula includes Metafolin<sup>®</sup> L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate, and lutein and zeaxanthin to help maintain macular and retinal health.<sup>2,3</sup> Antioxidants include lycopene, alpha lipoic acid and coenzyme Q<sub>10</sub>, provided as a blend of standard ubiquinone and a sustained-release water-soluble form (MicroActive<sup>®</sup> Q<sub>10</sub>).<sup>4,5</sup> This formula also provides choline and inositol, which play essential roles in neuronal function, and vitamin D to support cellular health.<sup>6-8†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- 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 D<sub>3</sub>: cholesterol from wool fat (lanolin)
  - Vitamin E: soybean oil
  - Vitamin B<sub>1</sub> (thiamin HCl): synthetic
  - Vitamin B<sub>2</sub> (riboflavin): corn dextrose fermentation
  - Niacinamide and Niacin: synthetic
  - Vitamin B<sub>5</sub> (calcium pantothenate): synthetic
  - Vitamin B<sub>6</sub> (pyridoxal HCl): synthetic
  - Vitamin B<sub>12</sub> (methylcobalamin): corn dextrose fermentation
  - Folate (Metafolin<sup>®</sup>, L-5-MTHF): synthetic
  - Biotin: synthetic
  - Alpha lipoic acid: synthetic
  - Choline: synthetic
  - CoQ<sub>10</sub>: fermentation
  - Minerals: naturally derived from limestone
- Sources of the mineral chelates include:
- Citrate: corn dextrose fermentation
  - Glycinate: synthetic

## NOTES

Size 00 caps

Bottle count 30, 60, 120

Order codes ONE3, ONE6, ONE1

Bottle sizes 120 cc, 190 cc, 290 cc

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## REFERENCES

1. McKay DL, et al. *J Am Coll Nutr.* 2000;19:613-621.
2. Prinz-Langenohl R, et al. *Br J Pharmacol.* 2009 Dec; 158(8): 2014–2021.
3. Hammond BR, et al. *Invest Ophthalmol Vis Sci.* 2014 Dec 2;55(12):8583-9.
4. Tromba L, et al. *Nutrients.* 2019 Feb 12;11(2):375.
5. Madhavi D, et al. *Integrative Medicine.* 2010. 9(1).
6. Knott V, et al. *Pharmacol Biochem Behav.* 2015 Apr;131:119-29.
7. Kim JY, et al. *Atherosclerosis.* 2011 Mar;215(1):189-95.
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## SUPPLEMENT FACTS

**1 capsule daily, with a meal.**

**Each (size 00) vegetarian capsule contains:**

Vitamin A (as vitamin A acetate and 73% beta carotene)	1,125 mcg
Vitamin C (as ascorbic acid)	180 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	50 mcg (2,000 IU)
Vitamin E (as d-alpha tocopherol succinate)	20 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	3 mg
Riboflavin (as vitamin B <sub>2</sub> and 43% riboflavin 5' phosphate (activated B <sub>2</sub> ))	3 mg
Niacin (as niacinamide)	20 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 38% pyridoxal 5' phosphate (activated B <sub>6</sub> ))	4 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	500 mcg
Biotin	300 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	10 mg
Choline (as choline bitartrate)	25 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 <sup>®</sup> molybdenum glycinate chelate)	75 mcg
Boron (as boron glycinate)	1 mg
Inositol	25 mg
CoenzymeQ <sub>10</sub> (as CoQ <sub>10</sub> and as 18% from MicroActive <sup>®</sup> CoQ <sub>10</sub> -cyclodextrin complex)	50 mg
Alpha lipoic acid	50 mg
FloraGLO <sup>®</sup> lutein	3 mg
Zeaxanthin	500 mcg
Lycopene	500 mcg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate, potato starch

Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

\*FloraGLO is a registered trademark of Kemin Industries, Inc.

Zeaxanthin is sourced from OPTISHARP<sup>®</sup> brand. OPTISHARP<sup>®</sup> is a trademark of DSM.

TRAACS<sup>®</sup> is a registered trademark of Albion Laboratories, Inc.

ChromeMate<sup>®</sup> brand niacin-bound chromium. ChromeMate<sup>®</sup> & logo are trademarks of Lonza or its affiliates.

MicroActive<sup>®</sup> is a registered trademark of BioActives, LLC.



O.N.E. <sup>TM</sup> Multivitamin	Quantity	Order Code
	120	ONE1
	60	ONE6
	30	ONE3

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